

Practice Routine Example

Melody:

1. Read the “head”/melody until you learn it and can play it comfortably.

Harmony:

1. Practice your chords until you can “comp” the tune at tempo.
2. Practice any inversions you’d like to add.
3. As well as any other devices such as quartal harmony/stacked fourths etc....

Improvisation:

1. Practicing improvising scales/modes over the changes.
2. Practice improvising implicit polymeters over the tune.
3. (You could use a polymeric improvisation template to start.)
4. Practice improvising polyrhythms over the tune.

You might not be able to get through all of this in one day, but the important thing is to go through the full list. As the days go on, everything will be easier to do, and you will be able to practice more concepts.

Eventually, you will just run through the whole tune, practicing a different concept every time you run through the form. Once you feel that you can do this comfortably, start mixing the concepts.

Are you done yet? Grab a new tune, wash, rinse and repeat!