

Long-term Goal:  
Short-term Goal:



Week 1	Day 1	Day 2	Day 3	Weekly Goal:
Scales				
Chords/ Arpeggios				
Improvisation/ Songwriting				
Repertoire				
Technique				

Week 2	Day 1	Day 2	Day 3	Weekly Goal:
Scales				
Chords/ Arpeggios				
Improvisation/ Songwriting				
Repertoire				
Technique				

Week 3	Day 1	Day 2	Day 3	Weekly Goal:
Scales				
Chords/ Arpeggios				
Improvisation/ Songwriting				
Repertoire				
Technique				



## Practice Plan FAQ

### **Q: Who is this for?**

A: Beginner, intermediate and advanced guitarists

### **Q: But who is it *really* for?**

A: This is for guitarists who feel like their playing is lacking focus and direction. By taking 15 minutes every 3 weeks to organize your practice schedule, you will find yourself looking forward to playing because you have a plan. This leads to faster results which leads to more fun with your guitar.

### **Q: Can you break down what each section is and where I should start?**

A: Sure!

**Scales-** Start by learning major, minor, and pentatonic scale shapes.

**Chords/Arpeggios-** If you know some basic chords but need to smooth out your transitions, start there. Then learn power chords, barre chords, 7th chords, 9th chords, triad inversions, and open triads.

**Improvisation/Songwriting-** I personally find this to be the most satisfying part of playing guitar, but you might skip it altogether if you aren't interested in creating your own music or making up your own solos. BUT if you have any interest in either, start practicing being creative *now*. Do not wait until you've developed the other areas of your playing. Creativity is a skill that must be developed on its own.

**Repertoire-** learn your favorite songs

**Technique-** picking, strumming, legato, tapping, whammy bar antics, harmonics, vibrato

### **Q: Why is music theory not listed?**

A: Not every teacher will agree with me here, but theory on its own is pretty useless. I recommend learning theory *in context* of the other items. So learn about the theory of scales as part of your scales practice, learn chord theory as part of your chord training, and learn the theory behind your favorite songs as you learn the songs.

### **Q: How much time should I spend on each practice area?**

A: That will depend heavily on how much time you have to practice and how much you want to commit to each area. For example, I don't practice scales anymore. I also practice technique much less these days. I primarily focus on improvisation/songwriting, repertoire, and chords/arpeggios.

My goal is 3 hours of practice/day, so my routine might look something like this currently:

### **Eric's Practice Routine**

Hour 1- technique, chords/arpeggios

Hour 2- Improvisation

Hour 3- Songwriting

or

Hour 1- Repertoire

Hours 2 and 3- Songwriting

Your practice routine will likely be different. Here's a general suggestion for 1 hr/day:

### **1 Hour Practice Routine**

15 minutes- technique

15 minutes- repertoire

30 minutes- improvisation

or

10 minutes- scales

10 minutes- chords/arpeggios

10 minutes- technique (vibrato)

20 minutes- repertoire

10 minutes- improvisation

### **Q: What should I practice in each area?**

A: I can't really answer that without knowing exactly where you're at personally. If you would like specific help with exactly *what* to practice and for how long, you can schedule an introductory guitar lesson with us at Fort Worth Music Academy.

To schedule your introductory guitar lesson in person or online, email [info@FortWorthMusicAcademy.com](mailto:info@FortWorthMusicAcademy.com)

I hope this practice schedule helps you have more fun playing guitar!

yours in rock,

Eric Bourassa

