

My Tools for Productive Practicing

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Plan your work, and then work your plan.

"Don't confuse activity with achievement." - John Wooden

JP's Toolbox

singing

left hand alone

right hand alone

rhythmic variation

discover the composer's intent

S.T.P. (stretched time practice)

P&P (play and prepare)

make it *more* difficult

fragment chaining

tip management

mentalization

backwards practicing

separate voices/line/layers

score perusal: form and analysis

exclusively observe left hand

exclusively observe right hand

simultaneously observe both hands (eyes closed)

fingering all notes in left hand, play only melody or bass with right hand

practice in *this* now, so you can perform it in *that* now

critical review: perform for microphone (audio recording)

self observation (mirror or video recording)

perform for others (friends, family, etc.)

breathing awareness/management

physical self-direction: be the giraffe

vary practice locations/backgrounds

S.L.F. (slow, loud, floppy)

thud/buzz/clear

befriend the frets

play with mute

Trust the process.

Embrace the process.

Enjoy the process.