**Tips for Best Practice to Increase Your Skills**

Skills are best developed ***slowly, methodically and daily*** (just the weekend you can’t expect proper development and achievement) *Athlete, Rally Car driver…*

***Concentration!*** Don’t just ‘put in time’ isn’t going to help you play better, you need concentration.

Recognize when something is practiced *incorrectly* to stop bad habits.

***SLOWLY, METHODICALLY, DAILY, with CONCENTRATION***

Where: Find a consistent place to practice (your room, basement, garage)

When: Practice around the same time (when you first come home, 20 minutes before supper or 7pm)

What to have: *Instrument, supplies, pencil, binder, chair, stand*.

*Helpful*: Metronome - Metronome M1(free)

Pro Metronome(free),

Tuner apps: Tuner T1(free),

Bandmate Chromatic Tuner(free))

**How:** Carefully open your case, assemble gently. Then **P. B. & E.!**

1. **P**osture (feet flat on the floor, back straight, shoulders relaxed)
2. **B**reathing (full, deep breaths)
3. **E**mbouchure (mouth position)

Warm air, hold long tones, air through entire instrument

Scales with warm resonance, low-high notes, step-by-step

Transfer your sound to different intervals, arpeggio’s, triads



Method book exercises, challenging sections and fingerings

in your method book, circled notes. LISTEN to it if you can!



Play music! End with a section you enjoy playing!



Concentrated minutes **minimum** of actual playing!

Carefully clean and contain your instrument!