

Solomon Guitar Studio

Practice Routine

A daily practice routine is an essential aspect of playing an instrument. The following routine is divided into three sections in order to maximize practice efficiency, as well as to ensure proper development and good practice habits. The length of a practice session may vary slightly; however, the student should plan on practicing for approximately 20-30 minutes, at least three times per week.

Warm-up routine: 2-10 minutes

A warm-up routine is a great way to promote the development of proper hand positioning, efficient left and right hand movement(s), increase coordination and dexterity, as well as a way to isolate and practice technical skills and musical concepts.

A daily warm-up routine should include:

- Scales
- Finger patterns
- Arpeggios

A warm-up routine may also include:

- Riffs
- Excerpts from pieces
- Stretching

Repertoire/Content of Most Recent Lesson: 10-20 minutes

Repertoire is defined as the music or piece(s) that you are studying and should be working up to performance level. At all times the student should be in the process of learning a repertoire piece, memorizing and mastering a piece or studying a new technical skill and/or musical concept. Overall, this should be the largest portion of a practice session. The student should work through each exercise and/or piece slowly, focusing on accuracy by using correct and efficient movements and counting rhythms slowly and carefully. Any suggested fingerings in an exercise or piece should be observed and studied closely in order for the student to properly learn and understand fretboard theory and technical concepts.

Review/Free Creative Time: 8-15 minutes

- Playing or working on older pieces, works or songs
- Sight-reading easy songs or melodies
- Practicing rhythms
- Reviewing chords and/or scales
- Practicing picking techniques or right hand finger patterns
- Improvising/composing (making-u a song, work, or piece, or “noodling” along with a song

Weekly Practice Log

Lesson Date _____

Days Practiced (Place a check mark under the days you practice, aim for at least three days per week)

Mon	Tues	Wed	Thurs	Fri	Sat	Sun
_____	_____	_____	_____	_____	_____	_____

Warm up (2-10 min):

Repertoire (10-20 min):

Review older pieces, creative and/or theory (8-15 min) :