

Expand Everything By Narrowing Your Focus

Core Concepts on your instrument:

1. Sound Production
2. Warming Up/Technical Exercises
3. Ear Training
4. Instrument Specific Goals

Come up with 2-3 core exercises that you are going to work on until you master them. We aren't scratching the surface here, our goal is to get really deep into these concepts and not jump to something new until they are firmly in our playing and can be executed in any situation we find ourselves in.

This is my current regimen after I work on my instrument specific routine and my basic musicianship process.

*This is just an example and yours may look completely different. In fact, mine will look completely different a few months from now.

1. Bebop vocabulary/chromatic work/learning tunes
2. Transcription
3. Memorizing Omnibook

Some things to avoid:

Learning to be a jazz musician can be overwhelming. There will always be something that you don't know. Put your blinders on and work on one chunk of material. Don't try to drink from the fire hose!

Avoid shiny object syndrome! The next best thing isn't always the best. We are flooded with information every day, file interesting things away for later use and don't change up what you're doing before you master it. This is a lifelong process, there will always be time to work on new things.

Scratching the surface never works, commit yourself to detailed, intense study of a few things rather than superficial study of many things.