

Practicing the Art of Magic by Clemens Ilgner - Buch

Elevate your magic skills from practice to mastery with this practical guide by **Clemens Ilgner**. The book offers a unique approach to practicing sleights and routines, drawing on the author's background as a classically trained musician and incorporating sound psychological studies. If you're looking to rehearse more effectively, make progress, and gain additional confidence in your performances, this guide is for you. Ilgner shares insights and practical strategies developed over years of experience in both music and magic.

Key areas covered in the book include:

- **Practical Practice:** Learn how to clarify and refine the individual components of sleights or moves through methodical repetition. Understand the importance of focused practice sessions and avoiding over-practicing.
- **Thoughts on Daily Practice:** Gain valuable tips on practicing with concentration, the effectiveness of regular short sessions versus infrequent long ones, reducing complicated techniques, developing a practice plan, creating a dedicated space, and utilizing "cold practice".
- **Rhythm:** Explore how inconsistent rhythms can give away secrets and how using a metronome, inspired by musical techniques, can help you control tempo and make actions appear more natural. Specific exercises are provided for practicing the Second Deal and the Elmsley Count in time with a metronome.
- **Sponge Ball Vanish:** Study and practice the convincing false transfer originally by Rezvani and popularized by Roy Benson, with specific rhythmic instructions compared to beats in 4/4 time.
- **Passe Sponges (AKA "10"-Count):** Learn the sequence of this frequently performed sponge ball trick, emphasizing the importance of a convincing fake transfer.
- **Coins:** Explore how sound plays a crucial role in coin magic, from concealing actions to enhancing the magical effect.
- **Visual Timing:** Practice synchronizing actions with your gaze and imaginary movements to make vanishes and productions more deceptive.
- **Click Pass:** Learn Gabi Pareras' clear version of this technique, which uses sound to simulate the transfer of coins.
- **Four Coins to Glass:** A routine using the sound of coins landing in a glass to emphasize their magical travel.

- **Variations:** Discover how creative variety in practice, such as using different props or adjusting tempo, leads to better learning outcomes and increased flexibility. Includes variations on the Shuttle Pass.
- **Reduction:** Master complex sleights by splitting them into simpler manipulations and practicing them individually before reassembling them. Learn about "rotating attention" as described by Gerhard Mantel.
- **Wand Spin Vanish:** Practice this classic vanish by first mastering the core move, then adding the wand, and finally the spin.
- **Chance Decides:** Break out of practicing only what you're good at by using random selection of techniques to work on, helping anchor information in long-term memory.
- **Mental Skill Training:** Utilize visualization and relaxation techniques, such as Progressive Muscle Relaxation, to rehearse actions mentally, improve precision, and train subconsciously.
- **Performance Anxiety and Stage Fright:** Find exercises and tips for reframing nervousness and transforming negative thoughts into positive affirmations.
- **Tools, Tricks and Tips:** A collection of helpful aids for practice, including balance boards, the Pomodoro Technique, finger trainers, larger props, hand exerciser balls, the value of a teacher, metronomes, pass trainers, Baoding balls, mirrors, the Matchbox Method, humming, and video recording.

Video links are provided to illustrate many of these.

Foreword by Gene Anderson with an Introduction by Marc DeSouza.

This is the First English Edition -hardcover with dustjacket, 141 pages with full color photos.