

Organizing Your Practice Regime
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Before you begin practicing you should do the following:

- Set specific goals for yourself. Know what you intend to do and for how long.
- Write down your objectives! Make a practice routine for each session/week/month!

Sample 1-Hour Fundamental Routine

Time	Area of Focus
5 minutes	Mouthpiece Exercises
5 minutes	Overtone / Overtone Matching / Top Tones (Rascher) / Voicing: An Approach (Sinta) / CHOPS (Graser)
5 minutes	Long Tones/Octave Slurs
5 minutes	Vibrato
5 minutes	Articulation (Langenus, or Scales and Scale patterns)
10 minutes	Intonation: Tuning CD, Drone, Matching Unison/Intervals
25 minutes	Scales, Arpeggios, 3rds, 4ths, Scale Patterns, etc.

Items you need for a productive practice session:

- Practice Notebook and something to write with
- Metronome/Tuner
- Speakers/Headphones
- Recording Device/Phone
- Mirror
- Timer/Phone
- Water

Further Considerations:

- Practice in a comfortable, inspiring place.
- Aim to practice the same time every day.
- Be sure you are comfortable (shoes off, snack ready, no neighbors bothering you, etc).
- Turn your phone off, or on 'Airplane Mode'
- If you are just playing tunes and having a good time, that is awesome - but not practice!