How to practice

Practicing is not playing your piece over and over. It is **fixing one small thing at a time**, slowly enough to get it right. Aim for short, focused sessions, not hour-long run-throughs. Here is the recipe.

EVERY SESSION IN FIVE STEPS

1

Warm up

Two or three minutes: a 5-finger scale up and down in each hand, slow, with a round hand and relaxed shoulders. A full daily technique plan: Handout 360.

2

Hands separate

Learn the **right hand** alone, then the **left hand** alone. Get the notes, fingers and counting right before you add anything.

3

Slow, with a metronome

Start at a speed where it is **perfect**. Then go up 4–8 clicks at a time (Handout 55). Mistakes? Go back down.

60 64 68 72 76

4

Hands together

Put them together **slowly again**, even if each hand alone was fast. Speed comes back quickly once the hands agree.

5

Play it through

End with one full play-through, no stopping, like a little concert. Notice the spots that wobbled. They are tomorrow's job.

HARD SPOTS: CHUNK IT, THEN FIX IT



Chunk it

In the tune above, **bar 3** (coral) is the hard spot. Do not start from the top every time: practice **only that bar** until it is easy. Then add the bar after it: **bar 3 + bar 4**. Then the bar before: **bars 2–4**. Last, the whole line.

1st	bar 1	bar 2	**bar 3**	bar 4
2nd	bar 1	bar 2	**bar 3**	**bar 4**
3rd	bar 1	**bar 2**	**bar 3**	**bar 4**
last	**bar 1**	**bar 2**	**bar 3**	**bar 4**

The fix-it loop

When a mistake happens, do not just keep going, and do not just start over.

Stop → **Find the exact notes** → **Play them slowly** → **3 clean in a row** → **Put it back in**

Three *in a row*: a mistake on try two means you start counting again from zero.

Start at the end some days. Most pieces get practiced from the top, so the ending is the weakest part. Learn the last line first and you will always finish strong.

Try it Today, before you play your piece through, **circle its hardest bar** in pencil. Give that bar the fix-it loop until you get three clean in a row, then chunk it into the bars around it. Write the bar number in the log below.

MY PRACTICE WEEK

DAY	MINUTES	WARM-UP	HARD SPOT I FIXED (BAR)	METRONOME: START → END	PLAY-THROUGH
Mon		☐		→	☐
Tue		☐		→	☐
Wed		☐		→	☐
Thu		☐		→	☐
Fri		☐		→	☐
Sat		☐		→	☐
Sun		☐		→	☐

This week's goal: _____

Teacher's note: _____

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