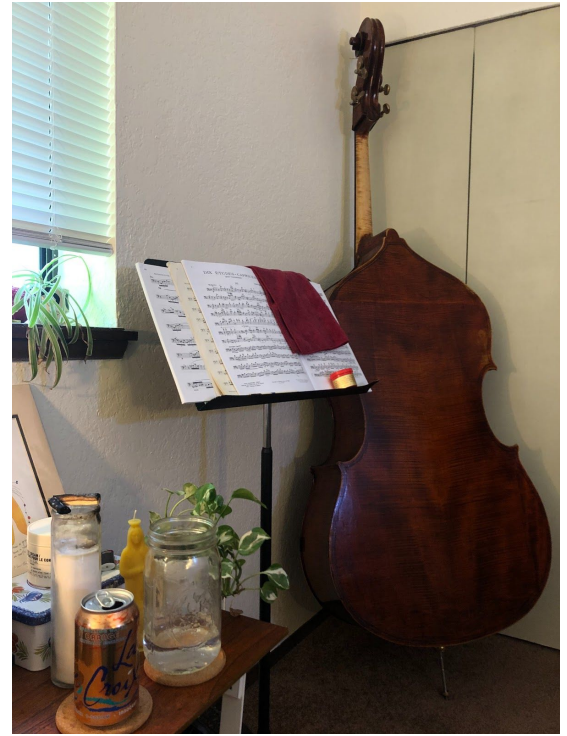
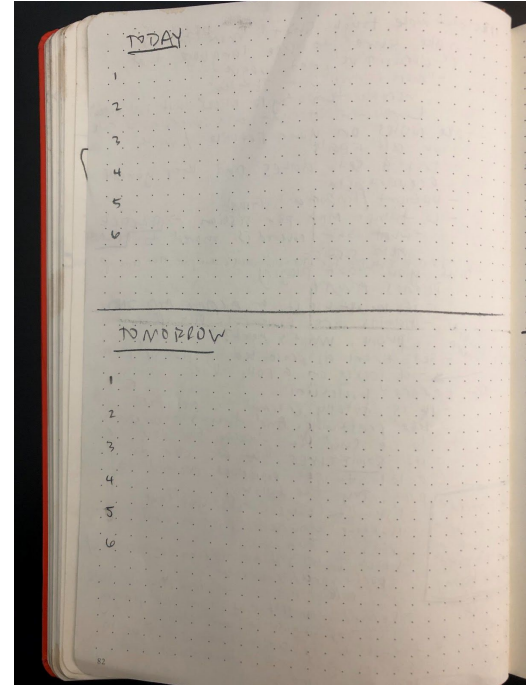
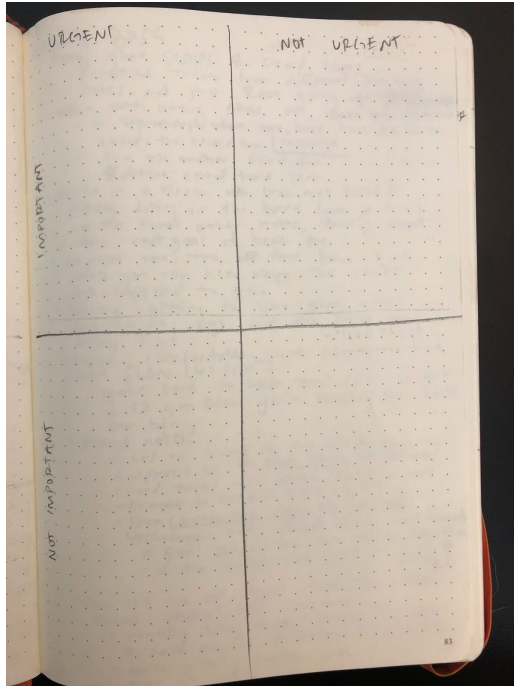


Practice Routine

- Set up your area
 - You're more likely to practice if you have few, if any, impediments to you getting set up to play. This means:
 - Have your bass out and ready to play if possible. They are giant creatures and are basically furniture, so may as well lean into it!
 - Have a music stand with your music out and easily accessible
 - Have a pencil on your stand
 - Have rosin, a rag, anything else you may need ready and waiting!
 - Having the concept of practicing associated with "good" or "fun" things is always good. For me, I like my fancy pencil, a cup of coffee, tea, or bubbly water and perhaps a non-messy morsel like a piece of chocolate. Set yourself up for success with a good head space **and** physical space. **See Figure 7**
- Make goals
 - We need both long term and short term goals in order to be successful with anything.
 - Long term goals
 - These goals should look forward in time about a month or two but shouldn't be too broad, which makes it less likely that you'll actually make progress toward a real goal. These goals could be:
 - Learn a new tune or concerto
 - Write a song
 - Have quantifiably better facility in a new position on the neck
 - Short term goals
 - The goals are achievable today or tomorrow with practice. These are things like:
 - Memorize a new scale and be able to play it at X bpm
 - Work on/memorize four bars of a new tune
 - Make a big shift in tune
 - When making goals, make sure to use language that is definitive, ideally quantifiable, and not vague
 - "In tune" instead of "better"
 - "Increase tempo by 10 clicks" instead of just "faster"



- Take notes
 - Write down your goals, both long and short term
 - Set dates, keep yourself accountable
 - Make and Urgent/Important graph (or something like it) to see what you should work on right now. **See Figure 8**
 - Daily practice notes



- Make a list of 6 definitive things that you want to practice today **See Figure 9 (above)**
 - If you don't get to everything today, move everything you didn't get to today to your list of things to do tomorrow. This will make sure you don't ignore things that are perhaps less fun every day.
- I make a table that includes: **See Figure 10 (below)**
 - What I want to practice
 - How long I want to spend on it
 - How long I actually spent on it
 - Notes on how it went, including achievements and difficulties, how much I increased the tempo, etc.

Time	TO DO	Plan	Actual	NOTES
10	Long tones	10	10	
	Wangy Etude	15	15	Timing - Intonation on High E A
	Bach	15	25	
	Lateef - first goal	20	15	Goal $\downarrow = 70$ - Actual $\downarrow = 60$
	Diatomic Chords Ex	15	20	work on lower strings more

- Have an extra notepad or a section in your notes for things that pop up in your head while you're practicing that may not be music related. I find that I inevitably remember that I was supposed to send an email or run an errand today. Don't do it now, just write it down so you remember it for later.

When you start practicing

- Rule #1: Devices away! And if you use yours for a metronome/drone, make sure it is in Airplane mode AND Do Not Disturb. You don't have to practice for long, but you do have to be focused when you're doing it!
- If you're predetermining how long you want to spend on certain things during your practice session, set timers. But if they go off and you're on a roll, keep going and see what you can get done. (hence the Actual time spent column on my practice log)
- Don't forget to take **breaks**!! If you're practicing for longer than 30 minutes, add in a few 5 or 10 minute breaks so that you don't get depleted.
- Also, don't forget to check in with your body when you're playing. It's not all about the notes! Check in with your
 - Left wrist
 - Left elbow
 - Back
 - Breath

What if you don't feel like practicing today?

- It is totally normal to not feel like practicing all of the time. And there's something to be said for taking the day off...**sometimes**. But we can do a lot to get ourselves excited to play. Try the following:
 - Listen to music that you love for a few minutes
 - Imagine yourself playing and having fun
 - Watch a bit of an inspiring documentary/performance/interview
 - Just be careful not to fall into a youtube hole!
 - Remind yourself that you love playing music
 - Try saying it out loud
- If this all fails, set a timer for 5 or 10 minutes and just start playing (note: not practicing). May you'll get into it!
- A note: you're more likely to get more done if you're thinking positively about practicing. [Here's a link](#) to a paper I wrote and conducted a study for last year.
 - TL;dr If you can change your mindset at the beginning of a practice session, you can get a lot done. If you have a negative attitude about practicing, you aren't very likely to feel good about what you accomplished at the end of the session.

Glossary

- Chord tones
 - A note that exists within a certain chord. Most often 1 3 5 7
- Scale degree
 - refers to the position of a particular note on a **scale** relative to the tonic, the first and main note of the **scale** from which each octave is assumed to begin
- Chromatic
 - relating to or using notes not belonging to the diatonic scale of the key in which a passage is written
- Consonant
 - **Consonant** intervals are usually described as pleasant and agreeable.
- Dissonant
 - Dissonant intervals are those that cause tension and desire to be resolved to **consonant** intervals

The image displays fingering patterns for the G, D, A, and E strings across various positions. The patterns are organized into two groups of six positions each.

Group 1 (Top):

- Open: 0
- 1/2 Position: 1 2 4
- 1st Position: 1 2 4
- 2nd Position: 1 2 4
- 2 1/2 Position: 1 2 4
- 3rd Position: 1 2 4
- 3 1/2 Position: 1 2 4

Group 2 (Bottom):

- 4th Position: 1 2 4
- 5th Position: 1 2 4
- 5 1/2 Position: 1 2 4
- 6th Position: 1 2 4
- 6 1/2 Position: 1 2 4
- 7th Position: 1 2 4

The strings are color-coded: G string (blue), D string (orange), A string (green), and E string (purple). Each position shows the first four fingers (1, 2, 3, 4) on the string. The diagrams include musical notation with notes and finger numbers. A watermark 'stringbassonline.com' is visible across the middle of the diagrams.