

KAIZEN PRACTICE

Nikki Abissi @NIKKITRB NIKKIABISSI.COM

1.IMPROVE EVERYTHING CONTINUOUSLY

2.PRACTICE IN NEW WAYS.

I.START IN THE MIDDLE OR END

II.CHANGE THE STYLE, DYNAMICS, & RHYTHM

III.MAKE AN EXERCISE OUT OF IT

3.ACCEPT NO EXCUSES, JUST GET STARTED

4.DON'T ASSUME THESE NEW THINGS WILL WORK.

TEST THEM OUT BY RECORDING YOURSELF.

5.CORRECT MISTAKES WHEN THEY HAPPEN.

A.ISOLATE THE PROBLEM AND WORK ON IT.

6.ASK FRIENDS AND CLASSMATES FOR HELP, NOT

JUST THE SAME INSTRUMENT.

7.PLAY FOR AS MANY PEOPLE AS YOU CAN

8.USE THE 5 WHY'S IN THE PRACTICE ROOM WHEN

SOMETHING GOES WRONG

9.FIND WAYS TO BE MORE EFFICIENT WITH YOUR

TIME.

A.CAN YOU WORK ON TWO THINGS AT ONCE?

10.IMPROVEMENT HAS NO LIMITS!