NAME:\_Amadou Ba\_\_\_\_\_\_\_ DATE\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

***Tips for Deep Practice***

|  |  |
| --- | --- |
| **\*Keep your personal space.**  **\*Link your chunks.**  **\*Use headphones.**  **\*Stare at who you want to become.**  **\*Try to build one perfect chunk.**  **\*Focus and be willing to make mistakes.**  **\*Struggle is required.**  **\*Cultivate your grit.** | **\*Find the sweet spot.**  **\*Use a metronome.**  **\*Make notes on your music.**  **\*Play it slow and gradually speed up.**  **\*Stretch your ability to the limit.**  **\*Quality of practice over duration**  **\*Don’t let mistakes slide-repeat & perfect!**  **\* Memorize it & Feel it** |

1. **LISTENING—10 MINUTES**

I watched “A Night in Tunisia” by Arturo Sandoval

1. **TECHNIQUE—10 MINUTES**

I practiced A flat, B flat, E flat, F, and C scale.\_\_\_\_\_\_\_\_\_\_B flat\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

LIST TECHNIQUE EXERCISES (PLEASE LIST) Chop Builders, Warmuup set 4\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

1. **NEW MATERIAL—15 MINUTES**

WHAT CHUNK (MEASURES) DID YOU WORK ON & AT WHAT TEMPO?

\_I worked on 20 measures at 90 bpm\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

WHAT MUSICAL ELEMENTS DID YOU ADD (BE SPECIFIC)? \_

\_I added a crescendo and a FortePiano. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

WHAT PROBLEMS DID YOU EXPERIENCE WHEN WORKING ON THE CHUNK? \_\_

The articulation could be somewhat hard.\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**VIDEO YOURSELF & MAKE COMMENTS ABOUT YOUR PERFORMANCE—5 MINUTES**

While I was able to hit the right notes, sometimes the notes could sound dirty or muddled.\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

1. **DEVELOPING MATERIAL FROM LAST WEEK – 10 MINUTES**

WHAT DID YOU CHANGE THIS WEEK? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

1. **MUSICIANSHIP—10 MINUTES**

SIGHT- READING (ALL-STATE BOOKS, SIGHT READING FACTORY, SMART MUSIC, METHODS)

WHERE DID YOUR SIGHT-READING EXCERPT(S) COME FROM? \_sight reading factory\_\_key signatures E flat time signatures 4/4\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\*\*WHAT KEY & TIME SIGNATURES WERE INTRODUCED? F , 2/4