

THOMAS VILOTEAU'S  
**6 TIPS FOR EFFECTIVE  
PRACTICE**



# 6 Tips For Effective Practice



## #1: "LIFE'S TOO SHORT"

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Life is too short to practice inefficiently. Our practice habits should always allow us to learn music as quickly as possible.

## #2: USING A METRONOME

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There are a few main benefits to using a metronome:

1. Quantifying your practice by setting and reaching clear numerical tempo goals.
2. Practicing repertoire that is meant to be groovy, especially modern repertoire that mimics playing with a drummer.



## #3: SLOW PRACTICE & FINGERINGS

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Slow practice is good, but many people make the mistake of determining their fingerings at this tempo. This wastes time because it runs the risk of having to reevaluate the fingerings as you get closer to full tempo.

It is best to start learning the piece "a tempo" to decide on the fingerings that will work right away at the full tempo. Once that is established then the slow practice can begin.





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## #4: COMPLICATED PASSAGES

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Try to reduce complicated sections to groups of 5 “things.” These “things” can be notes, shifts, or other considerations. It could be as little as three notes that includes one shift and one other additional technical consideration.

Practice the groups with a metronome to quantify your progress. Once you can play each passage 10 times in a row perfectly, then you can move to a faster tempo. Continue this until each group is at the full tempo.

It is important to follow this up for two to three days to commit the movements to long term memory.



## #5: TIMEFRAME FOR LEARNING

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If you establish good fingerings at the beginning and work through the difficult areas in this way, learning new repertoire should only take a few weeks, provided it is the right level of difficulty for you.

## #6: AMOUNT OF PRACTICE TIME

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There’s no substitute for raw practice time. Make sure your time spent with the guitar is highly focused. Two hours of focus is better than six hours without focus. Get as much focused time with the instrument that you can each day.



# The tonebase Practice Chart



A handy chart to help you keep track of and develop your practice habits!  
"Focus" is anything you're currently working on, a piece a specific technique, warming up, etc. "Category" is new repertoire, performance material, repertoire review, technique, or musicianship.

Focus	Category	M	T	W	Th	F	Sat	Sun	Total

Notes:





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# The tonebase Practice Chart



Focus	Category	M	T	W	Th	F	Sat	Sun	Total
Notes:									

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# The tonebase Practice Journal



Monday	Practice focus:	Reflection:
Tuesday	Practice focus:	Reflection:
Wednesday	Practice focus:	Reflection:
Thursday	Practice focus:	Reflection:
Friday	Practice focus:	Reflection:
Saturday	Practice focus:	Reflection:
Sunday	Practice focus:	Reflection:
Notes:		

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