

STAMINA

STAMINA is a Kontakt instrument that is designed with the songwriter in mind. In a world where life is so busy it is often hard to think about details or choice, as your time matters. STAMINA is here to assist in those decisive moments, with its full-on melody sections and loops that are waiting to be explored.

The idea is simple, to Select, Play and Create - let the music guide you so you can start off with an idea, then add to it as you develop your own creative inspiration - or simply work with what's there and edit it to fit your needs - there are no rules here, just your own creative mind.



STAMINA is broken down into "Elements" so it's easy to understand:



Drums

The Drum Element is made up of 16 Drum-Kit pieces. – Colour-coded orange on the Kontakt keyboard for easy glance, - Here you can use them to create your own beat, - Per each loadable Kit there are 2 kicks & 2 Snares, the rest are EFX and percussion. - our aim was to make the drums not just rhythmic but musical.

Loops

Colour-coded the same as the drums as they share sounds. - but these are pre-made loops that are ready to be BPM synced to your DAW. - Each loop kit is made up of the same drums as its equivalent kit name. – For example, Aggressive loop has the same sounds as Aggressive kit on the drums, so on and so forth. - These are a fun way to preview the Kit, or simply audition them against your own creations - there are 7 of them per each loadable Kit (in many different styles).

Melodies

This section are the "melodies" for use. Like the loops they are BPM ready to be synced to your DAW, you can preview the sounds per each kit, they are selected via KEY range to help you if you are zoning into something specific. - Each "melody" kit has multiple sounds, that are looped normally around a 4-bar pattern. You can mix and match them as you see fit - and then edit them in your DAW. You can add external effects, or reverse them, add tape stops, etc.

Not all loops start on Bar 1 and not all melody kits have the same number of samples to them. PLEASE NOTE: - Not all melodies are designed to be used at the same time. - some are, purposely, to be used as a drop section or Break etc.

There are 21 "Melody Songs" to have fun with, - again the idea here is to give you inspiration or a head-start. They are ready to be added to or to have vocals arranged on top of. They are colour-coded YELLOW.

Breaks

Breaks can be really useful for a number of reasons. - either as straight up EFX for transitions, or simply to use after a build-up, before a drop, at the start of a song or at the end. - there are 4 kits of 4 sounds each. They are colour-coded GREEN

Risers

Risers are a fun way to introduce a new section or start of a song. - Whilst these are not BPM synced you can nudge them in your DAW to match the start transient of the new section. - there are 4 Kits with 4 Sounds each, in various styles. - They are colour-coded BLUE

EFX

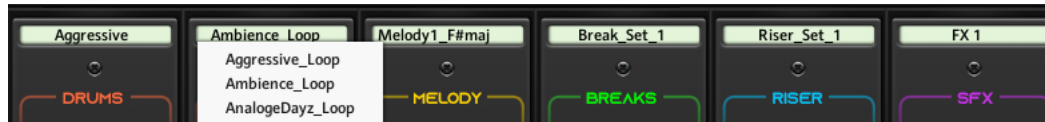
EFX, are a good way to add something extra to a track, be it an intro or a new section, especially if you the add your own effects on top (more on this later). There are 4 kits with 4 sounds in each. They are colour-coded PINK

PLAYBACK MODES

Playback modes serve a few options. There is a choice of Loop, One-Shot & Latch. Loop will allow you to continually play the loop, assuming that your finger is pressed on the key. – One-Shot will only play the sound once. Latch mode will allow you to press the key once and will continually play the sound until you manually stop it.

In each section where there are the Playback modes there are also "null keys" or "Stop keys" - (Coloured MINT GREEN). If you are in "Latch" mode and, for example, want to preview a song idea from Melody Kit 3, but would like your own drum pattern then this mode is useful for that. Simply switch it to "Latch", press the keys, then play the drums or loops or whatever you fancy. Then when you are done, press the related MINT GREEN key to stop.

LOADING KITS



The drop-down box for each element will reveal each loadable Kit. - you can mix and match any together. Kits are instantly loaded so there is no "downtime" so go ahead and preview as many as you like.

FX TAB



At the top right of the screen are the **FX & Performance** options.

Performance will take you to the Main screen, whilst **FX** will take you to where we have a few FX lined up for you to play with.

Limiter

If you want that squashed sound, or a "balanced" sound then engage this. The Limiter is mostly useful on loops and drums.

Chorus

Adds width and spread to the sample. It can be useful for some melody lead lines or drum fills perhaps.

Saturation

The classic drumloop effect. Add a bit (or a lot) to really give some detail to the sounds. It can be nice to play with on loops to get that "vintage" sampler vibe.

Lo-fi

A personal favourite. This is really cool on drums. If you set it to full crunch mode (noise down) then you can create massive sounding drums that can be very gritty (but clean). It acts almost like a distorted gate.

IN-USE

What we have covered in this manual is only a guide and not to be adhered to too strictly. I will talk from my own experience using ProTools. Other DAWs similarly carry over the same functions pretty much.

A good way to use STAMINA, once you have it loaded and have found what you are looking for is to record a 4 BAR pattern of midi - then you can go ahead and edit that midi to select the sample(s) you like.

Once happy, create an audio track and drag the midi over the audio track to bounce this to Audio, - this is now separate for you to add other things. - then do the same with the loops, or SFX etc. until you have them all on their own audio channels.

i.e. - Loops, (Just the bounced-down loop), Melody 1, Melody 2 etc.

It's a good idea if creating your own drum pattern, that once it is created as a midi file you then bounce each piece of the kit down separately so you can then have further control over it at mixdown (i.e., midi-mute everything but the Kick) > bounce > then the snares followed by Hi-Hats and FX.

From here you have greater control. - then you can go ahead and add more over the top or move onto a new section.

In this way, when it comes to mixing your final track, you can control the LPF/HPF of each section and add your own signature chains to them.

Thanks & we hope you enjoy!