

## Practice diary

Name: Neil

Instrument: Bass Guitar

Date: 13.04.20

Technique area	Target and application (e.g. to increase speed/range or specific technique for a specific piece of music)	Exercises (Ways to achieve target)	Measurement (e.g. bpm/range)
Scales 20 minutes	To increase knowledge of the G major scale  To be able to play a four note sequence using notes of the G major scale at 60 bpm.  This is useful for learning where notes are on the fretboard and good for left and right hand coordination and technique.	To play the G major scale over two octaves in an ascending and descending sequence using a four note pattern (see below for notated exercise)	I will firstly try to play it rubato with no mistakes. Once I can do this confidently I will try with a metronome at a slow tempo (60bpm) playing it just as even crotchets.
Reflection  This exercise was good in that I have a much greater knowledge of the G major scale over two full octaves. This was difficult as I was unsure of where some of the notes were above the first octave but this exercise has helped me to learn this. I was unable to play it evenly at 60 bpm because I did not have a secure enough knowledge of where the notes were after the 20 minutes allotted to this exercise.  I will keep the same target for my next session and hope I am able to achieve playing it fluently at 60 bpm.			