

5 PRACTISE TECHNIQUES

To improve your practice sessions

1. Slow Practice: When learning a new piece of music or technique, it can be helpful to start by practicing slowly. This allows you to focus on proper technique and accuracy and can help to prevent mistakes from becoming ingrained. You can gradually increase the tempo as you become more comfortable with the material. To play something fast, you have to first play it slow!

2. Section Practice: Instead of tackling an entire piece of music at once, try breaking it down into smaller sections and focusing on one at a time. This can help make the material more manageable and allow you to progress more quickly and also focus on the more challenging sections of the piece.

3. Repetition: Repetition is an integral part of the learning process and can help to build muscle memory and improve your skills. When practicing a particular passage or technique, try repeating it multiple times until it becomes second nature.

You practice and you get better. It's very simple.
Phillip Glass



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4. Metronome practice: Using a metronome can be a helpful tool for improving your sense of timing and rhythm. Set the metronome to a slow tempo and gradually increase the speed as you become more comfortable with the material.

5. Record and Review: Recording yourself as you practice can be a valuable tool for identifying areas for improvement. Listen to your recordings and pay attention to things like timing, tone, and technique. This can help you to identify any weaknesses and focus on areas that need more attention.

It's not about perfect, it's about effort, and when you bring that effort every single day, that's where transformation happens, that's how change occurs.

Julián Michaels



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