

Weekly Practice Journal

Name: _____

Date: _____ Long Tones: _____ Lip/Break Slurs: _____ Scales/Rudiments Practiced: _____

Etude Book: _____ Pages: _____ Etudes: _____

Music Practiced: _____

What did you work on?

What did you improve?

What still needs work?

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Practice Tips

- Try to practice in the same place, at the same time each day. (A place without distractions).
- Have a chair that promotes good posture and a music stand when practicing (not on your bed!).
- Develop a routine: warm up with breathing exercises; long tones; lip slurs or slurs over the break; scales in all keys, ranges, and tonalities; etudes or exercises; performance pieces.
- Focus at all times on the quality of your tone. Beginning, middle, and end of each note. Craft your sound.
- Practice with a small mirror on your stand to watch your embouchure.
- Record yourself using your cell phone or a freeware program such as Garage Band or Audacity.
- Always practice with a tuner.
- Always practice with a metronome.
- Have a pencil on your stand.
- If you can't play it slow, you can't play it fast.
- If you can't sing it, you can't play it.
- Create exercises out of difficult passages and play them in different styles, rhythms, articulations, etc. Then go back and play as written.
- Never cultivate a bad sound or reinforce incorrect notes, rhythms, or articulations.
- Take a time out and listen to solo literature for your instrument on Grooveshark, Spotify, YouTube, etc. (Or a recording of the music you are learning)
- Make the focus of your practice time the things you need the most work on. Then reward yourself with the music you have fun with at the end.
- Practice makes better. No practice makes no better.

List relevant music you have listened to this week here:

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