

TEMPO GUIDE

Etude No. 1

Voxman, Page 43

Goal tempo:

Quarter note = 86-96

(eighth note = 172-192)

% of full tempo	Quarter note tempo	Eighth note tempo
100	86	172
95	82	164
90	77	154
85	73	146
80	69	138
75	65	130
70	60	120
65	56	112
60	52	104
55	47	94
50	42	84

Etude No. 2

Voxman, Page 6

Goal tempo:

Dotted Qt = 44-56

(eighth note = 132-168)

% of full tempo	Dotted Quarter note tempo	Eighth note tempo
100	44	132
95	42	126
90	40	120
85	37	111
80	35	105
75	33	99
70	31	93
65	29	87
60	26	78
55	24	72
50	22	66

Etude No. 3

Voxman, Page 21

Goal tempo:

Quarter = 92-108

(eighth note = 184-216)

% of full tempo	Quarter note tempo	Eighth note tempo
100	92	184
95	87	174
90	83	166
85	78	156
80	74	148
75	69	138
70	64	128
65	60	120
60	55	110
55	51	102
50	46	92

THE “1-2-3 SYSTEM”

A practice method for perfect performance

Instructions:

Step 1) **Perform** a section Run-Through

*Record yourself performing a selected section of the audition music at the selected tempo.
Be sure to write down your tempo and section selection for later reference.*

Step 2) **Evaluate** your Performance

Give your performance a “1-2-3 rating” based on what you hear from your recording.

Rating:

- 1 — I can perform the selected section with 100% accuracy on the first attempt.
- 2 — The performance takes multiple tries, but I can perform it with 100% accuracy.
- 3 — I cannot perform the selected section with 100% accuracy.

Step 3) **Practice** using Adaptive Techniques

Based on your rating in step two, adapt your practice to your individual needs. Here are some suggested practice techniques based on your rating:

Rating: 1 — I can perform the selected section with 100% accuracy on the first attempt.

- Try increasing the tempo up to the next % of full tempo
- Try performing the section fully memorized to test your muscle memory
- Try inviting friends, family, or teachers to listen to your performance
- Try repeating this performance to test your consistency

Rating: 2 — The performance takes multiple attempts, but I can perform it with 100% accuracy.

- Try isolating and repeating the most challenging element of that section
- Try adding scales to your practice session for range and finger control
- Try stacking: play the first note, and add additional notes with each success
- Try soft memorization: With the music in front of you, perform as much as you can while looking away. Only look down when you're fully stuck.

Rating: 3 — I cannot perform the selected section with 100% accuracy.

- Try decreasing the tempo up to the next % of full tempo
- Try fingering through the music while saying the note names
- Try isolating the sound control by wind patterning, buzzing, singing the music
- Try isolating the rhythm by clapping, counting, or listening to the music

Practice each day using this method & your performances will be spectacular!!!

[illegible]

PRACTICE LOG

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