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100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

The Power Of Consistent Guitar Practice.

By Craig Bassett

Most of us have heard of the power of being consistent in our guitar practice. You know what I mean. Practicing something EVERY day until mastered. But do you do this? I know that in the past, I definitely didn't...

When I first started playing I was a maniac! I had no real structure to my practice. I just put in the hours and hoped that I got better. And I did! But there was a problem. I practiced something different almost every day. My practice "schedule" changed from one day to the next. This created two major negative side effects...

1. Sore hands. For example, I would often go so berserk on alternate picking exercises that my picking wrist would get incredibly sore. It would be so sore that I couldn't practice alternate picking the next day. So what did I do? I then went crazy with legato exercises. So much so that I wouldn't be able to practice legato the next day. So I went back to my trusty alternate picking. Mmmm...there's a pattern emerging here. :-)

2. Slower Progress. Now, don't get me wrong. I progressed faster than any of my friends. But I definitely don't think I progressed at my fastest possible rate. If I had practiced less on an exercise, but did it EVERY day I think my progress would have been much faster.

I guess the moral of the story is to temper your enthusiasm with intelligence. Let's look at how to start to be more consistent with your practice...

*****Step One*****

Decide on something that you would like to master. Make it something short like a lick, scale or perhaps a few bars of a song.

*****Step Two*****

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Decide on a speed goal for the thing that you have chosen. This will be your target tempo. Make it challenging. Something that will make you a significantly better player once you have achieved it. Of course, you need to keep in mind your current playing level. If you are a beginner and you set a speed goal of sixteenth notes at 240bpm, you are definitely setting yourself up for a failure!

Step Three

Decide on how much time you'll invest practicing the thing that you have chosen. I would recommend setting a goal of 10–15 minutes a day. A small amount done daily will give you better results than hours done irregularly.

Step Four

Make a commitment to practice what you have chosen on a daily basis. The key is to practice it every single day until your speed goal has been reached. No excuses, no crying, no moaning, no exceptions.

Step Five

Get to work! This is the step that requires discipline. It could take weeks or months to achieve your speed goal! Just keep in mind that anyone can write down a goal, but unfortunately VERY few people will follow it though to completion. That's probably why there are so many more guitar OWNERS than guitar PLAYERS ;-)

I invite you to try this approach to guitar practice. I've found that it really helps me, and I'm sure you'll benefit from it as well!

Craig Bassett is a professional guitarist, author and guitar tutor. To gain TOTAL mastery of the guitar notes, please go to:

<http://www.GuitarNoteMastery.com>

Good Guitar Technique Will Allow You To Play Anything!

By Chris Thomas

There are many philosophies when it comes to practicing guitar. Some people don't practice at all, others practice for 10+ hours per day! Steve Vai's legendary 10-hour guitar workout comes to mind. But consider this...who do you think is the better guitar player? The person who hardly practices, or the person who practices on a regular basis? Of course it's the person who practices regularly!

I'm a strong advocate of practicing on a regular basis because with good guitar technique, you can play anything! If you think about it, it makes perfect sense. If you can alternate pick most any any lick or picking pattern, then any time you're trying to learn something new you'll be able to pick it up much more quickly than if you don't have good technique.

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Obviously you want to practice things that you have difficulty playing, or create your own exercises that are similar to those things you struggle with. By focusing your practice time on these things, you will improve much quicker. Then in the future when you encounter things you previously used to struggle with, you'll breeze right through it!

Think about it...if all you practice are power chords, you just really limit yourself as to what you can potentially play. By focusing on certain techniques, you'll be able to do so much more. But you can still play power chords if you choose. I don't know, maybe some people are happy only playing power chords, but I digress...

Now I'm not saying that you should go out and start practicing for 10+ hours per day. I never practiced for more than 3–4 hours per day. I think that what you practice is more important than how long you practice. Of course it's ultimately up to you. This is just how I view the guitar.

Chris Thomas writes articles and does reviews of the top online guitar lessons at

<http://www.guitarlessoncomparisons.com>



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