

# 25 Practice Ideas: From my Creative Practice Recipes -----

---

1. Clear Clutter - Keep your mind clear and focused as you practice. Clear Mind, Calm Body. Create Ease.
2. Study it - Learn about the score, the history, harmony, composer... Be curious! Become intimate friends!
3. Say it- Sing it - Move to it! - Do this away from your flute, in full expression, dramatically!
4. 4 Ears & Listening - Physical, Mental, Emotional and Spiritual. New Ears? Try practicing with earplugs.
5. Subdivide for Rhythm and Phrasing & Vary Articulation Patterns & Tongue it - Slur it - try all these...
6. Colors- Note, Key and Body - Try giving a specific color to a note, key and match it to a place in your body.
7. Tuner Technique- Sounding in the key of music & specific phrase & to check specific notes.
8. 7 Practice Grooves & 7 Essentials of Artistic Interpretation - Use these ideas at each practice.
9. Don' Hurry Be Happy - Take breaks during your practice! Either a rest to restore, to study or a diversion.
10. Fermata Technique - Stop on a note & isolate it. Have a "matrix moment" - slow it down for a difficult passage.
11. Add a Note - 2 notes then 3 notes then 4, etc...with a rhythmic rest in between patterns. Mindfully!
12. Risk It... Now! = Go for it! Don't wait anymore. Play how you really want to right now. You will like it!
13. Over Exaggerate! - Do this slowly enjoy it! This creates Endurance & Energy - Clarity & Concentration.
14. Metronome Motivation - Map out a chart of your metronome markings, to reach your goal tempo.
15. Looks - Sounds - Feels - Focus on one at a time. Next, add one into your circle of listening & awareness.
16. Little bits, in tempo - Small chunks of music at a time with a specific rhythmic rest in between repetitions.
17. Eyes - Release and Express - Release your eyes from the music and stand. Express the music with your eyes.
18. Metronome Truth - Use your metronome to tell you the truth about where you still need to practice.
19. Breath line-Flute line - Horizontal- line, mvt. of your flute that imitates your Air and the Musical line.
20. The End First - begin in different places in your music. Like a puzzle know each part, to put it together.
21. Circle of Observation - Rhythm, Tone, Technique, Expression, Breath, Body. Select one at a time to observe.
22. 4 Styles - Baroque, Classical, Romantic, Contemporary - Play Tone and Technique studies in each Style.
23. Finger Breath & Breath Builder & Breathing Bag - Use these during your practice and they are fun too.
24. Use the Ball or the Trampoline - Practice on one of these. Keep yourself free and balanced.
25. Record, Video it! & Perform it! - At least once a week! And, at least 25 times before you have to play it.

Please see my Practice Recipe Cards for more details on each one.

Creative Practice Recipes © 2008 jennifer keeney