

# J FOLEY

## BIO



Here's how you do it (in five easy steps).

### STEP 1

Tune all the strings on your guitar to the same note. Could be E or A# or whatever you like.



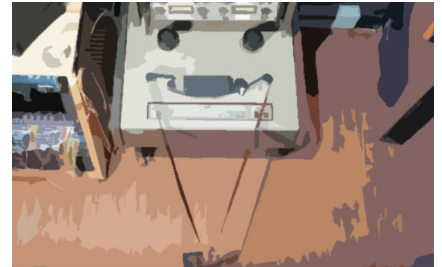
### STEP 2

Strap your guitar down to your amp. I used a bungee cord. Maybe you're good with rope and could make that work. Just don't use adhesive tape.



### STEP 3

Turn your guitar amp up really loud. This will create a terrifying drone. Record that onto a tape loop.



### STEP 4

Do the same thing you did at STEP 1 but change the note on the guitar. (You can retune the whole thing but I found it easier to use a capo). Record that onto another track of your tape loop. Repeat again and again until you have a good number of notes.



### STEP 5

Play back your loop. Switch channels in and out, raise/lower the faders, figure out what sounds cool. Make a song of it, then repeat 19 more times. Pick a few for an EP, and then start writing a bio for yourself.



Q.E.D.