

# Technique Tonic

Anne Sullivan

## The Technique - Repertoire Equation

If your \_\_\_\_\_ can't play it, \_\_\_\_\_ can't play it.

### The Three E's:

Ease: \_\_\_\_\_

Efficiency: \_\_\_\_\_

Expression: \_\_\_\_\_

### Leverage Your Strengths:

1. Foundational skills. \_\_\_\_\_  
\_\_\_\_\_
2. Independence. \_\_\_\_\_  
\_\_\_\_\_  
—
3. Control. \_\_\_\_\_  
\_\_\_\_\_  
—

## Approaching Repertoire from Technique

Use in conjunction with your favorite learning system.

On Day One with a new piece:

1. Study the skills. \_\_\_\_\_.
2. Play the unfamiliar skills. \_\_\_\_\_.
3. Read through the whole piece \_\_\_\_\_.
4. Practice as usual. \_\_\_\_\_.

Your technical work isn't merely good for your fingers.  
It's the groundwork for your music.

### HELPFUL LINKS:

- Practicing Harp Happiness Podcast episode #244:  
[Next Level Technique: 3 Myths You Need to Bust](#)



- [The Harpist's Breakthrough Blueprint Intensive](#)