

# SAMA Monthly

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## How NOT to Practice!

Much has been written on how to practice, but not much on how not to. It is important to mention habits that are not useful to a successful practice session. Let's cover a couple of no-no's for the next time you sit down to practice.

**Stop Mindless Practicing** Approach your sessions fresh, focused, and with a specific goal in mind. If you don't already have a goal in mind, play through your piece and circle the areas that aren't as smooth as the rest.

**Stop Playing Through Your Pieces** Instead of playing through your pieces from beginning to end, try focusing on difficult passages. By doing this, you have achieved more and better shaped your practice time.

**Stop Focusing on Tempo** Tempo and speed should not be your main objective. Very often, as you practice the difficult passages mindfully, speed will come automatically. Practice slowly and accurately – these are more important.

**Don't Practice When You're Tired or Frustrated** You need to be fresh, focused, and in the correct frame of mind. Being conscious of how you approach your practicing results in positive, constructive, and rewarding sessions.

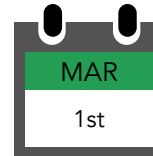
**Stop Practicing With Poor Posture** Creating a good habit of practicing with correct posture each and every time is not only healthy for your body, it also redirects energy and brainpower to more important points of practice.



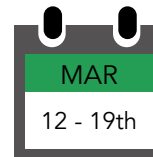
Next time you get behind or pick up your instrument to practice, take a moment to think how best you'll make the most of your practice session using these points. Good luck!

Shane Duyvené de Wit  
Piano & Violin Instructor

## UPCOMING EVENTS:



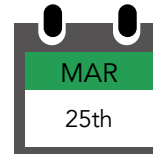
Nick Flores' Bday



Studio Holiday  
Spring Break



SAMA Elite Perform  
@ Wine to Coffee Art Walk



Randy Naranjo' Bday

## Student of the Month

**Ethan J.**

"Ethan always comes prepared to lessons and even comes in with extra pieces he works on by himself. Ethan's self-motivation is superb! He practices consistently and it shows."

-Maria Crystalia  
piano instructor

