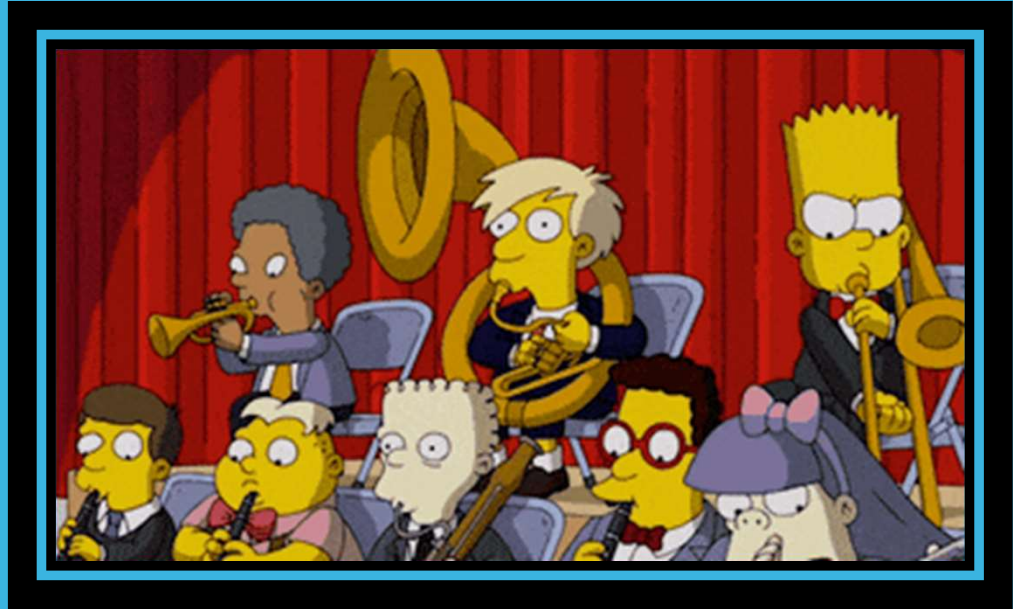


# PRACTICE SUCKS? ADD FUN

ANDY TAYLOR

[WWW.TROMBONEANDY.COM](http://WWW.TROMBONEANDY.COM)



# MY PRACTICE IS...

1.

2.

3.

4.

5.

6.

7.

8.

9.

10.

11.

12.

13.

14.

# WELCOME

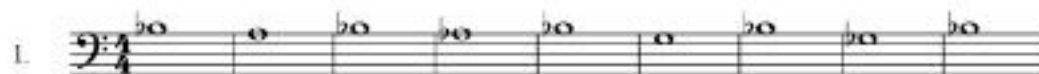
Introductions

Fun (definition): Lively, joyous play, amusement, enjoyment, pleasure, merriment

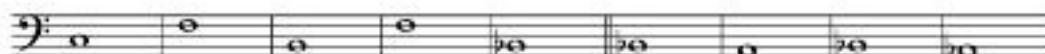
# Daily Routines for Trombone by Emory Remington

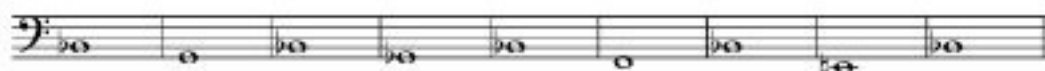
Long Tone

Transcribed by Jimmy Clark

1. 







3 Note Slurs

2. 

Flexibility

3. 

5 Note Slurs

4. 



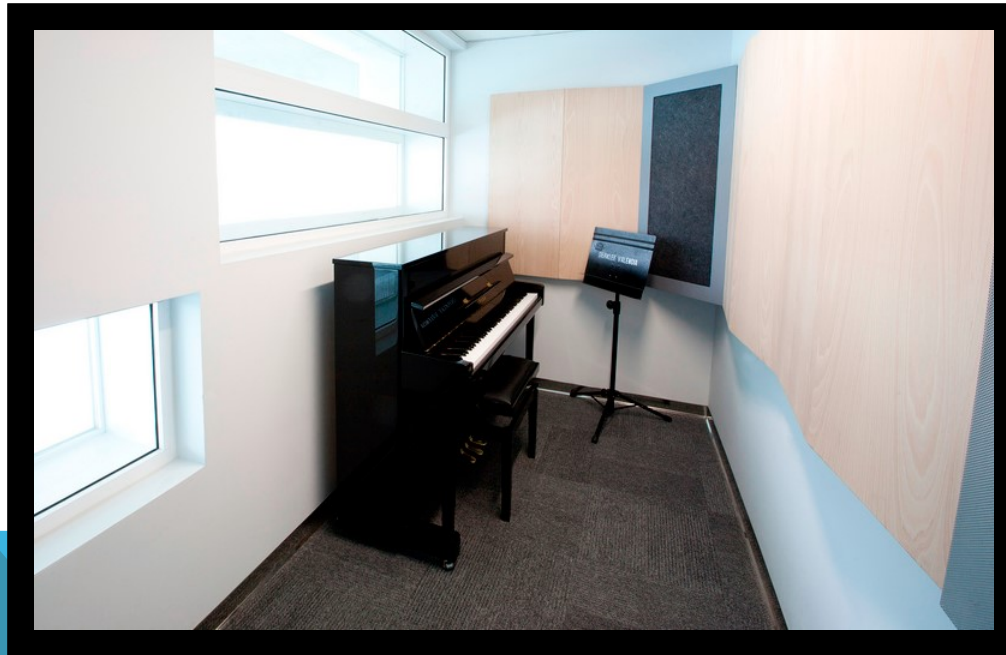


# 10,000 HOURS TO BE AN EXPERT\*

2 hours/day = 5000 days

5000/6 days/week = 833 weeks

833/ 50weeks/yr = 16.6 years



\* Prof Anders Ericsson, University of Colorado, “The Role of Deliberate Practice in the Acquisition of Expert Performance”, 1993

COPYRIGHT WWW.TROMBONEANDY.COM

# DICE



[www.thepracticeshoppe.com](http://www.thepracticeshoppe.com)

COPYRIGHT [WWW.TROMBONEANDY.COM](http://WWW.TROMBONEANDY.COM)

# WHEN DOES LEARNING OCCUR?

- A. Under pressure
- B. From failure
- C. By taking notes
- D. By repetition
- E. While watching a lecture
- F. While you sleep



Walker M. P. (2009). The role of slow wave sleep in memory processing. Journal of clinical sleep medicine : JCSM : official publication of the American Academy of Sleep Medicine

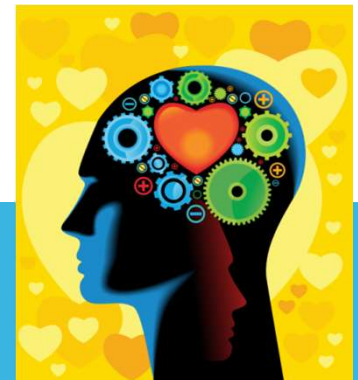
# SO SLEEP MORE?

- Possibly – but not my point
- The Brain at sleep relives the days experiences from short term medium and commits them to long term memory.
- Load in different ways of breaking down your music to give the sleeping brain more to work with.
- **BRAIN TRAINING**



# BRAIN TRAINING: CHANGE IT UP

- Play it backwards or upside down!
- Easy key change – show example
- Change the style: jazz vs. straight, dynamics, tempo



# BRAIN TRAINING: CHANGE IT UP



Allegretto ( $\text{♩} = 104$ )

No. 3

Musical score for No. 3, Allegretto. It consists of two staves of music in bass clef with a key signature of one sharp (F#). The first staff begins with a piano (*p*) dynamic. The second staff begins with a forte (*f*) dynamic and includes a piano (*p*) dynamic later in the piece. The tempo is marked as Allegretto with a quarter note equal to 104 beats per minute.

## INVERT

Musical score for No. 3, inverted. It consists of two staves of music in treble clef with a key signature of one sharp (F#). The first staff begins with a mezzo-forte (*f*) dynamic. The second staff begins with a mezzo-forte (*f*) dynamic and includes a mezzo-forte (*f*) dynamic later in the piece. The tempo is marked as Allegretto with a quarter note equal to 104 beats per minute.

# BRAIN TRAINING: CHANGE IT UP – 1/2 STEP DOWN

Allegretto (♩ = 104)

No. 3

*p*

*f* *p*



# BRAIN TRAINING: CHANGE IT UP – 1/2 STEP DOWN

Andantino (♩ = 90)

No. 2

The image shows a musical score for three staves in bass clef, 3/4 time, key of D major. The tempo is marked 'Andantino (♩ = 90)'. The first staff is labeled 'No. 2'. The music consists of a single melodic line with a 'cresc.' marking at the end. The score is written in a standard musical notation style with a treble clef and a key signature of two sharps (D major).



# BRAIN TRAINING: CHANGE IT UP - JAZZ

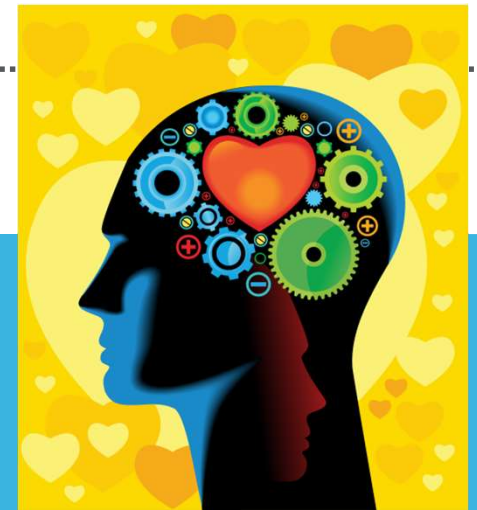


# BRAIN TRAINING: INNER DIALOGUE

What do you usually say to yourself during practice?

- 1.
- 2.
- 3.

A large, empty rectangular box with a dashed border, intended for writing answers to the question above.



# BRAIN TRAINING: TAKE A BREAK

- 18 minutes (e.g. TED talks)
- Take 2 min/related breaks\*
  - Sing your music (loud)
  - Listen  
[www.youtube.com/@TobyOft](http://www.youtube.com/@TobyOft)
  - Drink H2O
  - Trombone yoga  
[www.musicbodymind.net](http://www.musicbodymind.net)



\*<https://www.health.harvard.edu/mind-and-mood/take-short-breaks-to-maximize-memory-and-learning>

# BRAIN TRAINING: CHANGE THE PLACE

- Different room
- Relatives/friends house
- Garage
- Outside





## OTHER WAYS TO CHANGE IT UP

- Find a friend - Play a duet
- Play along with your favorite music - by ear
- Hold your own concert (for the fam/pets/friends)



# PLAY ALONG

- Warm-ups w/ Rhythm loop
  - Android: Loopz
  - Apple: drum machine
  - Laptop: [www.looperman.com](http://www.looperman.com)
- Warm-ups w/ cello drones
  - Youtube: [Musician's Practice Partner](#)
- Classical (adv): Joe Alessi Orchestra Machine  
[www.alessimusicstudios.com](http://www.alessimusicstudios.com)
- Jazz improv: iReal Pro app
- Jazz duets (beg/intermed): Michael Davis [Double Dip](#)
- Jazz studies (adv): Jack Gale
- Jazz standards (int): George Roberts Music Minus One



# THANK YOU!

Hope you found a few new ways to add fun to your practice.

+**Invent your own!**

Presentation posted [www.tromboneandy.com/lectures](http://www.tromboneandy.com/lectures)

Send questions any time



# BACKUP

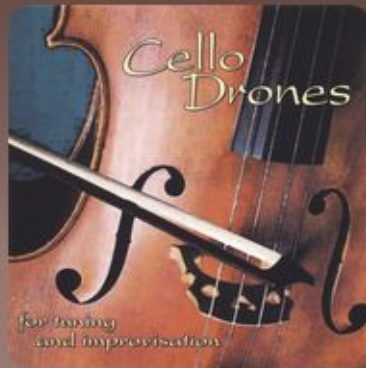
# ANDY'S PRACTICE SPECTRUM™



# PLAY ALONG - DRONES



Search



## Cello Drones for Tuning and Improvisation

Musician's Practice Partner • Album

12 videos 217,888 views Updated 2 days ago



Play all

Shuffle

1



### Cello Drone C

Musician's Practice Partner - Topic • 87

6:02

2



### Cello Drone G

Musician's Practice Partner - Topic • 76

6:03

3

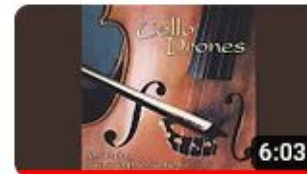


### Cello Drone D

Musician's Practice Partner - Topic • 77

6:02

4



### Cello Drone A

Musician's Practice Partner - Topic • 87

6:03

5



### Cello Drone E

Musician's Practice Partner - Topic • 47