

<b>WHAT DOES PRACTICE EXCELLENCE MEAN?</b>		
<b>What is it</b>	<b>What to do</b>	<b>It feels like</b>
1. <b>UNDERSTANDING</b> perfectly	<b>THINKING</b> what each one detail means, what it does, and how you need to do it – every detail counts.	→ <b>WATCHING &amp; LISTENING</b> to your teacher
2a. <b>PRACTICING LEFT</b> hand <b>DETAILS</b> perfectly	<b>WORKING</b> on details - Listening to intonation / learning patterns / practicing shifts and vibrato / checking posture.	→ <b>FOCUSING ON LEFT HAND DETAILS</b>
2b. <b>PRACTICING RIGHT</b> hand <b>DETAILS</b> perfectly	<b>WORKING</b> on details - Listening to the sound / watching the contact point / playing in the correct part of the bow / checking posture.	→ <b>FOCUSING ON RIGHT HAND DETAILS</b>
3a. <b>SLOW TEMPO</b> practice perfectly	<b>MUSCLE MEMORY</b> taking over technical details – focusing on style / phrasing / tone (sound) quality.	→ <b>ACHIEVING CO-ORDINATION</b>
3b. <b>INTERMEDIATE TEMPO</b> practice	<b>THINKING</b> of performance - ‘Driving the car’ - all technical and musical details working in harmony.	→ <b>SHAPING ALL DETAILS IN</b>
3c. <b>ORIGINAL (FAST) TEMPO</b> practice	<b>PERFORMING</b> - ‘Driving the car’ - also noticing ‘things yet to improve’ and fixing them slowly later on / checking posture again.	→ <b>DELIVERING A PERFORMANCE</b>
<b>PRACTICING EACH ONE DETAIL SEPARATELY AND ASSEMBLING ALL DETAILS TOGETHER MAKING IT ALL WORK AS A WHOLE</b>		

<b>HAVE YOU LEARNED IT</b>	<b>Action Words / Task</b>
1. <b>UNDERSTAND</b> perfectly	1. <b>WATCH / LISTEN</b> 2. <b>THINK ‘DETAILS’ – WHAT / HOW</b>
2. <b>PRACTISE LEFT / RIGHT HANDS DETAILS</b> perfectly	1. <b>LEARN HANDS SEPARATELY</b> 2. <b>DO SLOW PRACTICE</b> 3. <b>LISTEN / WATCH / CHECK</b>
3. <b>PRACTISE SLOW / INTERMEDIATE / ORIGINAL (FAST) TEMPO</b>	1. <b>ACHIEVE CO-ORDINATION</b> 2. <b>‘SHAPE’ ALL DETAILS IN</b> 3. <b>‘PERFORMANCE’ MODE</b>

**REMEMBER  
THE DETAIL  
THE ACTION  
THE FEELING**