



PRACTICE JOURNAL



Warm-up

- buzz lips only
- buzz w/ mouthpiece
- tongue warm-up
- breathing exercises
- pedal tones
- low lip slurs

Technique

- scales
- patterns
- arpeggio
- new scale
- lip slurs
- dbl/trpl tonguing
- transposing

- sight reading
- finger drills
- ornaments
- transcriptions
- chord changes
- play along
- range
- endurance

Music

- Long Term Song
- Excerpts
- New Tunes
- Memorization
- PLAY!**
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 Time _____ to _____
 Recorded: N Y

Comments: _____

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Music

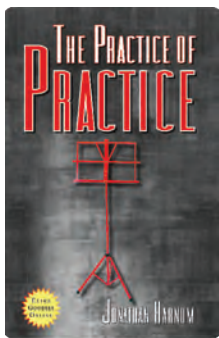
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BETTER = SMARTER + FASTER



Practice takes many shapes. The word means different things to different people. What does it take to get better?

The Practice of Practice will help you understand ways of getting better more clearly. The information will help you become a more aware musician, a more informed teacher, and a more effective parent of a young musician.

Whether you play Beethoven or Bach, are into Indie pop or classic Rock, *The Practice of Practice* will help you become a better musician.

The book covers 6 aspects of practice:

Written by a musician, *The Practice of Practice* is a result of 8 years of research, including interviews with world-class professional musicians in many genres: jazz, singer-songwriting, Western classical, Indian classical, West African djembe, and others.

Jonathan Harnum, PhD, is a multi-instrumentalist, has played music for over 30 years, has 20 years of teaching experience, and is the author of five books.

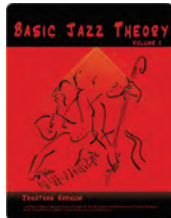
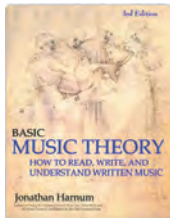
- » **WHAT:** Definitions, and what music practice does to your brain.
- » **WHY:** Motivation is crucial. Learn ways of keeping the flame lit in this section
- » **WHO:** A lot of people including yourself will impact your practice. Learn to use them to your advantage.
- » **WHEN:** This section covers how much, and what times of the day are best for practice, & more.
- » **WHERE:** Where you practice matters, & more.
- » **HOW:** The longest section of the book includes information about goals, structuring your practice, as well as specific techniques tested by researchers, and specific strategies pros use to get better.

**BE A BETTER MUSICIAN.
DON'T PRACTICE LONGER, PRACTICE SMARTER.**

THEPRACTICEOFPRACTICE.COM

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