

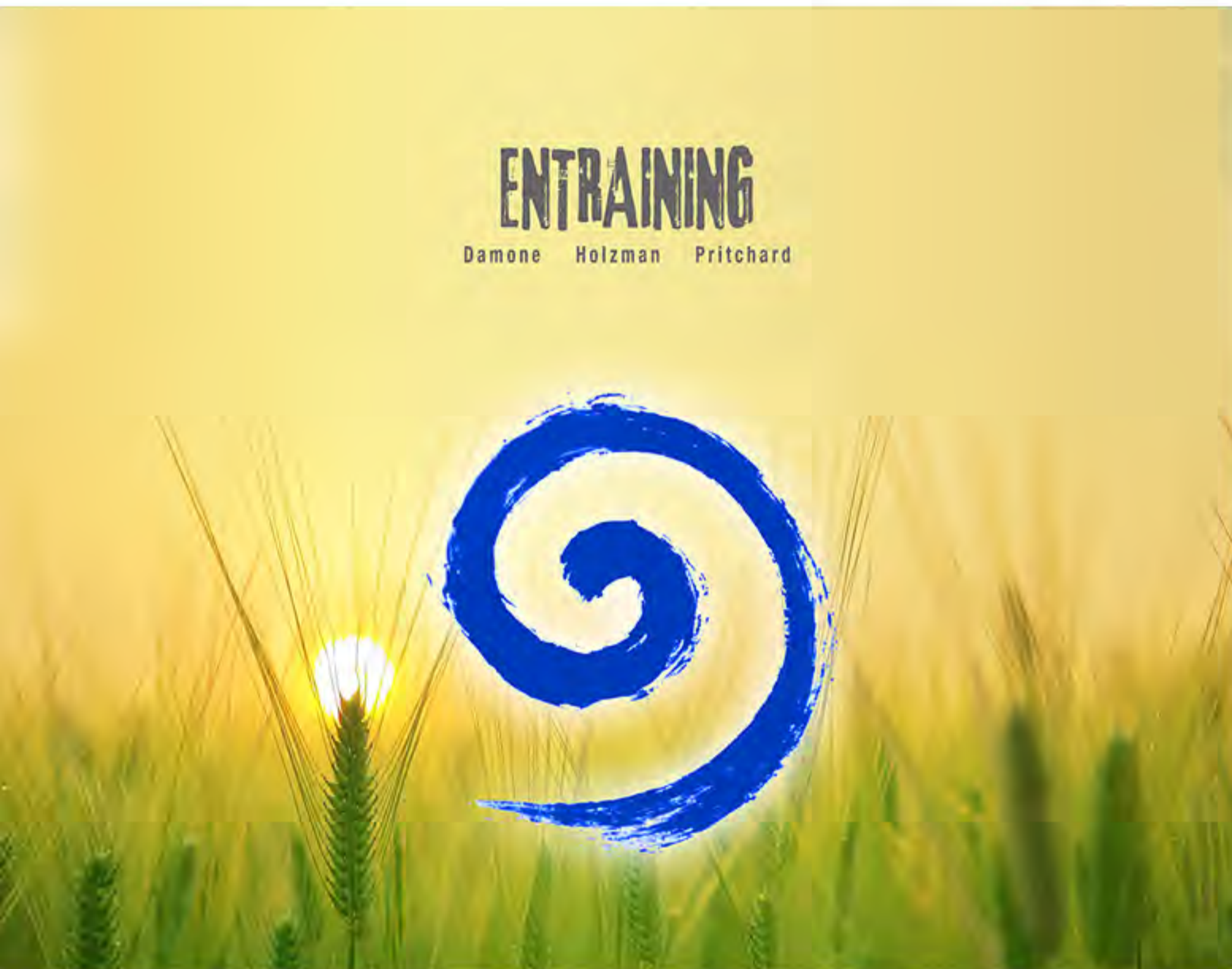
# ENTRAINING

Damone Holzman Pritchard



 **DOLBY**  
DIGITAL 5.1

# ENTRAINING THE MUSIC



**“When you give love, you get love back.  
Remember, it is in giving that we--what? Receive!”**  
— Babatunde Olatunji

ENTRAINING [www.drummerjohn.com](http://www.drummerjohn.com)

1. ENTRAINING-Part I	4:29
2. The Harmony of Nature	5:09
3. The Healer	5:45
4. Love for All	4:35
5. The Journey	5:28
6. Bridge of Gratitude	4:44
7. We Are A Part of Nature	4:45
8. Time to Change	3:56
9. ENTRAINING-Part II	4:54

All tracks composed by Rich Damone (bass), Adam Holzman (keyboards) and John Pritchard (drums and keyboards).

This album has been produced at 432 HZ.

 DOLBY DIGITAL 5.1

# ENTRAINING

Damone Holzman Pritchard



**RICH DAMONE**  
bass



**ADAM HOLZMAN**  
keyboards



**JOHN PRITCHARD**  
drums/keyboards

**Fun Historical Notes:** John is very grateful to Rich and Adam for playing on the album. Rich played bass with sax legend, Sam Rivers, and Adam played keyboards with trumpet legend, Miles Davis. Back in 1964, Sam Rivers actually toured Japan with the Miles Davis Quintet. Due to other musical commitments, Sam only played with Miles for a few months. Nevertheless, Miles said that Sam “carried a new sound into the band. He made rhythm figures and harmonies of the group freer than before.” Blue Note Records released a live recording from that tour called “Miles in Tokyo.” John also has a Miles Davis connection through playing with drummer extraordinaire, Jack DeJohnette. Jack played with Miles from 1969-71. In Sept. 1996, John played with Jack at the Cathedral of St. John the Divine in New York City.



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# ADAM HOLZMAN



## Gear, from left to right:

Small Mackie mixer  
Memotron  
Korg controller  
Mooger Fooger analog delay (-this thing is almost like a synth!)  
Moog Mother 32  
Korg minilogue 4-voice Analog Synthesizer  
Access Virus  
Moog 351 and 251 modules for Voyager  
Doepfer A-100 modular system  
Minimoog Voyager  
Korg SV-1 piano (keyboard at bottom of photo)

**ENTRAINING** [www.drummerjohn.com](http://www.drummerjohn.com)

As a keyboardist, composer and producer, Adam Holzman is truly a musician's musician. "Keyboard" magazine named him one of the top 10 players in the world, "Down Beat" lauded his "killer groove" and the "New York Times" and the "Washington Post" have praised his live performances. Adam currently tours the world to sold out concerts with the Steven Wilson band. He has played and recorded with legendary artists such as Miles Davis, Wayne Shorter, and Grover Washington. In addition to his incredible keyboard work, he has produced several Miles Davis projects for Sony and Warner Bros. Adam has also produced nine albums with his own band, Brave New World, and played with Michael Brecker's Steps Ahead band. His phenomenal contribution to this ENTRAINING album is nothing short of genius! To learn more, visit [adamholzman.com](http://adamholzman.com).



# RICH DAMONE



All the bass parts on the album are improvised. Rich plays a Warwick bass guitar going through a DigiTech BP355 Bass Multi-Effects Pedal with an MXR Bass Compressor and ART Tube MP Studio Preamp.



Rich is a world-class bassist who innovates with electronic technology. He has performed with jazz legends such as Sam Rivers, Archie Shepp, Dave Liebman, Kenny Kirkland and the infamous Sun Ra drummer, Clifford Jarvis. Rich was the co-founder of The American Music Workshop and also a founding member of the highly acclaimed "Pure Sound Collective." He began his music career as a regular performer in the legendary "jazz-loft" sessions at Studio RivBea with Sam Rivers in New York City. Rich has also performed with other great musicians such as Jimmy Giuffre, Rob Zantay (Mr. Lyricon), Douglas Zantay, Gary Goldfarb, Val Michalski, John Simon, Jameel Moondoc, Ray Anderson, John Wolf, Royal Hartigan and Kenny Aronoff. He has been playing with John since 2003.





# JOHN PRITCHARD



On **ENTRAINING**, John features his 3 foot table drum, made by the Kamba tribe in Kenya, as the foundation for all nine tracks.



**ENTRAINING** [www.drummerjohn.com](http://www.drummerjohn.com)

John is an acoustic-electro drummer who simultaneously plays a Tama drum kit with a set of Roland midi drums and Korg keyboards. He has performed with "Blood, Sweat & Tears" saxophonist, Fred Lipsius; Native American flute master, Ken Little Hawk; and legendary drummer, Jack DeJohnette. Since 2003, John has been playing with VyZ: ImproVyZed Music for Movies featuring bassist Rich Damone and sax/flute master, Charlie Tokarz ([vyzmovies.com](http://vyzmovies.com)). **ENTRAINING** is John's sixth album with Miles Davis keyboardist, Adam Holzman: Unum, Novus, Star Cycles, Freedom, 3:6:9, and Entraining. John and Adam run the [jazz-rock.com](http://jazz-rock.com) site for a hardcore audience of progressive jazz-rock/fusion fans. John is also an award-winning filmmaker/multimedia publisher/author who founded the non-profit, educational film organization, **ONE HEART MOVIES** ([oneheartmovies.org](http://oneheartmovies.org)). Check out John's albums and music at [drummerjohn.com](http://drummerjohn.com). **Page 8**

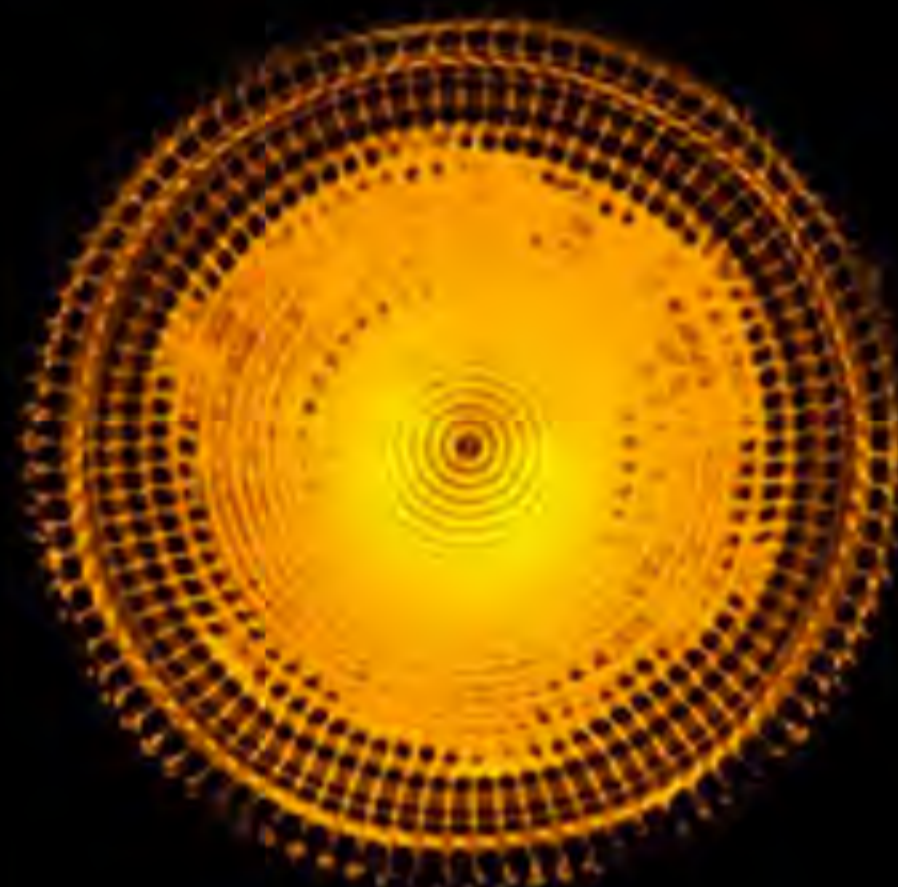


## 432HZ TUNING

# 432HZ & 440HZ



Water Sound Image 432 Hz



Water Sound Image 440 Hz

The science of Cymatics, which is the study of visible sound and vibration, shows a water sound image vibrating at A=432 vs. the image at the right vibrating at A=440.

A=432 is a more “natural” vibration based on the fact that it’s divisible by 3, unlike A=440 which is only divisible by 2.

Listening to 432Hz music resonates inside our body, releases emotional blockages, and expands our consciousness.

This ENTRAINING album has been produced at 432 HZ. According to Brian T. Collins, a musician, and researcher, the standard pitch (A=440 Hz) does not harmonize on any level that corresponds to cosmic movement, rhythm, or natural vibration. Some of the greatest musicians such as Mozart and Verdi based their music on the natural vibration of A=432. Many ancient instruments are adjusted at 432Hz. Tibetan monks tune their singing bowls to 432 Hz. 432Hz is even connected to the numbers used in the construction of a variety of ancient works and sacred places, such as the Great Pyramid of Egypt. It is because the ancients knew that this tone is closely related to the universe around us. It’s true that it is only 8 Hz (eight vibrations per second) different from the standard tuning, but this small difference seems to be remarkable to our human consciousness.

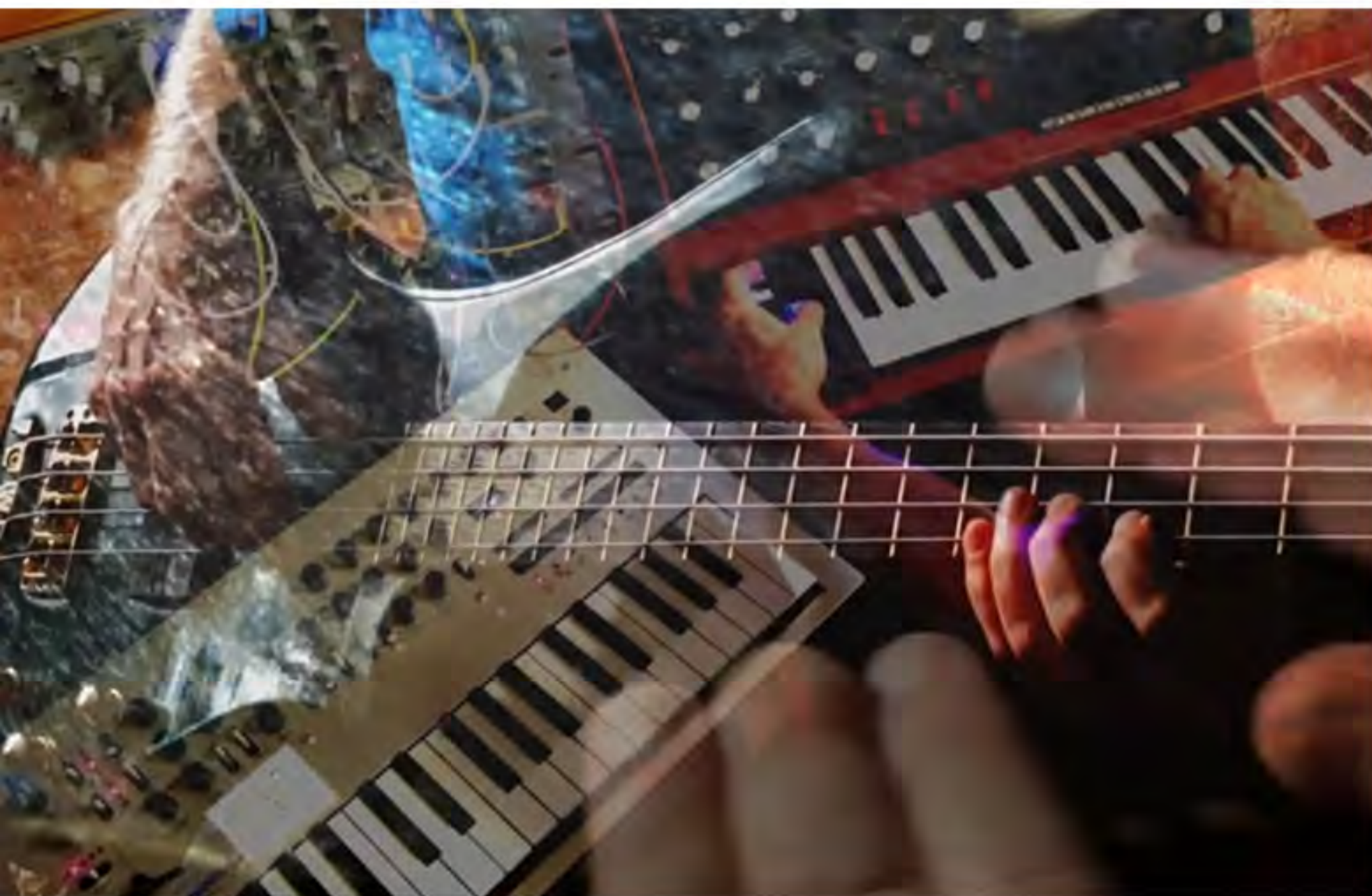
# DVD 5.1 SURROUND SOUND/VISUAL TRACKS












This ENTRAINING album is available as a DVD in Dolby Digital 5.1 Surround Sound and as 9 streaming video files in stereo at [vimeo.com/showcase/entraining](http://vimeo.com/showcase/entraining).

DVD is available at [drummerjohn.com](http://drummerjohn.com) and CD at [pritchard.bandcamp.com/album/entraining](http://pritchard.bandcamp.com/album/entraining).

To learn more visit [drummerjohn.com](http://drummerjohn.com).



	1 ENTRAINING-Part I		6 Bridge of Gratitude
	2 The Harmony of Nature		7 We Are a Part of Nature
	3 The Healer		8 Time for Change
	4 All for Love		9 ENTRAINING-Part II
	5 The Journey		

# ENTRAINING



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bass



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