Imagine Keith Jarret or Bobby McFerrin going out on stage and making up music on the spot. That's musical fluency. It's like linguistic fluency; a creative, expressive command of the musical language. It's not recitation, like playing a piece by Mozart, but neither is it "improvisation" as we think of it in a jazz context.

Musical fluency is the ability to create the entire structure of meter, tonality and chord progression in real time.

Creative musical thought and expression are reflexive and integrated, just like thinking and talking.

**Book I includes**

- 30 notated call-response exercises for the 3-2, 4-2 and 5-2 Metryx
- 30 a cappella audio guides to accompany the exercises
- 114 audio files designed to import into iTunes and looping apps
- Bonus audio files from "Circle Songs: The Method"

"**Finally a practice method equally accessible to singers and instrumentalists.**"
Elena Escudero, Vocal Jazz Major
Indiana University, Jacobs School of Music

"**Genius, plain and simple.**"
Billy Childs

"**Roger Treece has created a new and revolutionary system for developing ALL musicians. This is a game-changer.**"
Tierney Sutton

"**Creative motions can be systematically practiced so they become the language of our spontaneous expression.**"