

Start with a musical goal

Understand & listen

Define success as an observable musical action rather than an identity. A useful goal names a short passage, a sound you want, and a date for checking it.

Try this: Choose eight measures. Record a first attempt. Write one change you want to hear.

Check your learning: Play eight measures steadily at a comfortable tempo; compare the last recording with the first.

Write one question, one useful observation, and one musical example. Use a public-domain score or your own short pattern. This workbook supports practice; it does not replace individual instruction.

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Deliberate practice lab

1 / Prepare

Choose a short passage or pattern connected to start with a musical goal. Set a comfortable pace. Write the starting tempo or conditions.

2 / Isolate

Choose eight measures. Record a first attempt. Write one change you want to hear.

3 / Test

Play eight measures steadily at a comfortable tempo; compare the last recording with the first.

4 / Compare

Record before and after. Keep one useful change; describe the evidence in a specific moment.

5 / Finish

Play a complete musical phrase, then write the next small action. Pause if discomfort appears.

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Working page & experiment

Choose eight measures. Record a first attempt. Write one change you want to hear.

My starting point / date / tempo

One variable I will change

Attempt 1: what I heard

Attempt 2: what changed

Attempt 3: the evidence

My own pattern, diagram or score notes

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Review & teach back

Success criterion: Play eight measures steadily at a comfortable tempo; compare the last recording with the first.

Explain the concept in your own words

Give a musical example

Describe a mistake and how you recovered

What would you tell another learner?

One question for your teacher

Next session: one realistic action
