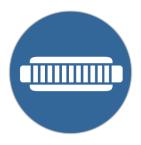
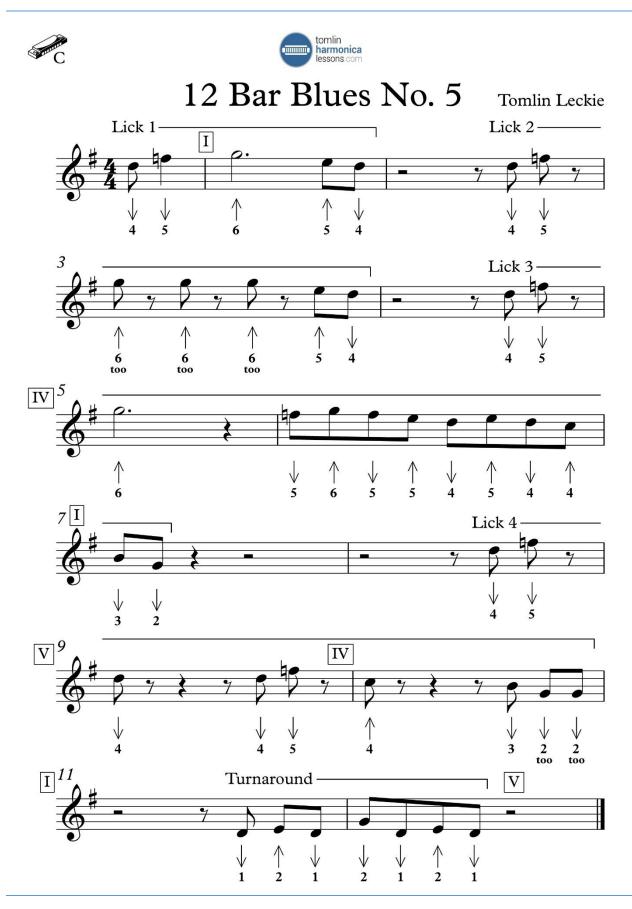
# Beginner



# **Month 6 Practice Guide**

tomlinharmonicaschool.com



# Exercises

Ex. 1 Warm up by playing 'Train Rhythm' and 'C Major Scale' with metronome at 60bpm

Ex. 2 Practice relaxing using diaphragmatic breathing through the harmonica

- Ex. 3 Practice playing as quietly as you can
- Ex. 4 Practice playing as loud as you can
- Ex. 5 Gradually build up speed for Lick 3 with a metronome
- Ex. 6 Practice individual licks of '12 Bar Blues Number 5'
- Ex. 7 Practice '12 Bar Blues Number 5' over backing track

### **Conclusion and Homework**

### Goals

- Be more relaxed when playing
- Sweet high notes
- Know how to build up speed through methodical practice
- Know when to stop a practice session
- Play 12 Bar Blues Number 5 with backing track

# Challenge

Post a recording of yourself playing '12 Bar Blues Number 5' in the Harmonica School Forum

Good luck!