



Level 1 Week 5 Assignment

Ok..... Here's the long and short of it.

If this applies to you, take it to heart, relate to the reality you are faced with, and move forward to a strong practice routine through the next 5 weeks. If not, and you have been diligent continue to do so. I am looking forward to everyone's Midterm Critique. I am always excited to really hear how my students are improving.

Remember Distance Ed students have the advantage of looking at the master instructor on the video over and over until they get it. The onsite student has to get it all in a single 1/2 hour once a week and that's it. Take advantage of your advantage and practice. Most of the students who are taking this course onsite have been practicing 15 min a day 2 days a week, a solid hour 1 day a week, and possibly a 20 or 30 minute "1 time shot" before they had to leave for a lab, or the library, or to go to another study session that requires a certain amount of cramming to make the mid term grade worth sending home.

One thing is for certain, many of the students are having difficulty at this point. So focus on your priority and properly schedule a good time to "be" with the guitar. Keep

the guitar out of the case at all times, when you are at home. If you have two guitars keep them in two locations out of the case so they are easily accessed. OUT OF THE CASE IS THE RULE. It is better to practice 8 times for fifteen minutes than to “not get around to taking it out of the case ‘cuz’ it's a hassle” or “I got too busy to set up my guitar practice area this week”. As a matter of fact you gain more accumulative knowledge with a lot of short bursts of practice than trying to cram it all into the last two days of the week before lesson time. You are studying a craft and a language.

THIS TAKES REPEATED ENGAGEMENT:

The mind set is more consistent if you can practice every day for even 15 or 20 minutes, never missing because you have left your guitar out where every time you walk past it you can pick it up and play it, and, you will still make progress. Now the truth is... if you can put in 20 minutes you can put in a 1/2 hour and if you make your practice time when you get done writing papers on your computer, for instance, it will be a reward to watch the video and stay on track unwinding with the scale studies as an AEROBIC YOGA FOR THE HANDS.

You can, (permission is granted when you have mastered all five scale studies), mute the sound on your TV and still watch programming while you practice. The speed of the

edits on TV is consistent enough to create a kind of visual metronome. All programming has a “pace” and a “pulse” and it is visible if you are doing something rhythmic at the time you are viewing it. I have had a lot of students who have watched sports programming while intensely practicing scales some of them playing 1/8 notes at 168

OK..... Here's the long and short of it. BPM or there about. Fairly brisk tempo, true, but when you reach this level you will get more mileage out of the time you spend practicing.

SO, MAKE IT EASY FOR YOURSELF TO PRACTICE AND YOU WILL PRACTICE.

Obviously there are many kinds and levels of practice so do your best and always push to get up to and be ready for your jury critiques. The only thing a distance Ed teacher worries about is not being there to encourage each student to practice and excel, and really use the talent that is in that person. Your inner voice is what you want to build a vocabulary with so you can speak from that place inside of you in this non verbal, all tonal and rhythmic, realm of music. It's a real rush when you get it right. The reward is out there, so just keep on practicing and it WILL get better.

Now:

Try to go through a minimum number of reps for every

exercise so far assigned. 1st scale study "E" Form, 20 times at each fret, up the neck. 7 frets and back down a total of 280 reps per day. When you add a new scale you drop the reps in half of the previous weeks scale study (10 times @ each fret up and back down 7 frets) so by the third week you should be practicing the first week's scales ("E" Form) 5 times at each fret up and back 7 frets worth. Once a scale study has dropped to 5 times at each fret that number of reps a day should stay the same till the end of the term. I will give you the total run down on number of reps but, by week five the scale study getting the most work should be "D" FORM with the 20 times and 7 frets routine. The "G" Form 10 times each fret by 7 frets up and back. The "C" Form, "A" Form, and "E" Form all 5 reps each at each fret by 7 frets up and back.

Notice Also:

The Chord Primers 1, 2, and 3 should be played daily at least 5 times each and don't forget to read the repeat signs.

Now, a real beginner will take most of the first week just finding their fingers and if you are among this group that's OK. I know by this week (week 5) the true beginner may have memorized all their scale studies but they haven't done the full number of reps every day. That's OK too. Just stay with it and eventually in the next few weeks you will

be able to play the exercises at a metronome setting that is fast enough for you to get through the complete suggested number of reps for optimum results and in the time you have allotted yourself to practice. Spend this week tightening up your technique, getting all the scales committed to memory and notice that you are probably starting to memorize your chord cadences from the 3 chord primers. This is also quite desirable. If, by the end of this term, you can jury with out looking at any part of the book while you are doing your performance this will go quite favorably toward your certificate of completion.

Important Note:

Music majors must take a closed book jury from the very first term. Remember you may take this course more than one time. It really is about gaining the skills not so much just passing a test.

If you are already adhering to a strong practice regime. Take advantage of the online site and practice while looking at the PDFs and the videos At the same time.

GOOD LUCK AND KEEP PRACTICING.