

**TRANSCRIPTION + TRANSLATION**  
**“4. POPPING MY SOLO CHERRY”**

<b>CAPTION # / TIMECODE</b>	<b>ENGLISH</b>	<b>WELSH - CYMRAEG</b>
0001 10:00:00:03 10:00:02:21	I've never been the most nervous of performers,	Dw i erioed wedi bod y perfformwyr mwyaf nerfus,
0002 10:00:03:02 10:00:06:23	but I've always enjoyed having the opportunity to express myself.	ond dw i wedi mwynhau cael y cyfle i fynegi fy hunan erioed.
0003 10:00:07:04 10:00:10:15	The very first time I got called upon to do a solo,	Y tro cyntaf ges i fy newis i wneud unawd,
0004 10:00:10:20 10:00:13:03	in the middle of a gig,	yng nghanol gig,
0005 10:00:13:08 10:00:15:21	I kind of went, "No!"	dwedais i, "Na!"
0006 10:00:16:06 10:00:18:09	Playing the heads, playing the tunes	Roedd chwarae'r alawon,
0007 10:00:18:14 10:00:22:07	and having the space to express yourself was new to me at the time.	ac yn cael y cyfle i fynegi fy hunan yn newydd i mi ar y pryd.
0008 10:00:22:12 10:00:27:06	It's something I've incorporated into the band I play in nowadays as well.	Mae'n rhywbeth dw i wedi'i roi i mewn i'r band dw i'n chwarae ynddo fe nawr hefyd.
0009 10:00:27:14 10:00:30:22	From then on, I don't think I've ever said no to a solo.	Ers hynny, dw i ddim yn meddwl fy mod i wedi gwrthod gwneud unawd.
0010 10:00:31:03 10:00:33:15	So I think that says a lot	Felly dw i'n credu bod hynny'n dweud llawer
0011 10:00:33:20 10:00:37:13	about what the band can do for one's confidence.	am beth mae'r band yn gallu'i wneud i hyder

<p>0012 10:00:38:19 10:00:44:00</p>	<p>There are other pieces where anybody could be called on to take a solo.</p>	<p>rhywun.  Mae yna ddarnau eraill ble mae unrhyw un yn gallu cael ei ddewis i wneud unawd.</p>
<p>0013 10:00:44:05 10:00:47:09</p>	<p>And that really is the tradition in Wonderbrass,</p>	<p>A dyna yw traddodiad Wonderbrass mewn gwirionedd</p>
<p>0014 10:00:47:18 10:00:49:13</p>	<p>that everybody solos.</p>	<p>bod pawb yn gwneud unawdau.</p>
<p>0015 10:00:50:18 10:00:53:15</p>	<p>I was so scared about playing a solo.</p>	<p>Ro'n i ofn chwarae unawd.</p>
<p>0016 10:00:53:20 10:00:55:21</p>	<p>I never, ever wanted to do it.</p>	<p>Do'n i ddim eisiau ei wneud e erioed.</p>
<p>0017 10:00:56:02 10:01:00:02</p>	<p>I was in awe of all these people - amazing people - that are in this band</p>	<p>Ro'n i'n parchu'r bobl hyn – y bobl anhygoel yn y band hwn</p>
<p>0018 10:01:00:07 10:01:04:07</p>	<p>and some of the things they could do and I never thought I would do it.</p>	<p>a rhai o'r pethau ro'n nhw'n gallu eu gwneud. Do'n i erioed yn meddwl byddwn i'n gallu ei wneud e.</p>
<p>0019 10:01:04:12 10:01:07:19</p>	<p>It probably took at least five years after I joined.</p>	<p>Cymerodd e o leiaf bum mlynedd ar ôl i mi ymuno.</p>
<p>0020 10:01:09:00 10:01:12:20</p>	<p>When people solo in the band,</p>	<p>Pan fydd pobl yn chwarae unawd yn y band,</p>
<p>0021 10:01:13:01 10:01:16:10</p>	<p>they generally have the rhythm section behind them.</p>	<p>fel arfer mae'r adran rhythm yn chwarae tu ôl iddyn nhw.</p>

0022 10:01:16:15 10:01:22:12	I think the scariest thing I have ever done in my life, apart from childbirth,	Rwy'n credu mai'r peth mwyaf dychrynlyd i mi ei wneud erioed yn fy mywyd, ar wahân i eni plentyn,
0023 10:01:22:17 10:01:26:07	was Rob, I'm sure as a joke,	oedd Rob, dw i'n sicr, fel jôc,
0024 10:01:26:12 10:01:31:08	I had a triangle line through one of the pieces that Rob wrote	ces i linell driongl mewn un o ddarnau Rob
0025 10:01:31:13 10:01:37:00	and he decided that the last eight bars of that - it was called Lachrimae -	a phenderfynodd e fod yr wyth bar olaf - Lachrimae oedd ei enw -
0026 10:01:37:05 10:01:41:21	it's a beautiful, beautiful piece with wonderful trombone lines in it	mae'n ddarn hardd, hardd gyda llinellau trombôn rhyfeddol ynddo,
0027 10:01:42:02 10:01:47:02	and the last eight bars was just my triangle rhythm,	ac roedd yr wyth bar olaf yn cynnwys fy rhythm triongl yn unig,
0028 10:01:47:07 10:01:49:18	with nobody else.	gyda neb arall.
0029 10:01:49:23 10:01:55:00	We used to play a carnival and a jazz festival in Pontypool.	Ro'n ni'n arfer chwarae mewn carnifal a gŵyl jazz ym Mhont-y-pŵl.
0030 10:01:55:05 10:01:59:22	My first solo was in the back streets of Pontypool.	Roedd fy unawd cyntaf i ar strydoedd cefn Pont-y-pŵl.
0031 10:02:00:03 10:02:03:15	We'd gone through all the town, done all the good bits,	Ro'n ni wedi mynd trwy'r dref i gyd, wedi gwneud yr holl ddarnau da,

<p>0032 10:02:03:20 10:02:08:21</p>	<p>but we were still following the lorries and the floats and playing and parading</p>	<p>ond roedden ni'n dal i ddilyn y lorïau a'r fflotiau yn chwarae ac yn gorymdeithio</p>
<p>0033 10:02:09:02 10:02:13:11</p>	<p>as we followed around through the houses at the back of Pontypool somewhere.</p>	<p>wrth i ni basio'r tai yng nghefn Pont-y-pŵl yn rhywle.</p>
<p>0034 10:02:13:16 10:02:15:12</p>	<p>We were going behind a float,</p>	<p>Roedden ni'n cerdded tu ôl i ryw fflôt,</p>
<p>0035 10:02:15:17 10:02:21:10</p>	<p>which had an inflatable crocodile on a skateboard tied onto the back of it.</p>	<p>a oedd â chrocodeil chwyddadwy ar fwrdd sgrialu wedi'i glymu ar ei gefn.</p>
<p>0036 10:02:21:15 10:02:24:21</p>	<p>I did my first solo in a parade in Pontypool</p>	<p>Fe wnes i fy unawd cyntaf mewn gorymdaith ym Mhont-y-pŵl</p>
<p>0037 10:02:25:02 10:02:30:23</p>	<p>following an inflatable crocodile on a skateboard outside people's houses</p>	<p>yn dilyn crocodeil chwyddadwy ar fwrdd sgrialu tu allan i dai pobl</p>
<p>0038 10:02:31:04 10:02:36:04</p>	<p>where nobody was watching and I was like, "Thank God it's over!"</p>	<p>heb neb yn gwylïo a ro'n i fel, "Diolch i Dduw bod e drosodd!"</p>
<p>0039 10:02:36:09 10:02:40:17</p>	<p>The opening melody line on one of the pieces, Caravan,</p>	<p>Mae'r alaw agoriadol ar un o'r darnau, Caravan,</p>
<p>0040 10:02:40:22 10:02:42:15</p>	<p>is a trombone line.</p>	<p>wedi'i chwarae gan drombôn.</p>
<p>0041 10:02:42:20 10:02:47:15</p>	<p>For most of the last couple of years, I've been the only trombone in the band,</p>	<p>Am y rhan fwyaf o'r ddwy flynedd ddiwethaf, Fi oedd yr unig drombôn yn y band,</p>

0042 10:02:47:20 10:02:50:21	so that has been my solo really.	felly dyna oedd fy unawd mewn gwirionedd.
0043 10:02:51:02 10:02:54:01	One day I'm going to get it right!	Rhyw ddydd dw i'n mynd i'w gael e'n iawn!
0044 10:02:55:07 10:02:59:11	Rob, to his enduring credit,	Roedd Rob, gyda pharch iddo fe,
0045 10:02:59:16 10:03:04:19	always seemed to have that sense of when somebody was ready to do it	wastad yn gwybod pan oedd rhywun yn barod i'w wneud e
0046 10:03:05:00 10:03:08:07	and then what piece to suggest you have a go at doing.	ac yna'n awgrymu pa ddarn i'w dewis.
0047 10:03:08:12 10:03:12:16	The first time I played a solo, I was bricking it.	Y tro cyntaf i mi chwarae unawd, ro'n i ofn.
0048 10:03:13:01 10:03:17:06	Rob approached me and said, "Do you fancy doing a solo in this one?"	Daeth Rob ata i a dweud, "Ti ffansi cael unawd yn yr un hon?"
0049 10:03:17:11 10:03:22:17	I immediately started to think, "Oh, my God!" He said, "Look, you won't kill anybody."	Dechreuais i feddwl, "Duw! Duw!" yn syth. Meddai, "Edrycha, fyddi di ddim yn lladd unrhyw un."
0050 10:03:23:01 10:03:26:01	I'd been watching for months everyone else playing solos.	Ro'n i wedi bod yn gwylio pawb arall yn chwarae unawdau ers misoedd.
0051 10:03:26:06 10:03:29:03	I was like, "I'll never be able to play like them."	Ro'n i fel, "Fydda i byth yn gallu chwarae fel nhw. "
0052 10:03:29:08 10:03:32:13	- You go out front... - I just did it.	- Ti'n mynd i'r blaen... - Fe wnes i jyst gwneud

<p>0053 10:03:32:18 10:03:37:07</p>	<p>..and the band give a big cheer at the end because they know it's your first solo.</p>	<p>e. ..ac mae'r band yn rhoi cymeradwyaeth fawr i ti ar y diwedd, oherwydd maen nhw'n gwybod mai hwn yw eich unawd gyntaf.</p>
<p>0054 10:03:37:12 10:03:41:02</p>	<p>It's not a scary pressure thing, it was like, all these people</p>	<p>Does dim pwysau o gwbl. Roedd pawb</p>
<p>0055 10:03:41:07 10:03:46:00</p>	<p>know what it's like to play their first solo and are really supportive and lush.</p>	<p>yn gwybod sut brofiad yw chwarae eich unawd gyntaf ac maen nhw'n wirioneddol gefnogol a hyfryd.</p>
<p>0056 10:03:46:05 10:03:48:11</p>	<p>You get such a buzz when that happens.</p>	<p>Rydych chi'n cael cymaint o wefr pan fydd hynny'n digwydd.</p>
<p>0057 10:03:48:16 10:03:51:21</p>	<p>It's like jumping off a cliff and landing on your feet.</p>	<p>Mae e fel neidio oddi ar glogwyn a glanio ar eich traed.</p>
<p>0058 10:03:52:02 10:03:54:00</p>	<p>I had all this stuff in my head.</p>	<p>Roedd yr holl bethau hyn yn fy mhen.</p>
<p>0059 10:03:54:05 10:03:57:23</p>	<p>One of the things I used to do was try to play what was in my head</p>	<p>Un o'r pethau ro'n i'n arfer ei wneud oedd ceisio chwarae beth oedd yn fy mhen</p>
<p>0060 10:03:58:08 10:04:00:05</p>	<p>instead of what I could play.</p>	<p>yn lle beth o'n i'n gallu ei chwarae.</p>
<p>0061 10:04:00:10 10:04:04:14</p>	<p>Rob once said, "Play fewer notes." I was like, "That's a really good point."</p>	<p>Dywedodd Rob unwaith, "Chwaraea lai o nodiadau." Ro'n i fel, "Mae hynny'n bwynt da</p>

<p>0062 10:04:04:19 10:04:07:05</p>	<p>It seemed really natural with this group.</p>	<p>iawn." Roedd e'n teimlo'n naturiol iawn gyda'r grŵp hwn.</p>
<p>0063 10:04:07:10 10:04:11:19</p>	<p>The music lends itself to doing solos and being creative in the background.</p>	<p>Mae'r gerddoriaeth yn addas ar gyfer gwneud unawdau a bod yn greadigol yn y cefndir.</p>
<p>0064 10:04:12:00 10:04:16:18</p>	<p>You can see somebody who's been called upon to do a solo and they're up there doing it,</p>	<p>Rydych chi'n gallu gweld rhywun sy wedi cael eu dewis i wneud unawd ac maen nhw'n ei wneud e,</p>
<p>0065 10:04:17:03 10:04:21:22</p>	<p>and they come up with something which is legitimate, it's their statement.</p>	<p>ac maen nhw'n creu rhywbeth gonest, eu datganiad nhw yw e.</p>
<p>0066 10:04:22:03 10:04:25:10</p>	<p>And very often, audiences really get behind people</p>	<p>Ac yn aml iawn, mae'r cynulleidfaoedd wir yn cefnogi pobl</p>
<p>0067 10:04:25:15 10:04:29:03</p>	<p>they think, "Yeah, yeah, that person's going for it."</p>	<p>maen nhw'n meddwl, "Ie, ie, mae'r person yma'n mynd amdani."</p>
<p>0068 10:04:29:08 10:04:34:16</p>	<p>I remember Rob pointing at me and I thought, "He's not pointing at me",</p>	<p>Dw i'n cofio Rob yn pwyntio ata i a wnes i feddwl, "Dydy e ddim yn pwyntio ata i.",</p>
<p>0069 10:04:34:21 10:04:36:22</p>	<p>because I'm usually at the back.</p>	<p>oherwydd rydw i'n sefyll yn y cefn fel arfer.</p>
<p>0070 10:04:37:03 10:04:41:10</p>	<p>Then the crowd opened and I was like, "OK, I've got to do a thing now."</p>	<p>Yna agorodd y dorf a ro'n i fel, "Iawn, mae'n rhaid i fi wneud rhywbeth nawr."</p>

0071 10:04:41:15 10:04:44:09	But, yeah, I think I nailed it.	Ond, ie, dw i'n credu bod fi wedi llwyddo.
0072 10:04:45:17 10:04:47:08	I hope so!	Dw i'n gobeithio!
0073 10:04:47:13 10:04:50:18	I got a big cheer from the bandmembers.	Derbyniais i gymeradwyaeth fawr gan y band.
0074 10:04:50:23 10:04:55:05	Everyone was so encouraging and that's the big thing really.	Roedd pawb mor gefnogol a dyna'r peth mawr mewn gwirionedd.
0075 10:04:55:10 10:04:59:12	My fingers did eventually move, but I didn't perform particularly well.	Symudodd fy mysedd yn y pen draw, ond wnes i ddim perfformio'n arbennig o dda.
0076 10:04:59:17 10:05:02:21	I thought that was the end of my career with Wonderbrass.	Ro'n i'n meddwl mai dyna oedd ddiwedd fy ngyrfa gyda Wonderbrass.
0077 10:05:03:06 10:05:08:20	The experience of playing the first solo was a very liberating experience.	Roedd y profiad o chwarae'r unawd gyntaf yn brofiad rhyddhaol iawn.
0078 10:05:09:01 10:05:12:19	I could already solo, so for me, that wasn't something new,	Ro'n i'n gallu chwarae unawdau yn barod, felly i fi, doedd hynny ddim yn rhywbeth newydd,
0079 10:05:13:00 10:05:15:10	that was something I could already do.	roedd hynny'n rhywbeth o'n i'n gallu ei wneud yn barod.
0080 10:05:15:15 10:05:20:05	It was just really nice to be able to do that. It felt like coming home, I suppose,	Roedd hi'n braf iawn i allu gwneud hynny. Roedd hi'n teimlo fel dod adref, sbo,



0081 10:05:20:10 10:05:22:17	to be able to make that contribution.	i allu gwneud y cyfraniad hwnnw.
0082 10:05:22:22 10:05:26:04	I'd obviously been playing some solos in rehearsals,	Ro'n i wedi bod yn chwarae rhai unawdau mewn ymarferion,
0083 10:05:26:09 10:05:28:13	and then it was like, "I have to now."	ac yna roedd hi fel, "Mae'n rhaid i fi ei wneud e nawr."
0084 10:05:28:18 10:05:30:09	It was brilliant.	Roedd e'n wych.
0085 10:05:30:14 10:05:34:10	It was a real confidence boost to do that gig	Roedd e'n hwb i fy hyder i yn gwneud y gig yna
0086 10:05:34:15 10:05:37:07	and to have the opportunity to solo.	ac i gael cyfle i wneud unawd.
0087 10:05:37:16 10:05:42:10	You'd not know what Rob is going to do next, in the sense of we're all familiar	Fyddech chi ddim yn gwybod beth mae Rob yn mynd i'w wneud nesaf, hynny yw, rydyn ni i gyd yn gyfarwydd
0088 10:05:42:15 10:05:46:05	with the pieces, but he doesn't keep everything the same.	a'r darnau, ond dydy e ddim yn cadw popeth yr un peth.
0089 10:05:46:10 10:05:49:22	He might just point to you when you're not expecting it,	Efallai bydd e'n pwyntio atoch chi pan nad ydych chi'n ei ddisgwyl,
0090 10:05:50:03 10:05:53:10	so you just need to keep your eyes on what's going on,	felly mae'n rhaid i chi gadw'ch llygaid ar beth sy'n digwydd,
0091 10:05:53:15 10:05:57:22	because he will just point	oherwydd bydd e'n pwyntio

0092 10:05:58:07 10:05:59:16	and you have to sink or swim at that point.	ac mae'n rhaid i chi suddo neu.
0093 10:05:59:21 10:06:02:19	I did it in rehearsal.	Fe wnes i fe mewn un o'r ymarferion.
0094 10:06:03:00 10:06:07:00	Whenever anyone does their first solo in rehearsal,	Pan mae rhywun yn gwneud ei unawd gyntaf mewn ymarfer,
0095 10:06:07:05 10:06:11:12	people give you a huge round of applause at the end, which is just lush.	mae pawb yn rhoi cymeradwyaeth i chi ar y diwedd, sydd yn hyfryd.
0096 10:06:11:21 10:06:15:09	Once you've done the first solo, the other solos don't seem as scary.	Ar ôl i chi wneud eich unawd gyntaf, dydy'r unawdau eraill ddim mor frawychus.
0097 10:06:15:14 10:06:21:07	Now and again, Rob throws one back to the rhythm section	Bob hyn a hyn, mae Rob yn taflu un at yr adran rhythm
0098 10:06:21:12 10:06:27:12	and we either get a drum solo or we get a bass solo.	ac rydyn ni naill ai'n cael unawd drwm neu unawd bas.
0099 10:06:27:17 10:06:31:07	Yeah, so, there's probably two drum features in a gig.	Ie, felly, mae yna dwy unawd drwm mewn gig fel arfer.
0100 10:06:31:12 10:06:35:17	The biggest gig I did with them was at Brecon Jazz Festival.	Y gig fwyaf wnes i gyda nhw oedd Gŵyl Jas Aberhonddu.
0101 10:06:37:04 10:06:42:14	I got to do a solo at that gig, which was pretty cool.	Gwnes i unawd yn y gig yna, a oedd yn eithaf cŵl.
0102 10:06:43:17 10:06:48:01	It definitely was a moment for me to	Roedd hi'n foment i mi oresgyn y nerfau hynny,

	overcome those nerves, so I was really glad I did it.	felly ro'n i'n falch iawn fy mod i wedi'i wneud e.
0103 10:06:48:06 10:06:50:09	I know my dad recorded it and was constantly showing all his friends	Dw i'n gwybod bod fy nhad wedi'i recordio e ac roedd e'n ei ddangos e i'w ffrindiau i gyd yn gyson
0104 10:06:50:14 10:06:53:19	for about five years afterwards,	am tua phum mlynedd wedi hynny,
0105 10:06:54:04 10:06:56:14	because his daughter did a jazz solo at Brecon Jazz.	oherwydd gwnaeth ei ferch e unawd jas yn Jas Aberhonddu.
0106 10:06:56:19 10:07:00:21	My dad was a big fan.	Roedd fy nhad yn gefnogwr brwd.
0107 10:07:01:06 10:07:05:18	I remember my cheeks burning, thinking, "I can't do this!"	Dw u'n cofio teimlo fy wyneb yn cochi, wrth i mi feddwl, "Dw i ddim yn gallu gwneud hyn!"
0108 10:07:05:23 10:07:10:05	But then I did and everyone clapped and they moved onto the next person.	Ond yna, mi wnes i fe ac roedd pawb yn clapio a symudon nhw ymlaen at y person nesaf.
0109 10:07:10:10 10:07:12:04	You think the spotlight's on you, but it's not really, everyone's playing,	Rydych chi'n meddwl bod pawb yn edrych arnoch chi, ond mewn gwirionedd, mae pawb yn chwarae,
0110 10:07:12:09 10:07:14:06	it's not as nerve-wracking.	dyw e ddim mor frawychus.
0111 10:07:14:15 10:07:18:13	It was good to get it out the way!	Roedd yn dda i'w gael e allan o'r ffordd!

<p>0112 10:07:18:18 10:07:24:18</p>	<p>Soloing I love doing, and find it very easy.</p>	<p>Dw i wrth fy modd yn chwarae unawdau. I fi, maen nhw'n hawdd iawn.</p>
<p>0113 10:07:24:23 10:07:29:23</p>	<p>So I was nervous about being able to learn the written parts and not the soloing.</p>	<p>Felly ro'n i'n fwy nerfus am ddysgu'r alawon ysgrifenedig yn hytrach na gwneud unawdau.</p>
<p>0114 10:07:32:00 10:07:35:11</p>	<p>In fact, I only learn tunes so I can solo better on them.</p>	<p>Mewn gwirionedd, dw i ond yn dysgu'r alawon er mwyn gallu chwarae unawdau'n well.</p>
<p>0115 10:07:35:16 10:07:39:15</p>	<p>I remember doing it in Brecon Jazz Festival one time</p>	<p>Dw i'n cofio ei wneud e yng Ngŵyl Jas Aberhonddu un tro</p>
<p>0116 10:07:39:20 10:07:41:19</p>	<p>and at the end of it I realised I hadn't breathed through it all,</p>	<p>ac ar y diwedd, sylweddolais i fy mod i ddim wedi anadlu trwy'r cyfan,</p>
<p>0117 10:07:42:00 10:07:46:23</p>	<p>because I just felt so exposed.</p>	<p>oherwydd ro'n i jyst yn teimlo mor agored.</p>
<p>0118 10:07:47:04 10:07:51:20</p>	<p>It was really quite thrilling, so I don't know how people do solos all the time.</p>	<p>Roedd e'n wirioneddol wefreiddiol, felly dw i ddim yn gwybod sut mae pobl yn gwneud unawdau trwy'r amser.</p>
<p>0119 10:07:52:01 10:07:53:17</p>	<p>I suppose when you're playing a brass instrument, you've got to breathe,  so that's the difference.</p>	<p>Efallai pan rydych chi'n chwarae offeryn pres, mae'n rhaid i chi anadlu,  felly dyna'r gwahaniaeth.</p>