

## Introduction

*Other than your instrument, the most important piece of equipment you will need for the exercises in this book is a metronome.*

### **The goal of the basic game:**

*Rollplay* is a method to organize the skills all musicians need to develop strong fundamental technique. Someone proficient at the basic dice game should be able to do the following from memory:

1. Play all scales (major, natural minor, harmonic minor, melodic minor, jazz melodic minor, whole-tone, whole-half diminished and half-whole diminished) in sixteenth notes, the full range of your instrument at a tempo of quarter note = 100 bpm.
2. Play all scales in thirds in sixteenth notes, the full range of your instrument at a tempo of quarter note = 100 bpm.
3. Play the arpeggio of all scales in sixteenth notes, the full range of your instrument at a tempo of quarter note = 100 bpm.

### *How to learn any musical subject:*

1. Play or read through the exercise or piece without a metronome for an overall assessment.
2. Set your metronome to a tempo slow enough so you can perform the piece perfectly.
3. Apply the articulation exercise to the entire piece (see p. 21).
4. Identify and isolate troublesome passages and apply the rhythmic variation exercise (see p. 22).
5. Practice the difficult passages with a combination of the rhythmic variation and articulation exercises.
6. Perform as written.
7. Turn the metronome up two bpm.
8. Repeat steps 3-6 until desired tempo is achieved. Periodically record and listen to the performance of step #6 to provide additional feedback.

### *Efficient practicing is a skill in and of itself.*

Even though practicing technique is primarily developing muscle strength and efficiency, remember not to practice without carefully visualizing what you are doing. Physical movements must be joined to a mental idea. Mindless practicing will lead to carelessness and fumbling technique. Your body is controlled with the brain, which can be developed just like a muscle. Practicing is a kind of physical therapy. Like a prosthetic limb, the instrument you have chosen is a mechanical partner for life -- work to make it an extension of your body.