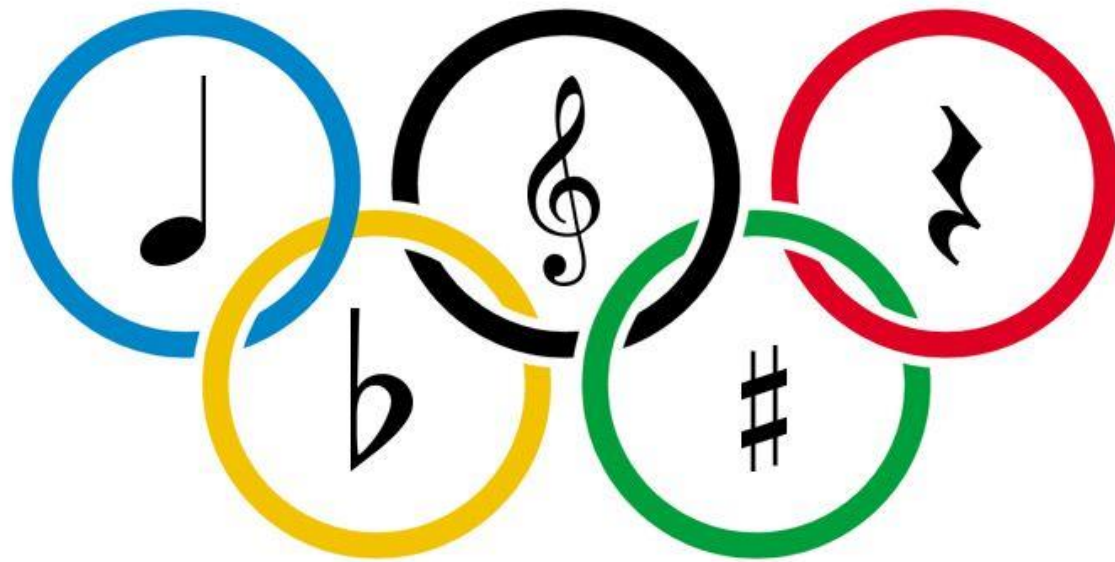


Personal Trainer Training



THE LXXXVIII OLYMPICS

"I wish I **never** learned how to play the piano."



Said no one.

Ever.

The way to recognize you are
doing something significant is
through...

Progress & Praise

**"The four laws of learning
are explanation,
demonstration, imitation
and repetition.**

**The goal is to create a
correct habit that can be
produced instinctively
under great pressure.**

**To make sure this goal
was achieved, I created
eight laws of learning --
namely explanation,
demonstration, imitation,
repetition, repetition,
repetition, repetition, and
repetition."**

Coach John Wooden



If you want to be GOOD, practice until you get it right. If you want to be GREAT, practice until you never get it wrong.

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GENERAL HELP SECTION

This section is to help break the rut of "do I have to practice". These tips will help you be involved in your child's practice in a meaningful (and not annoying) way.

If you want to be GOOD, practice until you get it right.

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HOW PARENTS *Can Help Their Children* PRACTICE PIANO

1 Sit down with your child immediately after the piano lesson. Ask him/her to show you the teacher notes, demo the newest material, and tell you what was covered in the lesson.

2 Establish a realistic and predictable practice time that can happen easily every single day... regardless of other family activities.

3 Give your undivided attention.

4 Start practice routines early in the week to avoid "cramming".

5 Problem solve together when your child gets "stuck". Use cues from the book, teacher notes, and previously completed material to aid the problem-solving process. Be in touch with your child's teacher to ask questions when needed. If all else fails, encourage your child to improvise a solution.

Inform yourself of the basic skills you will need to help your child at home. By following along with your child as they learn, you too can gain the knowledge you may need to assist with practice.

6 Allow free exploration on the piano. It may sound like "noise", but your child is actually making important connections. Free play also serves as a confidence-boosting, creative outlet.

7 Encourage frequent and short "stop-overs" on the piano in addition to your child's structured piano practice time.

Be present, attentive and
encouraging

If you want to be GOOD, practice until you get it right

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Shout it Out

From the Kitchen

help your child practice

Holy Smokes! That used to be hard for you! Can I hear it again?

Can you tell me what your teacher wanted you to work on in that piece?

You play another piece that sounds very similar to that one. Can I hear it?

That middle section was beautiful! Can you play it again for me?

Can I hear that again but just with your right hand?

Can you choose 3 different measures and play them 4 times each for me?

What do you think you need to work on in that piece?

That sounded difficult, maybe try starting part-way through and playing it slowly?

Can I hear a piece you used to play a long time ago?



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Where is the hardest part in this piece? Can you play JUST that part for me?



Can you play this piece for me in slow motion?



Can I play the last note in this piece? Can you show me which key to press and then nod at me when it's my turn to play?



Clap the rhythm of any measure in this piece and I will try to copy you!



Let's write a note to your teacher about today's practice session. What should we tell her?



What does this mean? (said while pointing at any marking above a music note)



Let's write some lyrics! What do you think this piece is about?



Let's surprise Grandma with a special tune. I'll phone her... when you hear me say HELLO, start to play!

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ANCHOR NOTES



ARE YOU STUCK ON A NOTE?

IS IT AN ANCHOR NOTE?

YES => Find the anchor note and PLAY IT!

NO => What anchor note is closest?

Find that anchor then ask:

Is the note a step or skip away?

Is it up or down?

Move to it and PLAY IT!

IS IT A SHARP OR FLAT?

Find the regular note first.

Is it a flat? Move down.

Is it a sharp? Move up.



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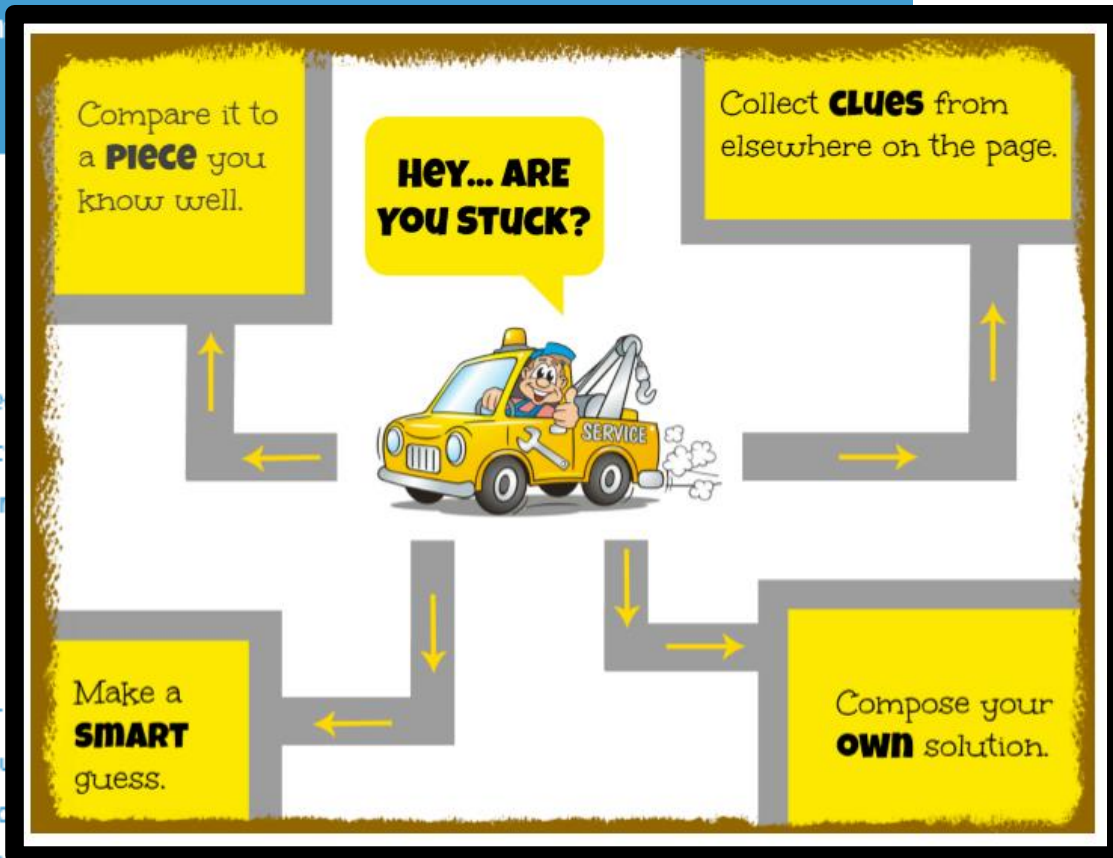
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The grass is
always greener
where you
water it!

I used kind of a long analogy here, but it takes the teacher, the parent and the student to effectively “water” the lawn. There will be many brown spots if any of us doesn’t do our part.