

PRACTICE TOOLS – SYSTEM OF REPETITION			
What is it	What to do	What speed	How it works
Level 1 BASIC REPETITION	3 TIMES – REPEATING ONE DETAIL which needs to work – a note, one rhythm problem, one slur, one note out of tune, one chord, etc.	SLOW	→ ONE DETAIL / ONE HAND
Level 2 INTERMEDIATE REPETITION	3 TIMES – REPEATING A BAR OR A SHORT PHRASE so all details work together perfectly co-ordinated at slow speed first, then increase speed gradually to intermediate speed repeating 3 times in each new speed.	SLOW / INCREASING	→ MULTIPLE DETAILS / CO-ORDINATION
Level 3 ADVANCED REPETITION	3 / 5 / 10 TIMES – REPEATING PATTERNS / PASSAGES presenting a particular difficulty using the ‘passage fixing tools’ to improving left hand and bow strokes in ‘sets of 3’. Trying particularly difficult bow strokes in ‘sets of 3’ separately on scales.	SLOW / INCREASING	→ SECURING MUSCLE MEMORY
Level 4 PERFORMANCE REPETITION	3 TIMES – REPEATING THE WHOLE PIECE back-to-back without stopping or any interruption – as if you are performing it on stage.	ORIGINAL	→ BUILDING UP STAMINA

HAVE YOU LEARNED IT	Action Words / Task	
Level 1 BASIC REPETITION	→ FOCUS ON ONE DETAIL / ONE HAND	REPEAT ONE DETAIL SLOWLY
Level 2 INTERMEDIATE REPETITION	→ IMPROVE ON MULTIPLE DETAILS / CO-ORDINATION	REPEAT ONE BAR OR PHRASE WITH ALL DETAILS AT SLOW / INCREASING SPEED
Level 3 ADVANCED REPETITION	→ SECURE MUSCLE MEMORY	REPEAT PATTERNS USING ‘PASSAGE FIXING TOOLS’
Level 4 PERFORMANCE REPETITION	→ BUILD UP STAMINA	REPEAT THE WHOLE PIECE WITHOUT STOPPING

**REMEMBER
THE DETAIL
THE ACTION
THE FEELING**