

Organizing Your Practice Regimen

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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
7 minutes	Long Tones/Octave Slurs
7 minutes	Voicing: Overtones/Overtone Matching/F Trick/Short-Tube Overtones [You may use: Top Tones (Rascher), Voicing: An Approach (Sinta), CHOPS (Graser)]
5 minutes	Vibrato Exercises / Articulation
6 minutes	Intonation: Tuning CD, Drone, Matching Unison/Intervals
30 minutes	Etude/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 at 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!