

One-Hour Daily Practise Session Guideline

(Use of metronome, click, and play along is advised for ALL practise disciplines)

Level I

Option A (daily)

- 20 minutes Technique (hands focus)
- 20 minutes - Reading Studies
- 20 minutes – Basic Coordinated Independence
- Bonus Specialty Groove – Next level

Option B * (daily rotation)

- Day 1 - 30 minutes – Technique (hands focus)
30 minutes – Reading Studies
- Day 2 - 30 minutes- Technique (hands focus)
30 minutes – Basic Coordinated Independence
- Day 3 - 30 minutes Reading Studies
30 minutes – Basic Coordinated Independence
- Bonus Specialty Groove – Next level

* Option B allows more time for each discipline; however it's a 3 day rotation. Option A is a daily rotation.

Level II

- Hand Technique Development continued
- Reading Studies continued
- Introduction to Stylistic Development
- Introduction Standard Repertoire

Remember at whatever level you are currently to allow, each day, time for you to ENJOY playing, last... but do do it.

ENJOY

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