

20 MINUTE PRACTICE SCHEDULE

How to Practice:

Most of your time should be spent doing warm-up type exercises and technique work.

REMINDERS:

- Always practice with proper posture (feet flat, back straight, and the top of your head on the top of the ceiling).
- Breathe through your mouth, **NOT** your nose.
- Always take a **DEEP** breath and push out with your stomach muscles. Wimpy breaths produce wimpy sounds.
- Remember that each note begins with a “T” and finishes with an “ah”: **Tah** each note! To stop the sound (i.e. for rests), simply stop the air *but don't stop the air between notes or you'll be suffering from 'grade 7 syndrome'*.

A **MINIMUM** of 2 minutes each should be spent on the following:

1. **Tone production** – play a scale of your choice using whole notes. Concentrate on keeping the note from wavering (going sharp and/or flat).
2. **Dynamics** – play a scale of your choice using whole notes played at a **VERY** slow tempo. Slowly crescendo on beats 1&2, then slowly decrescendo on beats 3&4.



3. **Range expansion** – Play a scale using a 1-2, 1-3, 1-4, etc. pattern. Work up to a 2-octave scale. Be patient; this takes time. Build your scale one note at a time, adding a new note perhaps every week or two.
4. **Articulation (slurs, staccatos, accents, etc.)** – Method book exercises or as assigned by the teacher.
5. **Sight Reading** - rhythms and melodies from your method book or other sources.

IMPORTANT!

When working on actual music, you will be sorely tempted to play the parts you really like (and thus can play really well). Start by practicing the parts that give you the most trouble. Focus on very specific trouble spots. Practice them slowly, making sure to get everything right (rhythm, notes, dynamics, and articulation). Once you can play it properly, start to increase the tempo. **Then** you can spend some time on the stuff you already know how to play 😊.