



Tips for effective practice

MUSICIANSHIP

Your musicianship can develop only through practice. How you practice is just as important as what you practice. To help you make the most of your practice sessions; we have included the following guide.

How to Practice

1. Practice on the days you eat for progress and results. Set up a consistent practice space, and time. Use a music stand, and metronome, and a recorder to listen to how you sound.
2. Carefully tune your instrument with the fine tuners by matching pitch to a piano, keyboard, or tuner (on your phone, computer, smartmusic, or Essential Elements website.)
3. Warm-Up (your body and your brain!) Start with your scales, using long, legato bows, then short bows, at the tip and frog. Start off slowly, listening carefully, then try faster.
4. Listen and play in tune with good tone quality, practice all dynamic levels.
6. Practice the assigned lesson or music parts. When unable to play a particular phrase or group of notes, STOP. Make an exercise out of the difficult part. Practice it slowly at first, and then gradually build up to the proper speed.
7. Listen to a recording of the piece.
8. Practice for results-not just a length of time! Focused time spent on your instrument is very similar to focused attention on physical exercise. You can save yourself a million mindless repetitions if you work intelligently.