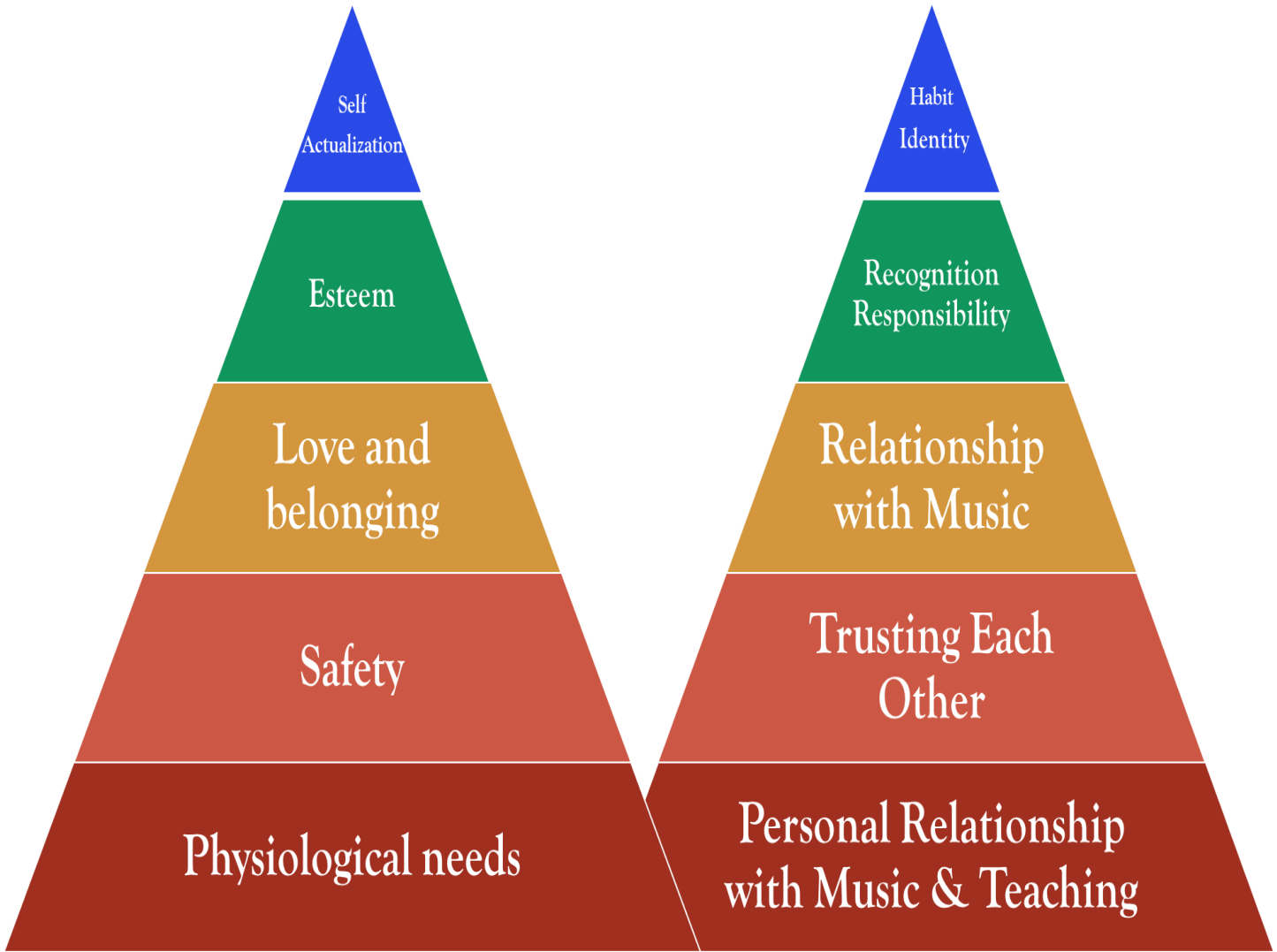


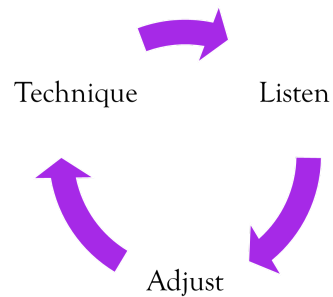
Don't Teach  
INSPIRE!  
-Kayson Brown



The Path of Feeling



Performance Cycle



# Practice Tips

- The more you listen the faster you learn.
- **AVOID INJURY!** If practicing more than 90 minutes in a day, do “50 min hours.” Practice for 50, rest for 10. Most injuries are from dysfunction in posture or technique. Learning to play an instrument is largely about learning which muscles NOT to use. Focus on posture and knowing which muscles not to use!
- A good musician isn’t afraid to move the furniture! Where you practice changes how you practice. You practice longer and happier if you set up your space for success. A good list to start: good lighting, metronome, pencil, mirror, water, music player, minimal distractions, proper chair and music stand
- Don’t be discouraged by mistakes made in the process of learning. The only difference between the master and the novice is that the master has failed more times than the novice has tried.
- Mastery is only ever attained by breaking down complex tasks into a group of smaller more manageable tasks. Start with no more music than you can sing in one or two breaths. Focus exclusively on improving that section until progress plateaus, then approach the next section. As you sleep, your mind will internalize and optimize your progress expanding your musical abilities day by day.
- Look above and below the staff! So much of the music happens above and below the staff. Check underneath for dynamics and expression markings. Look above for tempo, articulation, and more. If you don’t find sufficient instructions on the page then do the research and add it in yourself. Know the dynamic, articulation, and style of every note you play!
- Weekly Goals and mean it not daily goals and kid yourself!

# Teaching Tips

**How do you part ways with a student who is not progressing?**

- I let the student and parent know that despite my best efforts I have failed to motivate real progress and that the student would be better served finding a teacher that can motivate that progress.

**My teaching recipe for lessons and practice:**

- Scales (5-10 minutes)
- Exercises (5-10 minutes)
- Solo (15-35 minutes)
- Previews (5-10 minutes)

## Favorite Quotes

*“There is nothing more truly artistic than to love people.”* -Vincent Van Gogh

*“You want to know the difference between a master and a beginner? The master has failed more times than the beginner has ever tried.”* -Stephen McCranie

*“Do what you love and you'll ~~never work a day in your life~~ work super hard all the time with no separation or boundaries and also take everything extremely personally”*  
-Anne Helen Petersen (adjusted to remove profanity)

*“I will take fate by the throat; it will never bend me completely to its will.”* -Beethoven