

# Practice as the Secret to Guitar Mastery

## - The Why

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### **Intro**

Practice makes PERMANENT!

Short-term vs long-term memory  
Repetition and habit => long-term memory

Go beyond the notes!

Balance between Practice vs Playing

Trust the Process – do the work and the results will come

The myth of talent - talent vs skills

### **The Illusion of Knowing**

What matters is what you can “do”, not what you “know”  
Memorisation does not = understanding

Mastery is being able to apply what you have learnt in any context

Process of learning – forest analogy

### **The Brain**

Myelin - the repetition that is required to create it is directly related to the level of skill acquired

Learn from mistakes and correct your course accordingly

Slow down – if someone can recognize what you’re playing, it’s being practised too fast

Passion and persistence are key

Motor (repetition, stuff you know) vs data skills (short bursts, “thinking” stuff)