

### PRACTICE CARD GRADING SCALE

Minutes	Grade	Minute	Grade
300	136	150	106
295	135	145	105
290	134	140	104
285	133	135	103
280	132	130	102
275	131	125	101
270	130	120	100
265	129	115	98
260	128	110	95
255	127	105	93
250	126	100	90
245	125	95	88
240	124	90	85
235	123	85	83
230	122	80	80
225	121	75	78
220	120	70	75
215	119	65	73
210	118	60	70
205	117	55	68
200	116	50	65
195	115	45	63
190	114	40	60
185	113	35	58
180	112	30	55
175	111	25	53
170	110	20	50
165	109	15	48
160	108	10	45
155	107	5	43
		0	40

With a metronome, practice:

BEGINNERS	
Mouthpiece work Long tones Rudiments/Sticking patterns/Rolls	5 min
Lines in the book Concert music Private lesson music	10 min
Fun stuff Favorite lines	5 min

ADVANCED	
Mouthpiece work Rudiments/Sticking patterns/Rolls Long tones Articulation	5 min
Technique Lip Slurs Scales, etc Class music Tryout music Private lesson music	10 min
Fun stuff Favorite music	5 min

#### How long

- \* 20 minutes a day for 6 days of the week.
- \* It is *not* good to practice the week's minutes in only one or two days.
- \* Obviously, practicing more minutes is okay (extra credit, too!)
- \* If your lips get tired before you are done, take a break and come back.

#### Where

- \* Pick a place in your house where there will be no distractions.
- \* Sit in a hard chair - not a recliner or on the bed.
- \* Make sure the room is well lit.
- \* Use a real music stand. Using another chair or the bed is not good for posture.
- \* The top of your stand should be at eye level.

#### When

- \* Practicing at the same time every day is ideal.
- \* Suggestions: Right after school, before school, before dinner, just before bed-time

#### Remember:

- \* Upcoming tests and auditions are a priority.
- \* Always focus on tone. The better you sound, the more fun you will have, the better your grades will be, and the better player you will be.