
How to Study-Practice: Micro-Lessons



If you want to get good,
you have to do more than just play...
You have to **STUDY & PRACTICE.**



The quality of your performance
is absolutely determined by the
quality of your study & practice habits.



When you practice the wrong things
the wrong way,
learning is slow & insecure...

When you study and practice the
right things the right way,
learning is fast & enduring.



The reason you make mistakes
and seem to forget the music
is that you never really learned the
music properly in the first place.



Quality first... Quantity second.
In other words,
Study first... Practice second.



NEVER, EVER practice something
faster than you can hear it, think
about it, see it, and execute it
accurately.



Exercising makes your *muscles* tired.

Studying makes your *brain* tired.

If you want to get good,
you don't need to exercise...

You need to study!



Five minutes of
mindful attention
beats five hours
of mindless repetition.



The best way to remember something
is to make it memorable!



Music that is merely “memorized”
is at risk of being forgotten.
Music that is understood
is never forgotten.



Once your brain
recognizes a musical pattern,
it doesn't have to "try" to remember it.
It automatically becomes
a permanent part of your musical mind.



You learn what you practice, exactly,
for better or worse, mistakes and all.



A mistake is like a good friend
telling you that you still
have something to learn.



Every mistake is a *mental*,
not a physical, error.



Practice makes permanent...
so stop “practicing” your mistakes!



If, at first, you don't succeed...
please do try again...
but try again in a different way.



Mindless Practice = Sloppy Performance
Mindful Practice = Crisp Performance!



Stop wasting precious time
doing things
that do not help you perform better!



Stop wasting precious time
“practicing” stuff
that you already know how to play!



Record everything,
listen to the playback immediately,
and ask yourself:
Is THAT what you intended to play?



You know you know the music
when you can imagine playing it
with your **ears, intellect, eyes,**
and muscles!



Doing a little bit every day
beats doing a lotta bit once a week.



You don't want to merely play
symbols...

You want to play the sounds
you are hearing in your **mind's ear**.



Mastery is largely about discovering

SIMPLICITY

in apparent complexity.

Once you see the simplicity,

you realize that complexity

is just an illusion.



One reason to play music is to
discover your limits...
so that you can transcend them...
and realize that
they weren't limits after all.

