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## BUTCH NORTON

### STICKS & SKINS

Butch Norton sees a therapist regularly and is a member of the Eels.



### **ACTING OUT**

When I was a student at Cal Arts, I had the privilege of studying North Indian tabla with a great man, Tarnath Rao. During this period of my drumming life, I stopped playing drum set while I searched for new avenues for my artistic expression.

I dabbled in Javanese, Balinese, African, Latin, "new" music, Chinese, Japanese, orchestral — all sorts of new ideas from ancient and forward-thinking people — but I gravitated toward the tabla. The minuscule hand technique that I have today comes from this tradition, born in India, taught by Tarnath, and my mentor, John Bergamo.

Thanks, John!

Now the tie-in to drum set comes from a poster that Tarnath had hanging in his studio. I would look at it every day, and eventually I wrote down this simple yet powerful observation on music (or all arts, for that matter): the Nava Rasa.

I started to take time during the end of my practice session to just sit at the kit and pick out a sentiment, like Veera: Heroic. I would turn on my tape recorder and start a timer for four minutes, then I'd freely improvise on this thought. Time, structure,

# Nava Rasa

There are nine types of Rasa (sentiments or flavors), one or the other of which is assumed by every musical creation.

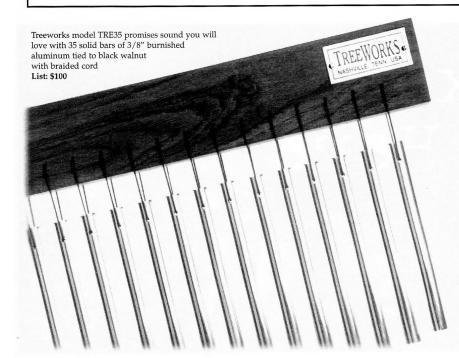
Shringära: Erotic
Häsya: Comic
Karunä: Pathetic (sad)
Ravdra: Furious (anger)
Veera: Heroic
Bhayänaka: Terrible, Frightful
Vibhatsa: Disgust
Adbhuta: Marvelous,
Wonderment
Shänia: Tranquil

meter, dynamics — none had a bearing on where I could go. I could use my voice with the drums, or hands, or even strike the floor tom with my head — anything to sonically recreate the sentiment or feeling of Veera: Heroic. Then the timer would go off. I stopped the recorder, listened, and critiqued.

After many years of practicing this exercise, I've built up quite a vocabulary. Try this the next time you sit at your kit:

- 1. Pick a Rasa.
- 2. Record a three- or four-minute perfor
- 3. Concentrate on the feeling or emotion that the Rasa gives you, and transfer it through to your instrument.
- 4. Have available and use different sticks, mallets and beaters.
- 5. Incorporate your voice, sounds, pops, moans, hums, groans, sighs, screams, laughter, etc.
- 6. Really let go.
- 7. Listen and critique. See if you really captured the Rasa.
- 8. Try it with other musicians and artists. It's very rewarding and exhilarating.

Remember: This is truly you. No one will sound like you. There's no right or wrong here. Have fun. Play.



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