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Document Name:	Practice Routine, Five Major Areas of Practice
Style/Level:	Geared towards Intermediate Bluegrass (and basic Jazz) Flatpick Style Guitarists



The Five Areas of Practice: A very short rubric with topics for further learning and exploration during lessons

A	Technique (Scales and Articulation)
B	Repertoire (Learning Melodies and Chord Changes)
C	Transcribing (Ear Training)
D	Knowledge (Theory)
E	Improvisation (Soloing)

Practice approaches/Essential practice habits:

1	Use a timer
2	Use a metronome
3	Keep a practice journal
4	Record your practice session

A	Blues Scale-All Twelve Keys Major Scales in various intervals such as thirds, fourths, fifths, sixths, etc. in all twelve keys Scales with chromatic approach notes, above and below target notes Strumming practice and using alternating bass and passing tones with syncopation Crosspicking (Banjo imitation) and string skipping using alternate picking, using groups of three, adjacent and non-adjacent strings
B	Fiddle Tunes Bluegrass Tunes Jazz Tunes Pop, Folk, and Standard Tunes
C	Transcribing from Youtube, use the 75% and 50% speed playback to your advantage Singing while you play, carefully matching each single note pitch Formatting Transcriptions for Youtube-Soundslide, etc. Intervallic recognition
D	Transposing melodies and chords to the most common Bluegrass keys of C, G, D, A, E Secondary dominants and modal interchange chords, passing chords Arranging tunes, with intros, endings, and interludes Be able to explain music motions via spoken, written word. Analysing how it feels to play difficult passages
E	Playing with backing tracks Recording your own backing tracks for soloing (You'll learn a lot about your sense of rhythm and time feel from this!) Placing accents on color tones, altered tones, tensions, and syncopated notes to create interest in soloing Cascade style licks and perpetual motion runs over a single chord while implying V7-I resolutions over static harmony Playing outside of the key to build tension and then confidently returning to the key to create release and repose Double stops and harmonic soloing with chords, soling in intervals of thirds, fourths, fifths, octaves, etc.