

Organizing A Practice Regimen

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One Hour Fundamental Routine

5 minutes	Mouthpiece
10 minutes	Voicing: Matching, Top Tones, F Trick, Reverse Overtones
5 minutes	Vibrato
5 minutes	Long Tones, Dynamics,
5 minutes	Articulation
10 minutes	Intonation: Tuning CD, Drone, Matching Unison/Intervals
20 minutes	Scales, Arpeggios, 3rd, 4th, Scale Patterns, etc.

- Items you need for a productive practice session:
 - Metronome/Tuner/Phone
 - Speakers/Headphone
 - Recording Device/Phone
 - Mirror
 - Timer/Phone
 - Pencil
 - Water
- Set specific goals for yourself. Before you start practicing, know what you intend to do and for how long.
- Write down your objectives! Make a practice routines for each session/week/month!
- Practice in a comfortable, inspiring place.
- Aim to practice the same time every day.
- Be sure you are comfortable (shoes off, snack ready, no neighbors bothering you, etc).
- Turn your phone on 'Airplane Mode'
- If you are just playing tunes and having a good time, that is awesome - but not practice!