

A PRACTICE JOURNAL

CHORES (DAILY DRILLS) – A LITTLE FROM EACH AREA DAILY

Buzzing – Wiff Rudd's "Collaborative Practice Concepts", Thompson's Buzzing Method...

Long Tones- Cichowicz, Stamp, Wiff Rudd, Thompson, Schlossberg...

Articulation – tongued scales like Clarke Studies, Schlossberg

Include multiple tonguing – Arban, Vizzutti, Schlossberg, scales

New scales or ones that are difficult and need work- "Scales

for Commercial Players" is an excellent resource for expanding scale knowledge

Range extension – use the same long tones as earlier but higher

Lip Slurs – Thompsons, Irons, Vizzutti

Etude – Small, Hering, Getchell, Bousquet, Charlier, Rochut, Concone

Focus Area- Take one of the above areas a little deeper and give it extra time and attention



GOALS FOR TODAY – Fill these out both before AND after practicing

Before: Goals (specific area(s) in a solo(s) and/or excerpts to focus on and goal desired for today)

(EX: Janacek's Sinfonietta: the high b section, first two times the high b occurs, four times in a row at slow tempo with rest between each attempt ala Thompson's Basic Attack exercises)

AFTER:

Did time seem productive?

How would you rate your focus and concentration on a scale of 1-5, with 5 being exceptionally focused?

What are your plans for tomorrow based on what occurred in today's practicing?