

Pre-Practise Notes to Consider

The following chapters should be studied very carefully, as learning how to practise correctly and methodically will not only save you many hours of unnecessary practise, but will guarantee you the quickest results.

How often should you practise?

Regular daily practise is better, rather than practising two hours one day then leaving it three days to practise again. Once your sightreading ability improves then leaving it a few days won't matter too much.

Try practising between 30–60 minutes every day. The example below shows you what happens if you were to miss three days a week over one month.

	Days missed	Days practised
Week 1	3	4
Week 2	3	4
Week 3	3	4
Week 4	3	4
	Total no. of days missed	Total no. of days practised
1 Month	12	16

You can see that out of one month, you're only practising for roughly two weeks. Over two months you would have only practised for approximately one month. In a year, that's only six months. It all adds up.

Also practising the piano doesn't always involve sitting in front of the piano. I used to practise scales in my head while waiting/sitting on a bus or a train and I practised rhythms while taking a walk—you'll see how to do this later on in the course.

The more you can see the notes in your head, the quicker you will see them when you sit in front of the piano. The more you can feel a rhythm without the use of a metronome (explained later); the easier it will be to play it on the piano.

For how long can you concentrate?

Rather than practising whenever you get a chance to sit down, plan a time in the day when you can sit there for at least 30 minutes. Try and keep the *same time* on the hour every day. This will help you focus and get your mind thinking about music before you start practising, and will help clear your mind of other distractions.

Practise or Pleasure?

When you have learnt a piece of music, keep playing it on a regular basis and soon enough you will have a nice repertoire of music that you can enjoy playing without the effort of practising.

*“It is a mistake to think that the practise of my art has become easy to me.
I assure you, dear friend, no one has given so much care to the study of composition as I.
There is scarcely a famous master in music whose works I have
not frequently and diligently studied”.*

—WOLFGANG AMADEUS MOZART TO HIS FRIEND, THE CONDUCTOR JAN KŘTITEL KUCHAŘ