

"PRACTICE ONLY ON THE DAYS THAT YOU EAT"

When to Practice

Stick to a daily routine that you, your family, and your friends will respect.

Practice at approximately the same time every day in 30-minute intervals

Practice at a time when you are mentally and physically alert

Practice at a time when there are no distractions

Where to Practice

Practice in a place free from TV, phone, stereo, other people, etc.

Practice in a place where you can hear yourself play (like a bathroom!)

Practice in a place where you feel comfortable

Equipment

For good posture, use a chair with a straight back and no arms

Use a music stand; also for good posture

Use a mirror to view hand body and embouchure position

Use a metronome to develop good rhythmic coordination

Rely on a cassette recorder to hear what you *really* sound like

What to Practice

Start with warm-ups: long tones, lip slurs, scales, etc.

Play through your band music: concert music, method book, etc.

Work on your private lesson music as assigned by your teacher

Learn and refine your solo & ensemble music

Do sightreading; use any music you can find