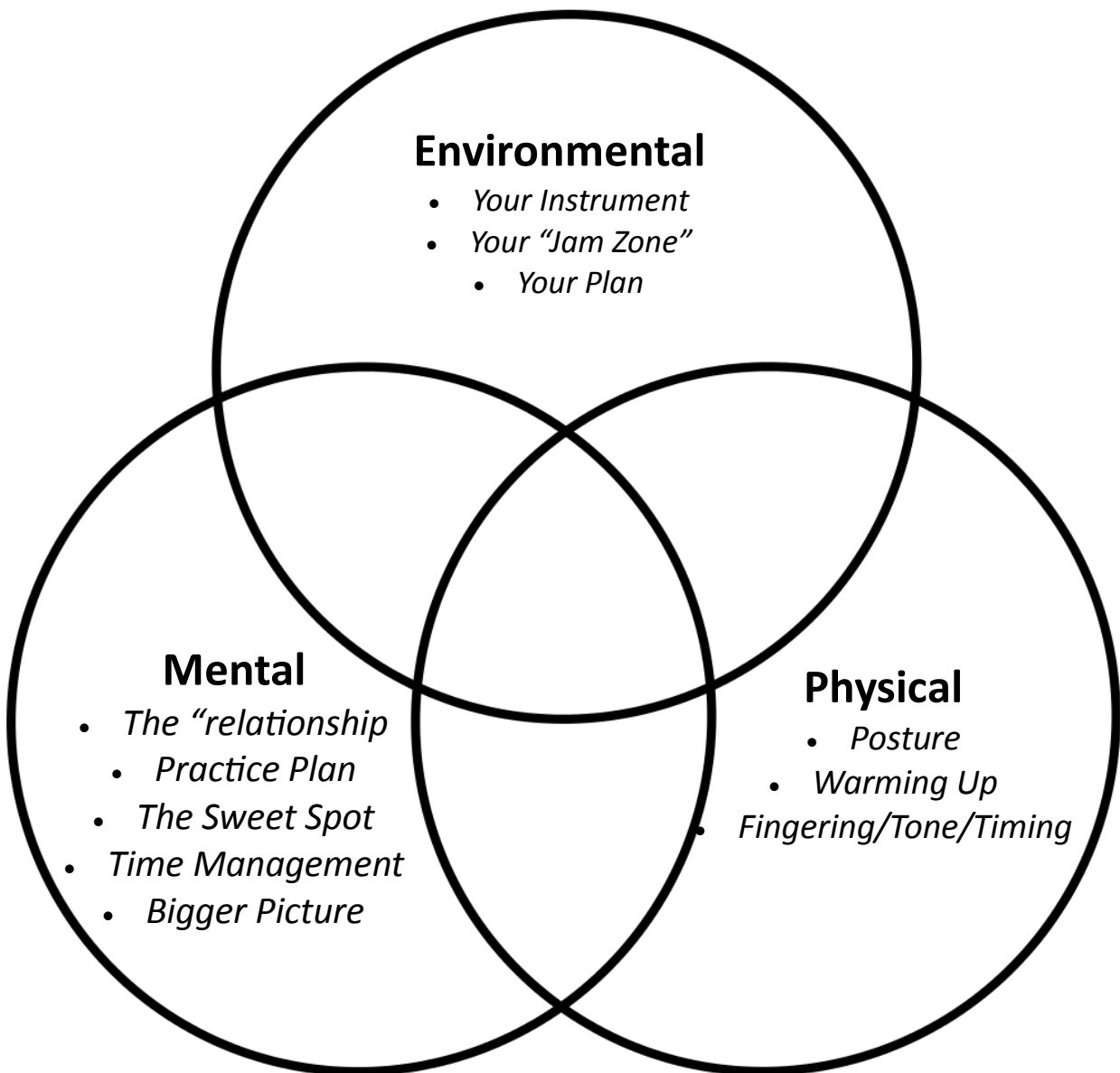


The Trinity of Practice

Body, Mind, Environment



JamAlong Online Workshop

“The Science of Practice”

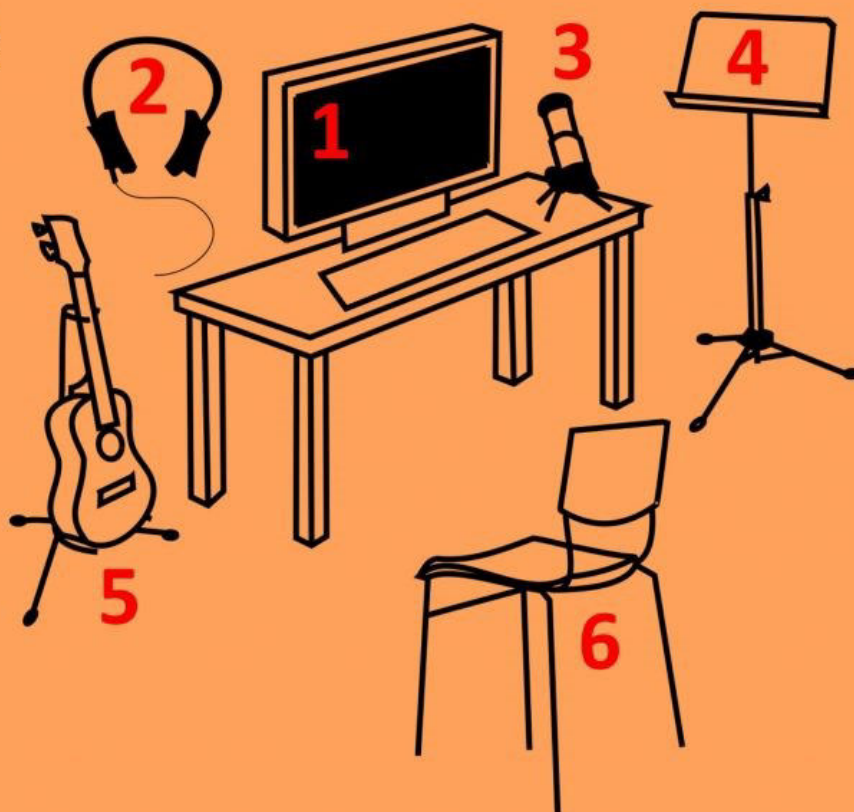
Class Outline

1. The Three Areas of Practice: Environment, Physical, Mental
2. Environment (where and what)
 - a. Your Instrument: quality and set-up
 - b. Having a “Jam Zone” (supplement: Jam Zone Chart)
 - i. Computer and good internet
 - ii. Loud Audio! (headphones or speakers)
 - iii. Comfy, armless chair (strap for standing)
 - iv. Music stand and binder with print-outs
 - v. Instrument stand or wall-hanger (“cases are coffins”)
 - c. A “tangible and visible” Practice Plan
 - i. JamAlong Practice Room
 - ii. Practice Journal and Whiteboards
3. Physical (Science of the Body)
 - a. The Foundation: Posture (supplement: Blog “Musical Posture”)
 - i. Good chair or stool
 - ii. “Wearing” your instrument properly
 1. Folk vs Classical (right vs left leg)
 2. Strap or not
 - iii. Sitting vs Standing
 - iv. Flat-footed or Foot Stand
 - v. Straight Back, Relaxed Arms
 - vi. Arms: The “Golden Spiral” (1.61803398875), delivering the hands
 - vii. Your Hands: Wrist Angles, “Present” Thumb
 - viii. Fingering: Tips and Frets, nails, no “double jointing”
 - b. Don’t “Go in Cold”: Warming Up
 - i. Stretching, R and L Hand Warmup Drills
 - ii. “Technical Music”: Scales and Arpeggios, patterns
 - c. The Essentials of Physical Practice: Fingering, Tone and Timing
4. Mental (Science of the Mind)
 - a. Your Instrument as a Relationship
 - i. Ups and Downs, know when to walk away (breaks are OK!)
 - ii. #1 Objective: Positive Feelings (Discipline vs Desire)

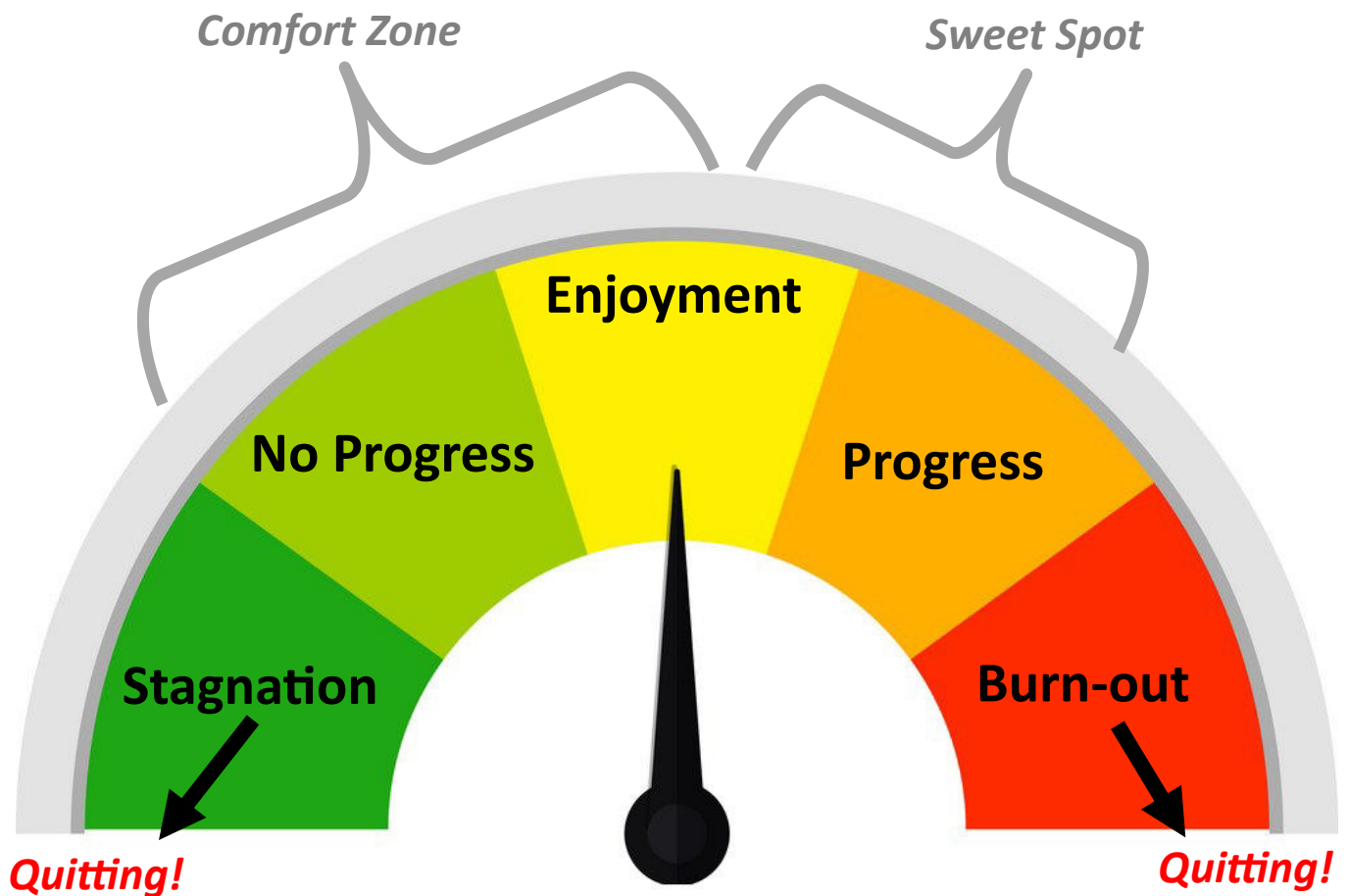
- b. The “Barrier”
 - c. Practice Plan (2.c, JamAlong Practice Room)
 - i. Practice Categories:
 1. Warm-ups (3.b)
 2. New Material (can’t play yet)
 3. “Old” material (can play fairly well)
 4. Technical vs Creative (Left vs Right Brain Hemispheres)
 5. Frequent breaks (Discuss: Pomodoro Method)
 - d. The JamAlong Ethic: *Always Play with Something!*
 - e. The Classical vs the Folk Ethic: No starting over, stay with the Jam!
 - i. Mistake Recovery (“There’s always a good note a fret away”)
 - f. The Gremlins: what to watch out for:
 - i. Bad tone (muted notes, buzzes, etc)
 - ii. Playing too fast
 - iii. Wrong Timing (need to play with the audio tracks!)
 - iv. “Selling your mistakes” (keep a poker face, or laugh!)
 - g. Finding the “Sweet Spot” (**supplement: Progress Meter Chart**)
 - h. Practicing for “Leal Life” (jamming, performing)
 - i. Stress Inoculation (lessons, “public practice”, friends & family)
 - i. The Science of Muscle Memory: “Distracted Practicing”
 - j. Comfort Levels: Good Pain vs Bad Pain
5. Time Management
- a. The Myth of “I Don’t Practice Enough”
 - b. Quality vs Quantity
 - c. Creating Structure: Your Practice Schedule (**supplement: Weekly Practice Schedule**)
 - d. Reminders, reminders, reminders
 - e. Goals: Setting, Monitoring, Being Flexible
6. It Takes a Village: Involving other People
- a. Harnessing your Inner Circle
 - b. A Good Instructor is invaluable!
 - c. Jam Buddies
 - d. Social media (yeah, I know)
 - e. Testing yourself: Playing for Others, Open Mics
7. The Bigger Picture

Your Jam Zone

- 1 Computer or laptop
- 2 Headphones
- 3 USB microphone
- 4 Music stand
- 5 Instrument stand
- 6 Comfy armless chair



JamAlong Progress Meter



Most “non-studying” musicians stay in the **Comfort Zone**, casually picking up their instrument and playing what is familiar. Unfortunately progress is slow with this approach.

To actually get better, you must push yourself out of the **Comfort Zone** and into the **Progress** area, through study and practice.

The trick is to find the **Sweet Spot**, where you are out of your **Comfort Zone** enough to make progress, but not so far that you leave **Enjoyment**.

This **Sweet Spot** is a balance of work and play, of old familiar songs but also new challenging material. However, you don’t want to work so hard as to kill the enjoyment, or you risk **Burn-out**. And at the other end of the spectrum, we also don’t want to stick to just easy and familiar material, or we risk **Stagnation**.

Both **Stagnation** and **Burn-out** can lead to quitting, which is what we are trying to avoid.

If you get out of your comfort zone, find the sweet spot, and never ever quit, you will achieve all of your musical goals!

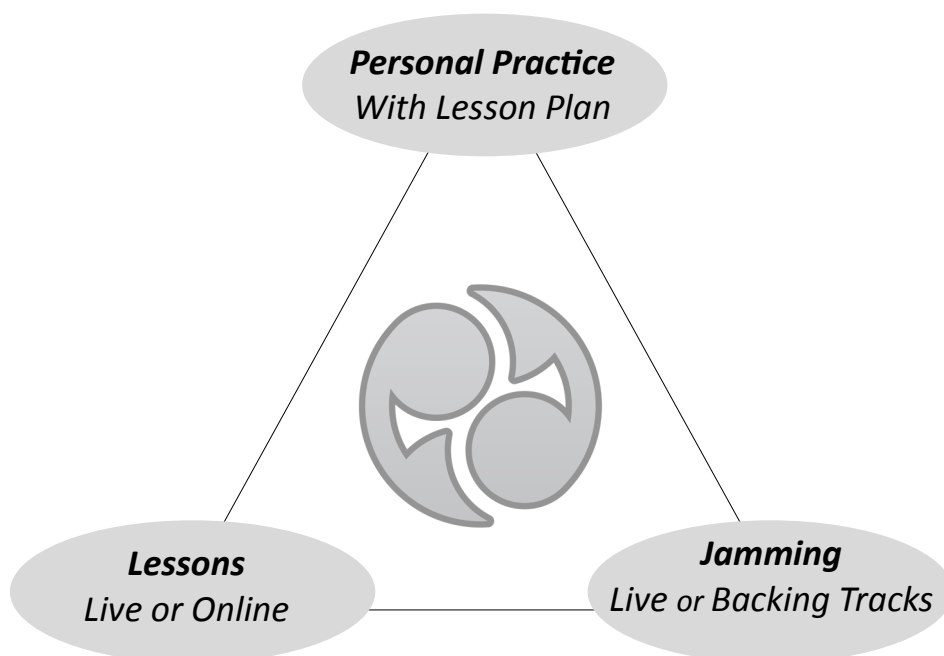
Weekly Practice Schedule

Write in the times of your practice on your chosen day(s), stick with it!



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
AM							
PM							

The JamAlong Trifecta



Good Practice Habits

- ⇒ Have a Practice Spot
- ⇒ Set up reminders
- ⇒ Short sessions are better
- ⇒ Follow your Lesson Plan
- ⇒ Use Backing Tracks
- ⇒ Have a Practice Buddy
- ⇒ Keep a Practice Journal
 - ⇒ Take Breaks
- ⇒ Stay Silly and have FUN!