

How To Practice Improvisation

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Technical Practicing...

This means practicing anything physical on the instrument. Scales, exercises, chords ect. You're really not playing music here, its just your body vs the instrument. Always use a metronome and be careful not to overdo this kind of practicing as you could risk injury. This is athletics, don't forget.

Creative practicing...

This is where you bring your ears and mind into picture, but there is still a technical component. For example, practicing a song but using only diminished scales, or playing a transcription, or committing a song or passage to memory. Spend the majority of your time on this type of practicing.

Free Form Practicing...

This is where you really just play. Play songs, improvise, play as if you're on stage, no rules. Make sure to keep this as part of your routine...you are trying to make music after all!

Making sure each practice session includes these three elements is a great way to keep your mind fresh and your body constantly on different topics.

For example you could warm up with some scales (technical) then try those scales over a particular tune (Creative) then just play the tune and whatever happens comes out (free form).

Record yourself, listen back and see how well you did.

Then repeat. A lot...Forever.

Jazz Hard