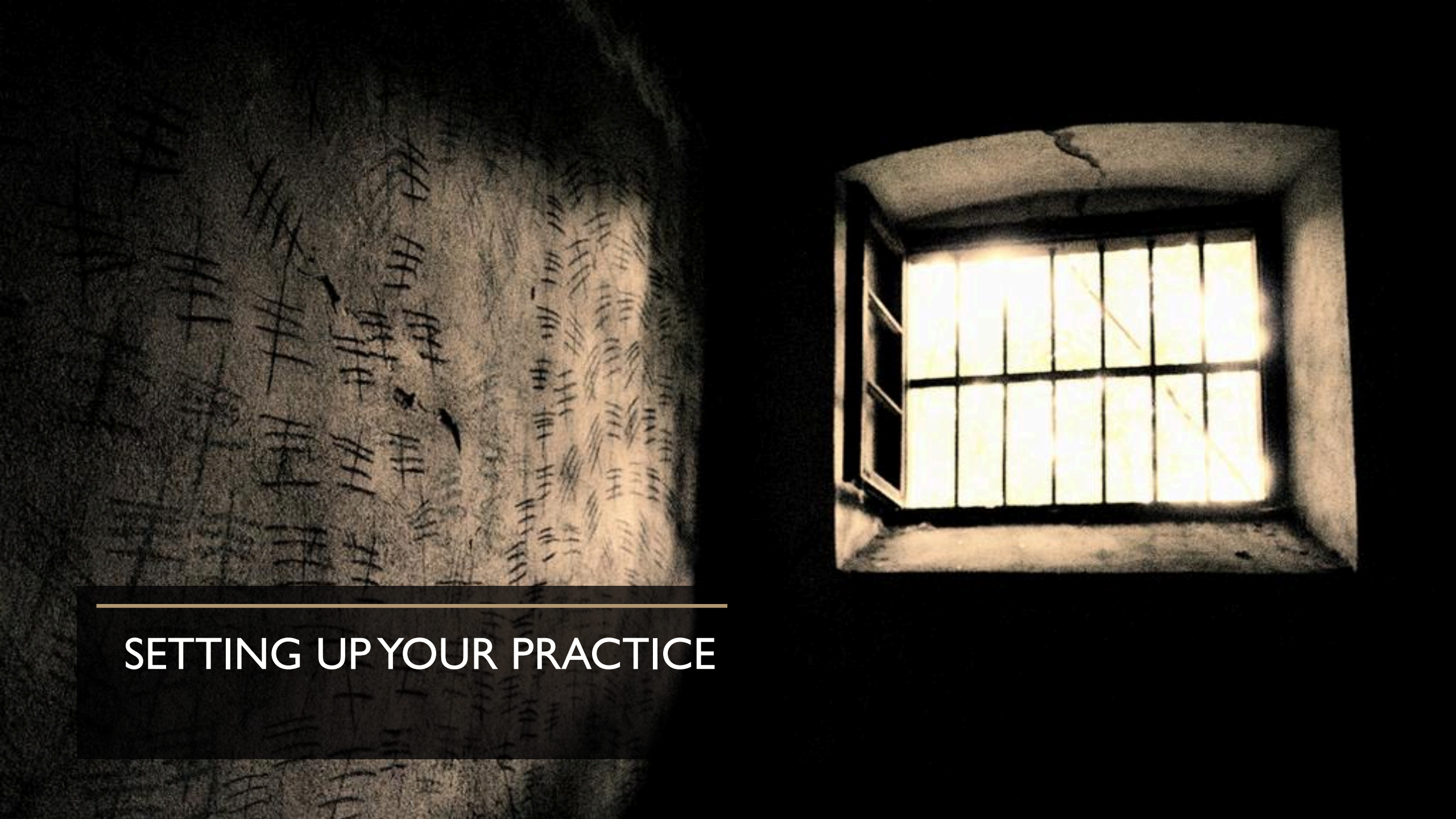


THE PRACTICE OF PRACTISING

DR PHILIP EVERALL



SETTING UP YOUR PRACTICE



The Daily Routine of
CHRISTIAN LINDBERG

SETTING UP YOUR PRACTICE

- Comfortable
- Good light and acoustics
- Few distractions
- Set up, ready
- Inspiring





FINDING YOUR GROOVE

- What time is best?
- How long & how much?
- Optimize!
 - High focus
 - Low energy
 - Just... chilling...

THREE PHASES OF PERFORMANCE PREPARATION

Phase 1

- New material
- Studies and etudes
- Technical exercises

Phase 2

- Developing material
- Deciding on interpretations
- Focus mostly on musical decisions and expression

Phase 3

- Good to go!
- Repertoire and show pieces
- Technically perfect
- Maintaining musical ideas

M U S I C I A N S H I P

NUTS AND BOLTS

- Diagnosis
 - Read/play through
 - Mark up
- Treatment
 - Technical exercises
 - Expression and direction
- Prognosis
 - Timeframe and goals

MOTIVATION AND INSPIRATION

- *“I write only when inspiration strikes. Fortunately it strikes every morning at nine o’clock sharp.”*

- W. Somerset Maugham

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