

## **Applied Studio Challenge 2014!**

**Some ideas from professor Dan Cherry and the Trombone and Euphonium Studio at Western Carolina University**

**<http://paws.wcu.edu/dcherry/>**

### **Daily Challenges:**

- Set practice goals (and meet them!)
- Do some stretching/exercise
- Work on your breathing
- Dig into your fundamentals
  - o Rely on your warm-up and your Daily Routine
- Play with your tuner – long tones, scales, etc.
- Make good use of your metronome
- Work on ALL lesson assignments
  - o Manage your time well, prioritize as needed, but don't leave anything for another day
- Play something just for fun!
  - o Suggestions: duets with a friend, improvisation, favorite past solos, hymn tunes, pop songs, your own compositions

### **Weekly Challenges:**

- Set practice goals (and meet them!)
- Record yourself and do some critical listening
- Do some listening
  - o New literature, great professional players, unfamiliar styles, etc.
- Learn something new about the history of your instrument
- Study the music you're working for lessons
  - o Composer, style, theory, history
- Practice your ensemble music
- Practice sight reading

**Are YOU up to the challenge?**

**See what happens if you rise to these daily and weekly challenges for the first month of school. Now, let's get to work!**