

## PRACTISING

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Practising can be enlivening and uplifting as well as frustrating and tiring! Try to choose a time when you are not tired and vary how and what you practise. For instance, although it is always a good thing to warm up first, say with some exercises or scales, sometimes breaking the mould by playing something you really like, can do you a power of good!

When you are practising towards something more serious like an exam, audition or concert, try to plan your practice carefully. Play with a balanced schedule of scales and study(ies) but of course leave time for the pieces as well. Don't just work on one piece to the exclusion of everything else for days on end! You will increase your chances of becoming stale and your technique will begin to suffer without those exercises and scales keeping your fingers agile and embouchure flexible.

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