

WEEKLY PRACTICE CHECKLIST

- Relaxation** (stretch, exercise, walking, play outside)
- Breathing** (Breathing Gym)
- Buzzing** (favorite tunes, with radio/cd, exercises, music you are practicing-if it doesn't work then buzz it on the mouthpiece)
- Long Tones** (Remington, Marsteller, Schlossberg)
 - dynamics (block, hairpins)
 - all ranges
- Articulation** (Arban)
 - dynamics (do not allow the tongue to affect the tone)
 - speed (single and multiple)
 - style (air attacks, legato, soft, marcato, staccato, tenuto)
- Flexibility** (Remington, Marsteller, Schlossberg, Blokker, Edwards)
 - SOUND
 - connections
 - tempo
 - trills
 - linking registers
 - range
- Intervals** (Arban)
- Intonation** (TuneUp, duets, trios, quartets, ear training, learn your tendencies and the tendencies of your instrument with tuner)
- Scales and arpeggios** (Arban, one key per week with arpeggios)
- Glisses** (relaxation, dynamics, range)
- Clef Studies** (Edwards, Blazeovich, alto, tenor, octave)
- Etudes**
- Vocalise** (Cimera, Bordogni, Conconne, Snedecor, Flow Studies, Sing-Buzz-Play)
- Excerpts**
- Solos**
- Improvisation** (in weekly key)
- Sight reading** (one lyrical and one technical every day, transpose to different keys, clefs, octaves)
- Listening** (solo literature, chamber music, orchestral masterworks, great performers on instruments other than your own)
- Read** something about your craft everyday
- Record yourself DAILY!**

THINGS TO KEEP IN MIND THROUGHOUT THE WEEK

- Your teacher should supply you with the **What, How** and **Why**. The student is to add the **WHEN!**
- An ideal practice day should consist of several sessions of 30-45 minutes each. It is not healthy to do all of your practice in one 2-3 hour session.
- Sing-Buzz-Play
- Listening and attending concerts is a crucial part of any musician's development and should be treated like daily practice.
- When you are in the practice room....PRACTICE!
- Be a musician in which their voice is their instrument
- Set goals for every practice session and for each week
- Have a long distance goal in mind and don't be discouraged by the present
- Keep a practice journal
- SING