

## Awesome Guitar Practice Tip #3: When to Move On?



Hey there, I'm Tomas Michaud from Real Guitar School and [TomasMichaud.com](http://TomasMichaud.com). Most guitar students know that they need to practice techniques and exercises to get better at the guitar playing. One issue I deal with often is knowing what the balances between practicing and exercise enough to get the benefit from it and when it's time to move on. Now I wanna talk in this video about two stumbling blocks that I see are very common and how you can most effectively do with them.

A question I often get asked by students is when I'm practicing an exercise "When is the time to move on?" This is an excellent question actually and before I talk about it specifically I wanna mention two stumbling blocks that are very common. The first stumbling block I called the ATTENTION DEFICIT approach. Now in our society, we are programmed from childhood to think about quick and easy. We are bombarded constantly with advertisement on how to get quick and easy. If I buy this six-pack of Bud Light I've got instant friends and sex appeal, well maybe it will take a twelve-pack, we'll see. If I have the perfect automobile I would have everything I ever wanted in life and I can even get it with easy monthly lease payment of \$199. Now there's nothing wrong with quick and easy and I won't knock it. I'm all for quick and easy. It's just that sometimes it really doesn't work. It is important to know when both situations arise because it can lead to a lot of frustration and even giving up. When learning the guitar, it's important to practice the material long enough to get sufficient progress before moving on to the next thing. Now if you are anything like me, you'll practice something for a little while, feel bored and

wanna move on to something else. Well, guess what? You're normal of course that's assuming I'm normal.

Now I wanna talk about this second stumbling block which I called the PERFECTIONIST APPROACH and you guessed it. This is the tendency to wanna get something just bright or perfect before moving on to the next exercise or technique. Now I don't know where this tendency comes from exactly but I've seen it often enough. It's really just not an effective strategy for learning a complex scale like playing guitar. First of all, you'll probably never get perfect. I know I'm playing exercise that I've learned 20 years ago and I still don't think I played them perfectly. Of course, my standards of reason and they're probably gonna continue to rise. Understand that some of the improvement will come long after you moved on to other exercises. What you are looking for here is a healthy balance that means making a good judgment or call when it's time to move on to the next thing and then combining that with some kind of review so you can go back and see where you're still at.

I used what I call the 80% rule. What that means is that practice and exercise up to where you feel it's about 80% of where you wanna get to in terms of being just right and then move on to the next exercise. There is no perfect about this and this is a judgement call. In fact, I often tell students to aim somewhere between 70% and 80% that way they don't get too fixated on in an exact number.

I have found that most people can make a reasonably good judgement call and that gets better over time. The idea is holding on to the 80%. It helps you push past that feeling of wanting to just move on to the next thing before you're really ready and at the same time the idea of 80% keeps you from trying to get to perfection when you hit 80%, you know it's time to move on. Apart of what really makes us work is building regular review into your practice schedule. I'm still amazed

that sometimes when I go back to something after many weeks, I found that I've made improvements even though I haven't actually practice for a while. There's no exact interval but I usually recommend about every four weeks go back and review what you've been working on. If it's something that's more complex, you might wanna hold often six or eight weeks might be more appropriate. If you're working on a lot of smaller things that you can go through pretty quickly maybe every couple of weeks kinda take a quick review, make an assessment where you're at and make more decisions. This process will help you actually see your progress and at the same time make more decisions on what you wanna practice for the next four to six weeks.

Thank you for joining me for this short lesson. If you're watching this anywhere but on my blog, please head on over to my blog and leave me a comment, good, bad. I just like to know what you're thinking and feel free to suggest something you'd like to see in the future lesson. Take care for now. See you soon.

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