

Practise schedule *March 2011*

Area (tech, licks, etc...)	Goal	Date / What was practiced / notes						
		Mon	Tue 1st	Wed 2nd	Thu 3rd	Fri 4th	Sat 5th	Sun 6th
<u>Sight Reading</u> 10 mins	To read pages 2 & 3 from "....." at 100 BPM	/	Struggled with this. Sticking with lines 1-4 only.	lines 1-4 improving!				
<u>Technique</u> 10 mins	Minor pent tapping exercises 1-5 performed at 200BPM	/	Can do all but only at 120BPM.	Can now do at 128BPM! Improving!				
<u>Vocabulary</u> 10 mins	Memorise mpent licks Shape ① and perform in all keys.	/	Memorised 1st 4 licks, played in: E, A, D, G next time will do others!	Played lick 1-4 in all 12 Keys Will repeat at 120 BPM.				

Long term goals – what do I ultimately want to achieve?

- To be able to read jazz heads competently
- To be able perform rock solos at a high level
- To improvise at length without running out of ideas, in a variety of musical situations

Notes for future practice:

- I should work on merging mpent tapping into some of my licks
- My sight reading in "flat" keys is poor. Next week will focus on this.