

## *Suggested Practice Routine*

1. Breathing Exercise at least **10 times**
2. Long Tones for **5 minutes**
3. Any other exercises assigned (eg: counting, tonguing, etc.)  
**5 minutes each**
4. Rubank Method Book **15 minutes**
5. Song or other book **5 minutes**
6. Goof around doing anything you want **5 minutes**

You don't necessarily have to play 6 or 7 days a week if you have a **good routine**. Playing 3 times a week using this routine will improve your playing more than playing 6 times a week without it.