

This routine is based on a 60 minute practice routine.

If you only have time for 30 minutes, simply half all of the activities every day.

If you have more time, do it twice!

Monday	Warm up Etude/transcription practice Vocabulary practice ----- ----- Chords practice	10 minutes 15 minutes 15 minutes 15 minutes
Tuesday	Warm up Etude/transcription practice Vocabulary practice ----- ----- Chords practice	10 minutes 15 minutes 15 minutes 15 minutes
Wednesday	Warm up Etude/transcription practice Vocabulary practice ----- ----- Chords practice	10 minutes 15 minutes 15 minutes 15 minutes

<p>Thursday</p>	<p>Warm up</p> <p>Etude/transcription practice</p> <p>Etude/transcription practice</p> <p>Vocabulary practice</p> <p>-----</p> <p>-----</p> <p>Chords practice</p>	<p>10 minutes</p> <p>15 minutes (8 bars)</p> <p>15 minutes</p> <p>15 minutes</p>
<p>Friday</p>	<p>Warm up</p> <p>Etude/transcription practice</p> <p>Vocabulary practice</p> <p>-----</p> <p>-----</p> <p>Solo practice</p>	<p>10 minutes</p> <p>15 minutes</p> <p>15 minutes</p> <p>15 minutes</p>
<p>Saturday</p>	<p>Warm up</p> <p>Etude/transcription practice</p> <p>Vocabulary practice</p> <p>-----</p> <p>-----</p> <p>Chords practice</p>	<p>10 minutes</p> <p>15 minutes (8 bars)</p> <p>20 minutes</p> <p>10 minutes</p>
<p>Sunday</p>	<p>Warm up</p> <p>Solo practice – forget everything and just play.</p>	<p>10 minutes</p> <p>55 minutes</p>

Note: Vocabulary practice could include any of the following -

1. Enclosures
2. Articulation
3. Rhythm
4. Chromaticism
5. Chromatic enclosures
6. Approach notes
7. Scales
8. Licks from famous players

Write in for yourself what you might like to practice for vocabulary from the list above!

For example -

Vocabulary practice

Articulation

Chromatic enclosures

Try to always be working on an etude or jazz transcription, developing your own vocabulary whilst doing so (copying, stealing, borrowing)!

Please try to ensure that you practice improvising when ever you can.

Record yourself and come back 3 months later to critique!

Rules to follow whilst improvising include:

- 1. Don't ever think!**
- 2. Don't analyse whilst playing!**
- 3. Have fun!**
- 4. Only play what you hear!**