

FOCUSED PRACTICE

The guitar is a beautiful instrument. When played with skillful hands its beauty can be heard and enjoyed by many. Your most likely reading this book because you want to have those skilled hands; hands like your favorite artists who seem to be able to play whatever comes into their head. It may seem like the greatest players were born with the ability to play guitar, but their skills come from the same place that yours will; practice!

Often, even guitar players with years of experience will practice inconsistently. They may pick up their guitar once or twice week and play for hours at a time. This play time may consist of picking through their favorite songs or trying to nail a particularly cool riff that they saw their favorite artist use. It is rare for practice like this to yield any kind of consistent improvement in the guitar player. You have the opportunity to begin your guitar journey right; by learning the habit of focused practicing.

Focused practicing is exactly what it sounds like. It's the ability to look ahead at short term goals that you want to achieve and then create milestones for yourself along the way. The guitarist that practices this way may decide that he wants to learn to play the E Major chord. They would then break that goal down into steps. Maybe they first need to learn the names of the strings so that those chord diagrams make sense. Then maybe they need to do some finger stretching exercises so that they have the strength and flexibility necessary to make the chord shape. These smaller goals would be practiced in increments of 15-20 minutes at least five days a week until the larger goal is achieved. Then, the guitar player chooses their next goal and repeats the process.

This is focused practicing and it is the method that you will learn to use in this book. You will need to acquire a timer so that you practice exactly as long as each lesson states. This can be a kitchen timer or any phone with a timer app. Before you know it those fingers that seemed so clumsy will be playing the same songs your favorite artists are playing. So read on, and practice right.

