

Bi-Daily Practice

Include specific exercises for the following areas each day:

Tone Development, Scales & Arpeggios, Articulations, Dynamics, Etudes and/or Solo/Ensemble Repertoire.

Other areas to include might be:

Vibrato, Intervals, Listening Assignments, Body Awareness, Breathing, whatever you feel you need to improve.

DAY 1

Minutes

Tone

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Scales

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Articulation

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Dynamics

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Etudes/Repertoire

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DAY 2

Minutes

Tone

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Scales

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Articulation

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Dynamics

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Etudes/Repertoire

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REMINDERS + NOTES

When playing, aim for resonance in the body at all times; a free air stream (minimal pressure in the chest), and a body free from tension.