

I. General Suggestions for Constructive Practice 1

II. Imaginative Scale Practicing 4

III. Imposing Melodic, Harmonic, and Dynamic Constraints 15

IV. Strategies Imposing Rhythmic Constraints (Plus) 17

V. A Strategy for Practicing Formulae 23

VI. A Practice Technique for Internalizing the Sound of Changes..... 27

VII. Practicing Changes on "Three Levels" 31

VIII. The "Twice-As-Long" Song 34

IX. Tune Learning Strategies..... 36

X. A Practice Technique for Using Bebop Tunes as a Tool for Learning and Internalizing the Bebop Language..... 39

XI. Transcribing as a Practice (Study) Technique 44

XII. Practicing with Play-A-Longs 47

XIII. How to Practice with Actual Recordings..... 49

XIV. "The Game" 50

XV. Practicing Performing..... 54

XVI. Practicing Reading Skills Using Transcribed Solos..... 56

XVII. Improving Your Reading Using Fakebooks..... 57

XVIII. Evaluating Your Playing..... 58

APPENDIX A: A List of Essential Bebop Tunes for Memorization..... 59

APPENDIX B: Bibliography..... 62

**Cover Design by
Pete Gearhart**

**Published by
JAMEY AEBERSOLD JAZZ, Inc.
1211 Aebersold Drive
P.O. Box 1244
New Albany, IN 47151-1244**