



Sound Reason Music Studio

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Notes on Weekly Practice

Basic Thoughts:

“We're pretty bad at most things when we first try them.”
Really??

Well then, do we truly find our “passions,” or develop them over time? Good question.

Proficiency on a musical instrument is not something you can “get”, like a soda or a grammy. It is a Craft, involving a set of skills that can be acquired over time.

BUT—spoiler alert! It takes longer than you might think. And no one can give it to you. Like most good things we reach for, we have to earn them. Day-by-day. Week-by-week. And yes, year-by-year.

SO? Big Wrap-Up...Wait for it—You need a REASON to embark on a musical journey. Pretty basic stuff when you think about it. We usually do things we want or like to do. That's called “self-interest”. Nothing wrong with that. But there is a big difference between wanting a kit-Kat bar and playing a recital at Carnegie Hall.

Big point here: Musical instrument proficiency is both important enough and difficult enough that you will have problems making weekly progress without a good reason to work at it.

Practice Regimen Advice

Play your instrument EVERY DAY!

At least 15 minutes.

30 Minutes or more is best.

Try the following recipe:

--Warm-ups and technique practice.

Including scales and chord drills. 10 minutes

--Sight-Reading practice. Critical! 10 minutes

Seeing and finding “patterns”.

--Repertoire. Tunes and songs. Combination of

choices, including student requests. 10 minutes

Memorize or not. That is the question.

Actually, a very big question. Some teachers

focus only on sight learning, page after page.

Others request, even require memorization.

Here's my take: learn the patterns and the songs.

Learn your scales right away and play them from

memory every day. If you like a song, learn to play

it and memorize it as soon as you can. Playing the

notes and performing them is quite different.

Attached here is a sample weekly practice grid. Use it!

Keep track of your practice activities.

Weekly Piano-Practice Log:

NAME: _____

DATE: _____

Week 1	Technique/Exercises	Sight-Reading	Repertoire	Time
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				
Week 2	Technique/Exercises	Sight-Reading	Repertoire	Time
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				

2.

