

Organizing Your Practice

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For more info from Marcy see www.cathymarcy.com

homespun.com,

truefire.com

peghead.com

And <https://uppower.passion.io> for a new Guitar Daily Practice Program

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WARM-UP

Let's start by getting rid of obstacles.

1. Practice is Play. Enjoy the work. You'll see progress much more quickly.
2. Never let anyone tell you you can't play.
3. Making Time
4. Any others? List yours here and let's discuss.

C SCALE with Practice Track

Practice needs to be user-friendly.

Be Consistent.

Concentrated practice is like wearing noise-cancelling headphones. It creates peace, joy and relaxation.

Always Warm Up.

Never stress out your hands. Take it easy. Practicing slow is great.

STRETCH

Increase speed as desired by using a metronome.

Great Rhythm makes everything sound good. Working on timing is FUN!.

Improv is easier than it sounds.

Techniques, skills and licks are your go-to toolbox.

Find your space.

Building Your Daily Plan

Identify your current playing level in the chat.

What is your strongest skill as a guitar player?

What styles of music interest you the most?

Let's build your Practice

Warm-Up (I suggest Chromatic)

Scale Practice

Improvise with the Scale

Chord and Progression Practice

Tempo

List Melodies

New Licks

Pick Control

Memorize Lyrics_____

Jam Time

What Are Your Priorities?

Aim for one new idea at a time.

Practicing a particular tune might be too much all at once. Break it up if needed.

Active Listening Practice

Listen to records if possible. Hear everything. Listen again. Does something different stand out to you?

Videos are also good.

One of my favorite music videos is a concert by Roy Orbison called Black and White Night. You'll see why.