

Practice Tips

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Goals/Motivation -

time required:

- 20 minutes per day, for regular improvement.
- If you're having trouble meeting your time goals, it can be helpful to look at motivation. Alignment between motivation and goals.
- Big motivation vs small motivation.
- 3-4 hours for professionals.

Organization -

Practicing Efficiently:

- Shorter, more frequent sessions are better than longer, infrequent sessions.
- Be organized, keep a practice journal or practice plan.
- Everyday for 10-15 minutes is a great start.
10-20 minutes everyday is better than 3 hours. Do your best to play on a regular basis. Even 5 minutes is better than nothing. Don't be too hard on yourself.
- Have a basic routine - could be 5-45 minutes.
Ideally you're playing all aspects of the instrument (high, low, loud, soft, articulated, legato, etc)
Could incorporate etudes.
See Short Warmup and Sample Practice Plan

Benefits of having a teacher -

- 1. Accountability and goals
- 2. Guidance
- 3. Learning to be your own teacher
- 4. Choosing equipment - You want something that is a good match for where you are as a player.
Do you enjoy it? Does it make you play better?

Practice Techniques -

- Air usage - resonating, not blowing.
- Breathing mechanics - relax, keep it conversational.
- Embouchure - form follows function.
- Holding the instrument (stick example)
- Straw exercise
- Three step process -
 - A. - Anticipation, expectation
 - B. - Be present, play and listen
 - C. - Contemplate, reflect
- Tone production - how to get a great sound.

- Listening
- Rhythm in relation to the circle.
- Playing out to the slide/valves
- Importance of low notes.
- Air articulation exercises
- Practice slowly
- How to use a metronome - record and listen at half speed.
- How to use drone pitches - use as much as possible.
- How to use a tuner - only look at the tuner when you think you're in tune.
- Record yourself - Zoom H1
- Playing easy tunes by ear in different keys.

Sample Practice Plan -

Monday: - 10 minute warmup of lip slurs, flexibilities and soft articulations.

- 5 minutes, Mozart, play with drone pitch.
- 5 minutes, Bach, read through mvt from 5th Cello Suite

Tuesday: - 5 minutes warmup lip slurs and arpeggios.

- 7 minutes, Mozart, play with drone pitch & record.
- 10 minutes, Bach, play and record mvt from 5th Cello Suite, take notes when listening back.

Wednesday: - 5 minutes warmup lip slurs, loud and soft playing

- 5 minutes, Bach, address issues noted from Tuesday's recording.

Thursday: - 5 minutes warmup lip slurs, flexibilities and high range.

- 7 minutes, Rochut Etude #6, read as written and down the octave
- 10 minutes, Bach, record and refine small chunks, starting with the weakest sections noted in Tuesday's recording.

Friday: - 7 minute warmup of lip slurs, flexibilities and soft articulations.

- 7 minutes, Mozart play with drone pitch & record.
- 10 minutes, Bach, play and record mvt from 5th Cello Suite, take notes when listening back.

Saturday: - 5 minutes warmup lip slurs and arpeggios.

- 5 minutes, Bach, address issues noted from Friday's recording.
- 5 minutes, Mozart, play with drone.

Sunday: Off