

playjazzsax

7 Pillars of Practice

Every day, make an effort to practice these six areas. The practice log is a printable weekly practice log where you can keep track of what you're working on for every week period. Print it out or load it up on your tablet. It includes manuscript areas for taking musical notes. These are not exhaustive lists, but a starting point.

● Tone

- Long tones with dynamics
- Long tones with pitch bending
- Low notes with air attack
- Overtone Exercises on low Bb - low C#
- Palm Key intonation

● Technique

- Scales
 - Major, melodic minor, harmonic minor, diminished, whole tone, pentatonic, augmented
- Interval Patterns
 - Thirds - Sevenths ascending and descending
- Chromatic Patterns
- Anything you find hard to play

● Time

- Metronome on only one beat per measure
- Metronome on "up" beats
- Metronome below 50 bpm, playing various subdivisions
- Scales in various subdivisions from eighth notes to septuplets

● Language

- Transcribe/Learn solos and take short phrases into 12 keys
- Soloing with repeated rhythmic figures

...cont...

- Incorporating patterns into your playing
- Develop a “lick” into real vocabulary by manipulating the rhythm, resolution, etc.
- Develop guide tone lines into interesting solos

● Creativity

- Improvise tone rows. Start with 5 notes, work up to 12.
- Improvise freely with a drone or a drum groove or both.
- Solo only using your left hand on the saxophone.
- Solo within the limited interval of a fifth: only G to D for example.
- Trade 2s or 4s with silence and really listen to your own playing. Keep an idea going after the breaks.
- Compose an original tune!
- Arrange a standard with your own vamps, reharmonization

● Repertoire

- Add 1-3 tunes into your practice rotation every week and memorize them, melody and changes.
- Learn a standard in more than one key, work up to 12 keys.
- Play a standard but change keys on the second half
- Change the time signature of a standard

● Ear Training

- Learn solos and tunes by ear
- Use an ear training app to drill intervals and chords
- Sing a standard with solfege
- Practice singing random notes and matching them on your instrument

If you work on all of these areas, you *will* get great at this. If you need extra guidance, stay tuned to PlayJazzSax for coaching, masterclasses, video lesson courses, and more!