

General Practice Tips

The core of any improvement/growth is focused, intentional practice.

1. *Set goals:* What do you want to accomplish with each piece? Is there a specific section you are having trouble with? What goal tempo do you want to be at? Try to be goal orientated as opposed to time oriented.
2. *Materials:* Put away any distractions, such as phones, laptops, etc, but always have a metronome and a pencil handy.
3. *Tackle the tough stuff:* Practice the challenging parts first. The parts you already can play will always be there, focus on growing in the areas you need to work on.
4. *Quality over Quantity:* Practice in small passages/chunks, try not to overwhelm yourself with too much all at once.
5. *Rest:* When you know you've had enough, stop. Simply logging time in the practice room does not guarantee time well spent.
6. *Be Patient:* Realize that practice time is part of the process and that consistency is key. Not every session will feel great, but every session contributes to YOUR greatness!

Specific Practice Methods

1. *Chunking:* Break passages down into very small sections and slowly make them bigger as you improve
2. *Funky rhythms:* Use different rhythms/patterns during tricky passages, such as triplets, combining different 16th and 8th note rhythms, etc.
3. *Mount Everest:* When working on particularly tricky technique or trying to increase tempo, do the following: Start at a slow tempo, then go up by 4 clicks, down by two, repeat. (Example: 60, 64, 62, 68, 66, 70, etc)
4. *Beat Silencer:* Some tuner apps will have the option to silence random beats to help you focus on the internal pulse.
5. *Forwards and Backwards:* In 5-note chunks, play each note slowly forwards and backwards. Then, start on note #2 and do the same thing. Then start on note #3, note #4, etc. Once you are finished with that 5-note chunk, move onto the next 5 notes.
6. *Vocalize:* Try singing the passage for musical direction or speak/clap the rhythm out loud
7. *Listening:* Listen to a good quality recording. The best sound will come from external, over the ear headphones.
8. *Recording:* One of the best ways to self-teach is to record yourself, listen back, and evaluate. Try to make a habit to record something at every practice session.

Suggested Tools/Resources

1. [Tonal Energy Tuner](#): \$9.99
2. [SuperMetronome Groovebox Pro](#) (Drumbeats): \$6.99
3. [Practizma Practice Journal](#): \$25
4. <https://www.musictheory.net/> online exercises for music theory proficiency