

PRACTICE CHECKLIST

I. AREAS OF PRACTICE

A. BREATHING

1. FULL BREATHING
2. DIAPHRAGM EXERCISES

B. RELAXATION

1. TENSION/RELEASE
2. SUGGESTION
3. CONCENTRATION

C. CONTROL

1. TONE

- a. LOW NOTES
- b. TWELFTHS
- c. MATCHING TONES (MOYSE)
- d. OCTAVES
- e. LONG TONES (CRESCENDO & DIMINUENDO)

2. ARTICULATION

- a. LONG
- b. SHORT

3. TECHNIQUE

- a. FINGER MOVEMENT
- b. LEGATO INTERVALS
- c. SCALES, THIRDS, ARPEGGIOS, ETC.
(LEGATO & W/ARTICULATIONS)

4. VIBRATO

- a. DIAPHRAGM
- b. LIP

D. REPERTOIRE

1. ETUDES
2. SOLOS
3. CHAMBER MUSIC (ENSEMBLE PLAYING)
4. ORCHESTRAL LITERATURE
5. SIGHTREADING

II. TYPES OF PRACTICE

A. WORKING OUT PROBLEMS

1. SLOW PRACTICE
2. ALTERNATE RHYTHMS
3. FIVE-NOTE EXERCISES AND OTHERS
4. POINTS OF CONTROL
5. INTERVAL STRETCHING
6. BACKWARD CHAINING

B. RUN-THROUGH (PERFORMANCE PRACTICE)

1. CONTINUITY
2. ANTICIPATION AND FOLLOW-THROUGH
3. INTERPRETATION
 - a. IMAGERY
 - b. PROJECTION
 - c. EXAGGERATION
4. ENDURANCE
5. STAGE PRESENCE
 - a. CONFIDENCE
 - b. POSTURE
 - c. ENTRANCE, BOWING, EXIT

III. FOOD FOR THOUGHT

A. FORM AND ITS COMPONENTS

B. ELEMENTS OF CONTRAST

C. RHYTHM

D. SYMBOLS

E. TEMPO (HOW TO FIND IT AND HOW TO
START IT)

F. RITARD AND ACCELERANDO

G. RUBATO OUTLINE

H. PLANNED IN-BREATHING AND OUT
BREATHING

I. RECORDINGS/LIVE PERFORMANCES

J. MUSICAL OSMOSIS AND IMITATION