**PRACTICE GUIDELINES FOR GUITAR AND PIANO**

**FOR GUITAR AND PIANO:**

**PRACTICE, IN ANY SUBJECT, FROM PIANO TO SOCCER TO LEARNING A LANGUAGE, TO…WELL, THE SKY IS THE LIMIT! … IS THE MAGIC INGREDIENT, AVAILABLE TO ALL, THAT WILL BRING SUCCESS IN ANY SUBJECT.**

**IF YOU PRACTICE, YOU WILL SEE YOURSELF IMPROVE, AND YOU WILL BE JUSTIFIABLY PROUD OF YOUR SKILLS, KNOWING THAT YOU GAINED THEM THROUGH YOUR OWN HARD WORK.**

 **PRACTICE CONSISTS OF ATTENTION AND REPETITION. PRACTICE IS:**

**REPETITION with Attention to what you are doing**

**AND ONE MORE THING:**

**REPETITION! With Attention to what you are doing**

**AND THEN:**

**MORE REPETITION! With Attention to what you are doing. :)**

**SET ASIDE A CERTAIN TIME EVERY DAY - AND AT THE SAME TIME EACH DAY IF POSSIBLE - TO FOCUS ON THE TASK AT HAND, WHICH IN OUR CASE IS TO GET BETTER AT GUITAR OR PIANO**

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**PLAN FOR THE GUITARISTS:**

**1.**

**SET YOUR TIMER, THEN:**

SIT ON A CHAIR OR STOOL WITH NO ARMS THAT WOULD CONSTRICT HOW YOU HOLD YOUR GUITAR.

PLACE YOUR FEET ON THE FLOOR

HOLD YOUR GUITAR COMFORTABLY SO THAT YOU CAN EASILY REACH THE FRETBOARD WITH OPEN WRIST, AND WITH THUMB AND FINGERS OF RIGHT HAND ON THE DESIRED STRINGS

HAVE YOUR MUSIC IN FRONT OF YOU, PREFERABLY ON A MUSIC STAND

TUNE YOUR GUITAR

**2.**

**START WITH SCALES.**

ALWAYS PAY ATTENTION TO THE PLACEMENT OF YOUR FINGERTIPS ON THE FRETS, THE TONE OF THE NOTES, AND BE CONSISTENT IN YOUR FINGERING. SCALES ARE ABOUT STRENGTHENING YOUR HANDS, INCREASING FLEXIBILITY, AND ACQUIRING FAMILIARITY WITH THE NECK OF THE GUITAR, SO FINGERING SHOULD ALWAYS BE THE SAME.

SCALES CAN BE PRACTICED ALSO OUTSIDE OF YOUR REGULAR PRACTICE TIME, WHILE WATCHING TV FOR EXAMPLE, ONCE YOU HAVE THE FINGERING DOWN AND CAN PLAY THE SCALE WITHOUT LOOKING

USE A METRONOME. PLAY ENTIRE SCALE AT THE SAME TEMPO. THEN AFTER YOU HAVE MASTERED THAT TEMPO, TRY A FASTER TEMPO

**3.**

**PLAY YOUR PIECES.** START BY PLAYING SLOWLY. GO THROUGH THE WHOLE PIECE ONCE, THEN TAKE SMALLER SECTIONS, PLAY THEM OVER AND OVER UNTIL THEY FLOW SMOOTHLY. THEN PUT SECTIONS TOGETHER.

AFTER PLAYING THROUGH THE PIECE ONCE AGAIN, GO BACK FIRST TO THE NEWER OR MORE DIFFICULT PIECES FOR FURTHER PRACTICE

WHEN NEEDED, FOCUS OR EVEN START WITH MORE CHALLENGING SECTIONS.

PAY CLOSE ATTENTION TO CONSISTENT FINGERING

IF WORKING ON SONGS, REPEAT THE CHORD PROGRESSIONS UNTIL THEY ARE EASY. PAY ATTENTION TO HOW THE CHORDS SUPPORT THE LYRICS AND THE MELODY.

**4.**

**WHEN TIMER GOES OFF:**

MAKE A NOTE TO YOURSELF ON WHAT YOU WORKED ON, WHAT NEEDS IMPROVEMENT, WHAT YOU FEEL YOU'VE MADE GOOD PROGRESS IN. YOU DON'T NEED TO WRITE THESE DOWN, BUT WE WILL TAKE A MOMENT TO ASSESS AT EACH LESSON.

**5**.

**AND FINALLY:**

**CONGRATULATIONS! YOU HAVE JUST COMPLETED AN EFFECTIVE REAL-LIFE STEP TO BECOMING A BETTER MUSICIAN!**

***STRETCH, GIVE YOURSELF A BIG HUG FOR COMPLETING THE PRACTICE SESSION, AND CELEBRATE YOUR PROGRESS!***

**PLAN FOR THE PIANISTS:**

**1.**

**SET YOUR TIMER, THEN:**

HAVE YOUR MUSIC BOOKS READY ON THE PIANO,

TAKE A BREATH. STRETCH YOUR ARMS, SHOULDERS, AND HANDS.

SIT SQUARELY ON THE PIANO BENCH, BACK STRAIGHT, ELBOWS DOWN, SHOULDERS RELAXED, HANDS CURVED, FINGERTIPS TOUCHING THE KEYS

**2.**

**PLAY SCALES AND HANON EXCERSIZES.**

**USE A METRONOME.**

BEGIN EACH SCALE OR EXCERSIZE AT A MODERATE PACE.

GRADUALLY INCREASE YOUR TEMPO.

FINGERTIPS ON KEYS, WRISTS FLEXIBLE BUT NEVER SAGGING, AND KEEP YOUR TEMPO EVEN

**3.**

**PLAY YOUR PIECES.** START BY PLAYING SLOWLY. GO THROUGH THE WHOLE PIECE ONCE, THEN TAKE SMALLER SECTIONS, PLAY THEM OVER AND OVER UNTIL THEY FLOW SMOOTHLY. THEN PUT SECTIONS TOGETHER.

AFTER PLAYING THROUGH THE PIECE ONCE AGAIN, GO BACK FIRST TO THE NEWER OR MORE DIFFICULT PIECES FOR FURTHER PRACTICE

WHEN NEEDED, FOCUS OR EVEN START WITH MORE CHALLENGING SECTIONS.

PAY CLOSE ATTENTION TO CONSISTENT FINGERING

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