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Practice tip no1:

Create atmosphere

Get the right set-up for you. Whether you prefer to concentrate in a quiet practice room, or somewhere with more stimulation, try be consistent with your choice - this will help you enter the right mindset when you begin to practise. Also make sure you have everything you need close by: water, snacks, pencils, sharpeners, rubbers, highlighters, manuscript paper - it will save you a lot of time. Technology can also be an amazing aid - providing you don't spend too much time faffing with it: you can download free apps that act as a metronome, a tuner and a timer, all essential tools for practising.