

Focus and concentration

1. Measure where you are

When you practice in the right way you don't feel the changes. Because playing slow and playing is going to feel the same. So you might grow like crazy but have the experience of standing still. Measure where you are at least monthly. Use a metronome or record yourself practicing.

2. Focus on getting results fast by:

A. Focusing on the easiest/most effective techniques first

The easiest techniques are also the most effective ones - and the ones you fall back on all time.

B. Focusing on the most easiest/most effective sequences first

The same thing goes here. The easiest techniques are also the most effective ones and the ones you fall back on all time.

C. Focusing on one thing at a time

Spend 75-80% of your time practicing one simple thing for extended periods of time

D. Concentrating your time

You'll get a lot more out of practicing intensely for a week or a month, and then not practicing at all for the same period of time - than you will if you practice the same amount of time every day. If practice time was all you needed, B.B. King would be one of the fastest players in the world.

To what extend you practice these principles will determine your success or failure when it comes to developing superior skills.

