

MUSIC INSTITUTE OF SEATTLE

Practice Record and Guideline

Student Name: _____ Length of Study: _____ Age: _____

Your recommended daily practice time is _____, **record each time you complete your recommended practice time.** Your practice time should match or exceed your lesson time.

PRACTICE ROUTINE CHECKLIST:

- 1) TUNE YOUR CELLO: TUNER ON 441
- 2) OPEN STRING WARM UP A-D-G-C, HALF BOW, WHOLE BOW, BOW CHANGE, METRONOME ON 76
- 3) VIBRATO EXERCISE
- 4) SCALES/ETUDES: SETUP, INTONATION/GREEN LIGHT CHALLENGE, SOUND
- 5) REPERTOIRE: RHYTHM, NOTES, ARTICULATION, DYNAMIC, PHRASING
- 6) RECORD YOURSELF AND LISTEN, LISTEN TO PROFESSIONAL RECORDINGS OF YOUR REPERTOIRE: MOTIVATION, INSPIRATION

BASIC PRACTICE GUIDELINE:

Level One (Parental Supervision Required)

Beginner, first 6-12 months of cello lessons, 6-7 years old, or Suzuki Book 1, 25 minute lesson.
Practice 30 minutes per day, minimum 5 days per week

Level Two (Parental Supervision Required)

Advanced Beginner, 1-2 years of cello lessons, 7-8 years old, or Suzuki Book 2, 40 minute lesson.

Practice 45-60 minutes per day, minimum 5 days per week

Level Three (Parental Supervision Suggested)

Early Intermediate, 2-3 years of cello lessons, 9-10 years old, or Suzuki Book 3-4, 55 minute lesson.

Practice 60 minutes per day, minimum 5 days per week

Level Four (Parental Supervision Suggested)

Intermediate, 3-4 years of cello lessons, 11-12 years old, or Suzuki Book 5-7, 55 minute lesson.
Practice 60-90 minutes per day, minimum 5 days per week

Level Five (Parental Supervision Suggested)

Advanced, 4+ years of cello lessons, 12+ years old, or Suzuki Book 8-10, Standard Concerto 55 minute lesson.

Practice 90-120 minutes per day, minimum 5 days per week

Performance Level (Parental Supervision Required until your child is 13 years or older)

For serious students that want to play competitively, 1-2 weekly lessons.

Practice minimum of 120 minutes per day, 6 days per week.

**Add 30 minutes to your practice time if you participate in a Youth Symphony.*

**For all of these levels, the lesson day does not count as one of their 5 practice days.*

Weekly Practice Grading Scale:

Practice 7 days - Legendary.

Practice 6 days – Epic.

Practice 5 days – Master.

Practice 4 day – Common.

Practice 3 days – Novice.

Practice 1 or 2 days – Revive.

Practice 0 day – Epic Fail.

***Your recommended daily practice time is _____, only record each time you complete your recommended practice time.**

Week #1

Date:

Day	Check
Monday	
Tuesday	
Wednesday	
Thursday	
Friday	
Saturday	
Sunday	

Grade _____

Week #2

Date:

Day	Check
Monday	
Tuesday	
Wednesday	
Thursday	
Friday	
Saturday	
Sunday	

Grade _____

Week #3

Date:

Day	Check
Monday	
Tuesday	
Wednesday	
Thursday	
Friday	
Saturday	
Sunday	

Grade _____

Week #4

Date:

Day	Check
Monday	
Tuesday	
Wednesday	
Thursday	
Friday	
Saturday	
Sunday	

Grade _____

Week #5

Date:

Day	Check
Monday	
Tuesday	
Wednesday	
Thursday	
Friday	
Saturday	
Sunday	

Grade _____

Week #6

Date:

Day	Check
Monday	
Tuesday	
Wednesday	
Thursday	
Friday	
Saturday	
Sunday	

Grade _____

Week #7

Date:

Day	Check
Monday	
Tuesday	
Wednesday	
Thursday	
Friday	
Saturday	
Sunday	

Grade _____

Week #8

Date:

Day	Check
Monday	
Tuesday	
Wednesday	
Thursday	
Friday	
Saturday	
Sunday	

Grade _____

Week #9

Date:

Day	Check
Monday	
Tuesday	
Wednesday	
Thursday	
Friday	
Saturday	
Sunday	

Grade _____

Week #10

Date: _____

Day	Check
Monday	
Tuesday	
Wednesday	
Thursday	
Friday	
Saturday	
Sunday	

Grade _____

Week #11

Date: _____

Day	Check
Monday	
Tuesday	
Wednesday	
Thursday	
Friday	
Saturday	
Sunday	

Grade _____

Week #12

Date: _____

Day	Check
Monday	
Tuesday	
Wednesday	
Thursday	
Friday	
Saturday	
Sunday	

Grade _____

Week #13

Date: _____

Day	Check
Monday	
Tuesday	
Wednesday	
Thursday	
Friday	
Saturday	
Sunday	

Grade _____

Week #14

Date: _____

Day	Check
Monday	
Tuesday	
Wednesday	
Thursday	
Friday	
Saturday	
Sunday	

Grade _____

Week #15

Date: _____

Day	Check
Monday	
Tuesday	
Wednesday	
Thursday	
Friday	
Saturday	
Sunday	

Grade _____

Week #16

Date: _____

Day	Check
Monday	
Tuesday	
Wednesday	
Thursday	
Friday	
Saturday	
Sunday	

Grade _____

Week #17

Date: _____

Day	Check
Monday	
Tuesday	
Wednesday	
Thursday	
Friday	
Saturday	
Sunday	

Grade _____

Week #18

Date: _____

Day	Check
Monday	
Tuesday	
Wednesday	
Thursday	
Friday	
Saturday	
Sunday	

Grade _____