

# THE PLAN

Month:

Student:

## REVIEW THESE PRACTICE PARADIGMS BEFORE BEGINNING

- **Deliberate, pre-meditated focus on goal** of each exercise.
- Think **Slow Motion** to **maximize technique** and reinforce with **correct repetitions**.
- Use **Metronome** as much as possible to develop and reinforce **steady tempo and feel**.
- **Pay attention** as you begin each exercise. **Listen and notice problems**. **Isolate and correct each**, then **re-integrate** improved problem area into complete exercise.

Do exercises in the order shown here. See NOTES below for details.

- 1] **Tuning**
- 2] **Dexterity/Patterns**: warm-up; visualization; muscle-memory
- 3] **Reading**: TAB, notes, chords, symbols, charts, etc.
- 4] **Concepts**: fretboard, scales and harmonization, intervals, song structures, listening, improvisation, soloing, etc.
- 5] **Integration**: changing chords, chords with rhythms, altering chords, etc.
- 6] **Utilization**: learning from others by listening and reading, jamming, performing, etc.
- 7] **FUN!**: your reward for completing all exercises...indulge yourself in any way you feel like it...explore the possibilities!

*Technique Focus:*

Practice plan items should be practiced in proper order every day:

<u>1</u>
-----
<u>2</u>
-----
<u>3</u>
-----
<u>4</u>
-----
<u>5</u>
-----