

During the holidays some students may have a break from their instrument, while others may take the opportunity to spend extra time working on music.

To ensure continued development it is important to maintain a regular practice routine. This sheet will offer some suggestions that will hopefully help you get more out of your practice sessions.

Warm Up

Before getting too carried away, it is extremely important that you warm up your muscles and re-establish a connection between your head and your hands.

These warm ups will help maintain and develop speed strength and dexterity.

** Play very slowly at first.*

** Use the tips of your fingers placed close to the frets.*

** Don't buckle your fingers backwards, keep them curved.*

** Be aware of tension and relax. Don't force it.*

** Play each ear for at least 2 minutes.*

** As a variation, you can play an ear once then move it to the next string where you also play it once. Then on to the next string and so on.*

1 2 3 4 3 2 etc	131, 242, etc
123, 234, 3232, etc	424, 313, etc
121, 232, 343, 232, etc	212, 343, etc
434, 323, 212, 323, etc	12, 13, 14, 13, etc
43, 42, 43, 41, etc	1343, 1242, etc

These ears should be played with alternating down and up strokes when using a plectrum. Alternating F M or M A when using your fingers.

You can as another variation, play with hammers and flicks where applicable.

These patterns may not seem very musical, but they do give your fingers a well balanced workout.

Look for ways to relate these patterns to regular diatonic and pentatonic scales