

LEARNING A NEW MUSICAL INSTRUMENT FOR PEOPLE WITH BUSY LIVES – GETTING THE MOST OUT OF LIMITED STUDY TIME

A [HOPEFULLY] HELPFUL GUIDE BY LAUREN SCOTT



Structured

INSPIRATION

Be curious

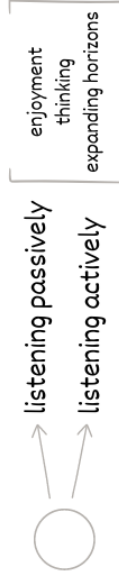
Be selective

start with...

composer
instrumentation
performer

similar style

Do you like it? is it good? why?



Don't overload!



PLAYING

5 mins ~ planning your practice session



[scale up if more time available]

5 mins ~ warm up & technical work
10 mins ~ work
5 mins ~ fun

5 mins ~ evaluation

keeping a note book | journal
video diary
further listening



@laurenscotharp

THEORY

1 PULSE & RHYTHM
clapping games call & response
copying rhythms

2 DANCING!
toe tapping / hip sways
[internalising the pulse]

3 When listening to music...
tap to the pulse
can you feel where the strong beats are?
regular / irregular pulse
If it is ambient with no pulse can you hear the different layers / sounds

4 How does it make you feel?
[emotional connection]
happy/sad
is there a musical reason for this?
slow / fast choice of notes/harmony

Remember the painter Bob Ross when thinking about music theory! Start with the broad strokes, the detail comes last.

