

Practising Slowly

Music

Why slow practice works, and the specific way to raise the tempo.

Practise at the fastest tempo you can play perfectly — then raise it by about 5%.

clean at X bpm → try X + 5 → if it breaks, return to X

Clean at 60, fails at 80

Small steps beat big ones.

Work at 63, then 66

It falls apart at speed

Something is unlearnt, not just fast.

Drop 20 bpm, not 5

Ending a session Finish at a tempo you can play cleanly

You consolidate what you practised last.

THE COMMON MISTAKE

✗ **Playing it fast and hoping accuracy follows**

✓ **Playing it perfectly and letting speed follow**

Repetition strengthens whatever you actually did, including the mistakes.

Slow practice is not the same passage played slowly. It is the passage played with attention that speed does not allow.