

Suggested Practice Routine

1. Breathing Exercise at least 10 times
2. Long Tones for 5 minutes
3. Any other exercises assigned (eg: counting, tonguing, etc.) 5 minutes each
4. Rubank or other method Book 15 minutes
5. School music if you have it 10 minutes
or:
6. Song or other book 5 minutes
7. Goof around doing anything you want 5 minutes

You don't necessarily have to play 6 or 7 days a week if you have a good routine. Playing 3 times a week using this routine will improve your playing more than playing 6 times a week without it.