**Daily practice routine – example (Beginner - Intermediate) :**

**Practice structure**

15 - 30 minutes routine:

**Warm up** (**5-10** **minutes):** Muscle memory exercise , new chord shapes (see video for instructions)

 

**Practice** (**10 minutes) :** Fingerpicking pattern (“All related”) practice with metronome (Start at 80, aim for 120)

**Reinforcement (5- 10 minutes):** Play one of the songs we have worked on: Om Shanti / Cuatro vientos / Vallerie. **Point of focus:** transitions between fingerpicking & strumming

**Assignment:**

1. **Cuatro vientos:** Make a video demonstrating the transition between fingerpicking & strumming with a metronome (110-120 BPM)
2. **Vuela con el viento:** Make a video demonstrating coordinating singing & playing simultaneously: fingerpicking on the verse, strumming on the chorus. Add crescendo before the chorus (see video)

**Daily practice routine – example (Intermediate - advanced) :**

**Practice structure**

30 - 45 minutes routine:

**Warm up** (**5-10** **minutes):** Dorian scale & 3rds sequence, with a metronome (80-110 BPM) 

**Practice** (**20 minutes) :** Improvise over the chord progression: Dm | C | G | G (use the recordings). Solidify a 4 bar long melody and repeat it, make a recordings.

**Reinforcement (15-20 minutes):** Repeat the arpeggios on the 5th position over the metronome/playback (120 BPM) – see video

**Assignment:**

1. Make a video of the melody you composed over the chord changes.