

Sound Wisdom 101/Practice Tips

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• How to Practice.

It's not how *long* you practice, but how *wise* you practice that matters.

Fifteen minutes of *correct* practice is better than two hours of 'noodling' around.

Set aside a regular time for practice each day.

Choose a place that is free from distractions and noise. Turn off the TV and Cell Phone.

Always remember to warm-up properly before playing any pieces or exercises.

Don't try to learn a piece all at one time; break it into sections and practice a section until you can play it mistake free three times through.

Practice each section slowly, making sure that you play **all** the notes correctly and that you count through difficult passages.

Avoid repeating mistakes. Use practice to eliminate mistakes.

Always practice with a metronome in order to develop perfect rhythm.

Rhythm is the most important factor in music. Without rhythm there is no music.

Take a break when your lips get tired; playing when the lips are tired weakens them.

• What to Practice.

Start with Long Tones for ten or fifteen minutes each day. This will strengthen your lips and give you a rich, full tone.

- "Tone is King". A good tone is your most valuable musical asset.
- Avoid the vibrato style of playing by striving to produce a pure, clear, 'laser-straight' tone.
- Don't try to play as long as possible on one breath.
- Use a digital instrument tuner for intonation as you play long tones. This will help train your ear to play in tune.

Tonguing exercises are essential for increasing the speed and accuracy of your tongue.

Practice a variety of exercises and scales in all keys, even the hard ones.

Practice what you are unfamiliar with.

Remember the ultimate goal is to make **everything** you play *seem* effortless.