



# Reflect

## Lesson 7

Now that you have reached Lesson Seven of the program, it is necessary to devote 50% of your practice time to reviewing and 50% of practice time on new material. There are two methods to choose from in order to accomplish this:

1. Daily Review

If using this method, you will spend half of your allotted daily practice time with be spent in review, and half of your time will be used to work on new material.

2. Split Practice Schedule

If using this method, you will use 4 days per week to work on new material. The remaining 3 days will be spend in review.

My Reflect schedule is:

If using method #1: How much time will be spent in daily review?

I am still spending 10 minutes after lunch every day at work. I've also continued doing a 10 minute warm up before my regular hourly practice. I've added 15 more minutes of playing the rudiments with songs as well as doing some speed drills to really push myself.

If using method #2: Which days will be devoted to new material, and which days will be spent in review?