

16 Basic Principles of Practice

- ❖ Life is a marathon, not a sprint and so is practice.
- ❖ Leave your ego at the door.
- ❖ Warm-up BOTH your body and mind.
- ❖ Quality over quantity.
- ❖ Listen and study the music you plan to practice.
- ❖ Practice daily generally at the same time of day and place.
- ❖ Practice in blocks of time.
- ❖ Listen to yourself—do not use selective hearing.
- ❖ Strive to improve your baseline each day.
- ❖ Have a PLAN.
- ❖ Have a daily GOAL.
- ❖ FOCUS.
- ❖ Divide and conquer.
- ❖ Accurate repetition.
- ❖ Don't obsess... move on to something else.
- ❖ Evaluate and reflect once practice session is concluded.

From: The Musicians Way – Gerald Klickstein