



# A MAN FOR ALL SEASONS

Juggling music and medicine is all in a day's work for Kyle Deutsch

**A**s a boy growing up in Durban, Kyle dreamed of becoming a professional soccer player. Unlike many sports-loving youngsters, his dream came true. Not only did he play for Manning Rangers and African Wanderers, he also joined the national beach football team.

But, the 29-year-old wasn't satisfied. While playing professionally, he was also pursuing a six-year chiropractic degree at the Durban University of Technology. That turned out to be a good thing when two injuries – a broken right foot and an evulsion fracture on his left ankle – made it clear that he was better off starting a medical practice than practising on the field.

Opening the door to his medical career gave him a chance to pursue beach soccer instead. It also allowed him to pursue another passion of his: music. Kyle began learning guitar in high school and led a worship band at his church. And while his focus was on singing cover songs – some of his favourite artists include John Mayer, Bruno Mars and Adam Levine – he chose to find his own voice when he entered *Idols* in 2014.

'I had friends who had done the show before and I knew what it was all about,' he says. 'Shekhinah Donnell went through the whole process two years before me, so I knew what the story was. It wasn't such a shock for me. I was just going through and doing it. I set out to achieve a goal and go through to the top ten. Anything beyond that would just be a blessing.'

#### CREATING A PLATFORM

Although some of Kyle's family and friends were sceptical about his decision to audition for *Idols*, they soon became his biggest fans when they saw him doing well. The hardest part of his progression week after week? Choosing songs from the category list and getting people to vote.

But vote they did, which is how he ended up coming fifth overall. Sure, there was a sense of disappointment that he didn't go further, but Kyle was also proud to have achieved his objective and happy that the

#### THRIVE PROFILE



experience gave him enough recognition for people to start listening to his music.

'I wanted to have a platform to release the music I had made and I thought *Idols* would create a listenership and an interest from the people higher up the chain to want to hear more,' he says. 'In terms of artistry and song-writing, I've released some high-quality music since *Idols*. I think that is what made me stand out from other people who may have been more talented than me.'

Another thing that's helped Kyle make a name on the music scene is his collaborative efforts with Shekhinah, Aewon Wolf, and Sketchy Bongo who are a part of the artist collective known as Wolfpack. 'Obviously, creative energies and opinions are important and it's good to find a medium between all of them. That's what's going to give you a better sound and a wider appeal. If more than one person likes the music, and more than one person who's creative likes it, then it means there is more chance of it being successful.' Performing with a high-quality team – production, musicians, technicians – showed him what he could strive towards.

#### PROFESSIONAL SACRIFICES

More than just learning the nuts and bolts of the entertainment business,

Kyle learnt the value of patience. As much of his time involved waiting to be told what to do, he developed his time management skills. Those have proven useful in his life since the competition, which, in addition to his chiropractic work, now involves some modelling on the side. 'I'm very driven and passionate about both medicine and music, and I enjoy working in both fields,' he says. 'So, in the day I work as a chiropractor and after hours, I do music.'

Given that Kyle is his own boss at a holistic health facility with three branches in Durban, he is able to make time for both careers. This means if he needs to take a day off, he can reschedule his patients or get someone else to take over instead. Still, he admits that there might come a point when he has to choose between the two fields, due to extensive travel. But when that day comes, making the right decision won't be difficult. 'I think now is the perfect time if you're looking to get into the music industry,' Kyle says. 'South African airwaves are open for us, so we need to make music and release music. We also need to try things in order to realise potential and get closer to our dreams.' **Man**