

## **REASONS FOR WEAKNESS**

➤ **Lack of enough time to a particular exercise :**

A student needs to increase the time duration of practice to the specific area.

➤ **Wrong posture or style :**

Incorrect body posture can also lead to inability to develop improvement in specific areas.

➤ **Lethargy, lack of concentration :**

Practice time needs to be fresh when one is not physically and mentally tired.

➤ **Developing wrong habits :**

Going for speed rather accuracy – it's like strengthening wrong habits. One needs to keep practice and progress steadily.

➤ **Getting Frustrated :**

One needs to handle frustration gently. Thus one may also relax by having a free day or just doing the warm up. Listening to good music or watching a concert also contributes motivation.

➤ **Non clarity of goals :**

One needs to know why one is doing a particular exercise and where it will lead him to.



**Dynamic**

*A perfect source of learning music*