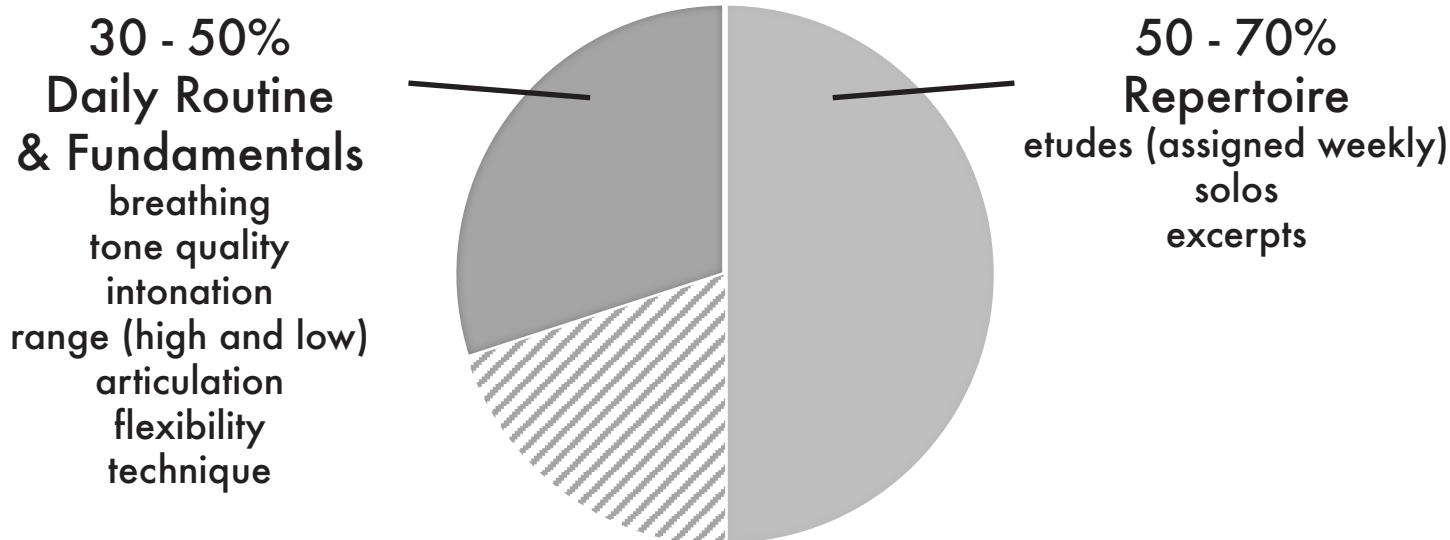


# WHAT DOES GOOD PRACTICE LOOK LIKE?

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## How do I start?

- turn your phone on airplane mode
- minimize distractions
- pick a specific and measureable goal
- practice intensely for 15 minutes and take a short (timed) break

## How do I learn something new?

- start slowly - never go faster than you can play without mistakes
- only bump the tempo once you can play something consistently correctly

## What methods should I use?

- 10 penny method -
  - select a passage and aim for 10 consecutive correct repetitions
  - if you make a mistake, start the 10 repetitions over again
- record and listen back -
  - often you will hear many of the things your teachers hear
  - if you listen back to your own playing
- sing-buzz-play -
  - audiation is half the battle on brass instruments
  - make sure you can hear what you are doing before it happens
- practice away from the instrument -
  - not all practice has to be on the instrument:
  - listen carefully to high quality recordings
  - study the score of your solos and excerpts
  - count aloud

## How do I end?

- make a to-do list of specific and measureable goals for your next practice session