



Level 2 Week 8 Assignment

This is where it gets tricky:

You have a wide variety of things to focus on and practice. You need the fundamentals but the Travis picking and the Blues are so much more fun that the scales and the chord forms practice that the latter takes a back seat.

Here's the deal:

If you have gotten your metronome settings up to a respectable 110-140 bpm your exercises will take much less time than when you first started and should be more of a warm up, aerobics type of mind set. It should no longer take all of your practice time to get through the scales and chord stuff, so check yourself on this.

Time it and see how long it takes to do:

1. Scales, 2 reps @ each fret (90-140 bpm, you chose) through the frets indicated for each scale form (for example, E form frets 3-10 and back) all 5 scale studies.

Time it.

2. Five Chord Forms study. The twelve reps version with the scales include at each appropriate chord position but definitely @ 90 bpm and hopefully @ 110-120 bpm.

Remember in this exercise always play the scales in 1/8

notes. Time it. This is, in a way, a kind of self test, so be diligent. It is just as important, at this point of your development, that you learn how to practice as it is to decide what you to practice. The songs and cadences are not as crucial as getting the proper amount of reps on the essential fundamentals without losing the inspiration for playing the instrument.

So..... this week:

3. Pick some of your favorite songs on tape or CD and spend at least 30 minutes a day listening to these songs. This listening exercise is very important. Next term we will start building an "outside the book" song list that each of you will have as an individual project. Hopefully this repertoire building will work into playing with others in a private and eventually in a public setting. It starts with practicing with a friend at home and works into playing and singing in a coffee house or at church or at picnics and friendly gatherings. It really is a lot of fun and can be a very good social tool for making long term playing partners and friends.

Who knows? You may even start playing gigs. WAY COOL.