

Routine

A successful practice routine will help you stay focused on all areas of your playing in a regimented way. It should incorporate technique, musicianship and creativity. Realistically, it is difficult to stick to any routine for an extended period, so it is also worth setting out a time frame for a new routine and stick to it. Revisit your routine after these periods and set new goals, always look to change things within your routine if it feels like the momentum of your development is slowing.

The first thing you should do is figure out how much time you can dedicate to practicing each day. The routine I will describe is geared towards someone who can allow for at least 30min a day. You also need to use a recording device and a metronome to document your practice sessions, for analysis of creativity and musicianship.

Warming up with technical exercises is the best way to start your routine. Try the first two examples ascending and descending a few times concentrating on your technique, which includes the tone quality of each note.

The warm up continues by incorporating elements of your musicianship. Turn on the metronome practice the scale patterns to the modes of the Major scale. For the more advanced players, adapt these patterns to the various Minor, Diminished and Pentatonic scales. Pick a tempo that will challenge your technique and warm up with familiar scales before moving onto the less familiar ones. Attached are two patterns for the major scale.

Incorporating musicianship into the routine also involves analysis of your playing. Record the warm up and listen back to it. Are you playing in time? Are the subdivisions clear and even? Check to see if you are playing every note cleanly with the best tone possible. This kind of analysis will enhance your musicianship skills and help direct your practice session. The warm up should take about a third of the allocated 30min.

For the next 10min, continue working on your musicianship. Learn a new scale; look at ways to open up your knowledge of the fret board by approaching something you are comfortable with from a different angle. If you know the Major scale in two positions, try playing it in the area of the fret board between those two familiar spots.

For the last 10min you can focus on your creativity. Record yourself improvising on a chord or chord progression you are comfortable with. Make sure the metronome is on and play for two or three minutes. When listening back, check your time but also listen to your feel, the phrasing and whether you're making the changes. Focus on the parts that you like about your improvising, this is how you find and develop your 'Sound'.

Musical score for guitar in 4/4 time, featuring a treble clef staff with notes and a TAB staff with fret numbers. The piece is in D major and consists of 12 measures.

Staff 1 (Treble Clef):

- Measures 1-2: Quarter notes D4, E4, F#4, G4. (Fingering: 1, 2, 3, 4)
- Measures 3-4: Quarter notes A4, B4, C#5, D5. (Fingering: 1, 2, 3, 4)
- Measures 5-6: Quarter notes D5, E5, F#5, G5. (Fingering: 1, 2, 3, 4)
- Measures 7-8: Quarter notes A5, B5, C#6, D6. (Fingering: 1, 2, 3, 4)
- Measures 9-10: Quarter notes D6, E6, F#6, G6. (Fingering: 1, 2, 3, 4)
- Measures 11-12: Quarter notes A6, B6, C#7, D7. (Fingering: 1, 2, 3, 4)

Staff 2 (TAB):

- Measures 1-2: 1 2 3 4
- Measures 3-4: 1 2 3 4
- Measures 5-6: 1 2 3 4
- Measures 7-8: 1 2 3 4
- Measures 9-10: 1 2 3 4
- Measures 11-12: 1 2 3 4

fingering 1 2 3 4 1 2 3 4 1 2 3 4 1 2 3 4 1 2 3 4 1 2 3 4 1 2 3 4

The image shows a musical score for guitar. The top staff is a treble clef in 4/4 time with a key signature of one sharp (F#). The melody consists of quarter notes: F#4, G#4, A4, B4, A4, G#4, F#4, E4. The guitar tablature below shows the fret positions for each note: 1, 3, 2, 4, 3, 1, 4, 2. The score is divided into three measures by vertical bar lines.

fingering 1 3 2 4 3 1 4 2 1 3 2 4 3 1 4 2 1 3 2 4 3 1 4 2

