

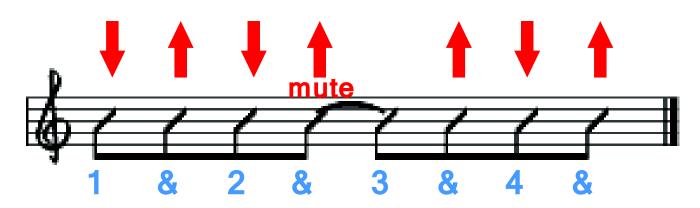


## **HAPPY BIRTHDAY**

### RUMBA FLAMENCO STYLE



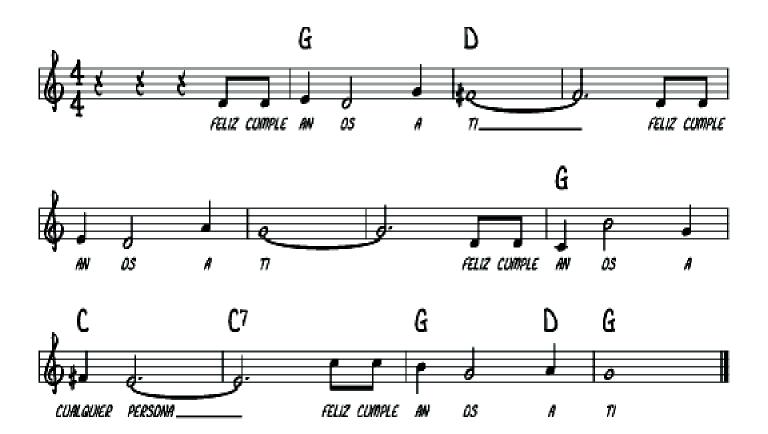






# **FELIZ CUMPLEANOS**

#### RUMBA FLAMENCO STYLE—SPANISH





## **PRACTICE TIPS**

**BE CONSISTENT**- Set aside a certain time each day for practicing and do it. Practicing in the same place can also be helpful. The mind begins to associate this time and place with practicing which will help you more quickly mentally "change gears" and focus on your practice.

**BE PERSISTENT**- Once you've established the habit of practicing don't let yourself fall away and destroy what you've developed.

**30 - 50 MIN. PRACTICE SESSIONS**- More than 50 minutes and the mind fatigues, less and you've barely gotten warmed up.

**REPETITION**- Expect to do certain exercises over and over. This Is the way your brain develops the needed muscle memory. Go slow and build up speed slowly, always playing as correct as possible. Your mind will memorize incorrect playing habits also.

**FOCUS**- Take a couple of minutes to relax, put away other thoughts and think about what you're going to work on. Try to put your whole mind into your practice session.

**BE ORGANIZED**- Divide your practice time in parts.

Example:

5 min. warm—up

10 min. scales

15 min. new techniques. progressions, song, etc.

10 min. review

**ENJOY MUSIC**- Make the time to play for fun, jam with friends, play old stuff you enjoy playing or just fool around. This will remind you of the fun side to music and learning. It will also give you more practice.

**EXCUSES DON'T COUNT-** Don't beat yourself up when you don't practice. Just re-evaluate your priorities, set a time aside and do it. Beware of the conscious minds ability to come up with excuses for not doing or getting something in life. In reality excuses simply don't count, especially in learning a skill like music. If you practice you'll get the benefits. If you don't, you won't.





I'm Tomas Michaud, an American born guitarist and music educator with a French Canadian heritage.

I first developed my Starland Guitar System in 1982 when my 9 year old daughter asked me to teach her guitar. Since then I've helped thousands of students experience the joy of making music either myself or through my trained instructors.

When I'm not making guitar instruction videos I'm creating my own beautiful music and currently have seven CDs of Contemporary Instrumental World Music including, my latest top ten charting "Beauty and Fire".

For more great lessons and tips to help you play real guitar with confidence and ease enroll in my super cool

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