

OUTLINE _ How to improve quicker

1. How to Practice

- **#1:** Make it fun!
- **#2:** Create a comfortable environment (or use noise-canceling headphones if not possible).
- **#3:** Start with a 5-minute warm-up that's just for fun.
- **#4:** Set a small, clear goal (e.g., playing an RC scale through various octaves/positions).
- **#5:** Transform simple exercises into rhythmic variations (use background tracks to make it engaging).
- **#6:** Focus on a challenging phrase (e.g., a 2-measure phrase).
 - Goal: Play it 10 times without mistakes, even if very slowly.
 - Only increase the tempo once accuracy is achieved.
- **#7:** Explore creatively for 5 minutes without recording or using a click track.
 - Improvise, experiment with melodies, or make up tunes to connect with your instrument.
- **#8:** Reward yourself—play purely for enjoyment.

2. Learning Basic Rhythm Techniques

- **Understanding note basics:**
 - Whole notes, quarter notes, eighth notes.
- **Exercise:**
 - Write out 8 eighth notes and play them.
 - Remove some notes, creating space in the rhythm, and play the new pattern.
 - Repeat with variations.

3. Building Blocks of Music

- **Scales:**
 - The 8 notes in a scale (what are scales and their role?).
- **Notes in Western music:**
 - Discussion on the 12 notes.
- **Chords:**
 - What is a chord, and how are they formed?
 - Distinguishing between major and minor chords.

4. Improvisation (Improv)

- Create a 3-note motif and develop it:
 - Example: C, Eb, Bb.
 - Use a rhythm (prewritten or student-created) to improvise around this motif.

5. Ear Training

- **Listening to chord structures:**
 - Identify the **1**, **4**, and **5** chords in a progression.
 - Use guitar or bass as a reference instrument.
- **Listening to melody lines (start simply)**
- Pick out a simple melody line and “transcribe” it on your own instrument.
- Analyze the line to determine where that line fits into a chord. Are the notes inside of the chord being played? Are there notes that connect “chord tones” ?

6. Know Your Instrument

- Familiarize yourself with your instrument’s layout:
 - Understand the keys you are using.
 - Learn the names of the notes you are playing.