

# 4 week music practice challenge

Week 1

Start Date: \_\_\_\_\_

|   |                      |
|---|----------------------|
| <i>Day 1: Sarali Varisais 1 to 10 in 2 speeds<br/>Swaram and Akaram</i> | <input type="text"/> |
| <i>Day 2: Jantai Varisais 1 to 4 in 2 speeds<br/>Swaram and Akaram</i>  | <input type="text"/> |
| <i>Day 3: Jantai Varisais 2 to 5 in 2 speeds<br/>Swaram and Akaram</i>  | <input type="text"/> |
| <i>Day 4: Jantai Varisais 3 to 6 in 2 speeds<br/>Swaram and Akaram</i>  | <input type="text"/> |
| <i>Day 5: Jantai Varisais 4 and 5 in 2 speeds<br/>Swaram and Akaram</i> | <input type="text"/> |
| <i>Day 6: Jantai Varisais 6 and 7 in 2 speeds<br/>Swaram and Akaram</i> | <input type="text"/> |
| <i>Day 7: Jantai Varisais 6 and 7 in 2 speeds<br/>Swaram and Akaram</i> | <input type="text"/> |

Week 2

Start Date: \_\_\_\_\_

|  |                      |
|--|----------------------|
| <i>Day 1: Sarali Varisais 1 to 10 in 2 speeds<br/>Swaram and Akaram</i>                            | <input type="text"/> |
| <i>Day 2: Jantai Varisai 4,5,6 in 2 speeds<br/>Swaram and Akaram</i>                               | <input type="text"/> |
| <i>Day 3: Jantai Varisais 6 and 7 in 2 speeds<br/>Swaram and Akaram</i>                            | <input type="text"/> |
| <i>Day 4: Jantai Varisais 8 and 9 in 2 speeds<br/>Swaram and Akaram</i>                            | <input type="text"/> |
| <i>Day 5: Jantai Varisais 10 in 2 speeds<br/>Swaram and Akaram</i>                                 | <input type="text"/> |
| <i>Day 6: Any 3 sarali varisas, Dhruva Tala<br/>Alankaram in 1st speed (Swaram and<br/>Akaram)</i> | <input type="text"/> |
| <i>Day 7: Any 3 sarali varisas (Swaram and<br/>Akaram), All alankarams in 1st speed</i>            | <input type="text"/> |

Week 3

Start Date: \_\_\_\_\_

|   |                      |
|---|----------------------|
| <i>Day 1: Any 2 sarali varisais (Swaram and Akaram), All alankarams in 1st speed</i>                      | <input type="text"/> |
| <i>Day 2: Any one jantai varisai (other than the first) in 2 speeds, Matya Tala Alankaram in 2 speeds</i> | <input type="text"/> |
| <i>Day 3: Any 1 sarali, any 1 Jantai, Triputa Tala Alankaram in 1st speed</i>                             | <input type="text"/> |
| <i>Day 4: Dhruva Tala Alankaram 2 speeds, Triputa Tala Alankaram 2 speeds</i>                             | <input type="text"/> |
| <i>Day 5: Jantai Varisais 10 in 3 speeds</i>  | <input type="text"/> |
| <i>Day 6: Jhampa Tala Alankaram in 1st speed, any 2 jantai varisais in 3 speeds</i>                       | <input type="text"/> |
| <i>Day 7: Jampa Tala Alankaram in 2 speeds, any 3 sarali varisais in 2 speeds</i>                         | <input type="text"/> |

Week 4

Start Date: \_\_\_\_\_

|   |                      |
|---|----------------------|
| <i>Day 1: All 7 alankarams in 1st speed</i>   | <input type="text"/> |
| <i>Day 2: All 7 alankarams in 2 speeds</i>  | <input type="text"/> |
| <i>Day 3: Geetham Sri Gananatha, swaram and sahityam with talam - twice</i>           | <input type="text"/> |
| <i>Day 4: Geetham Sri Gananatha, swaram and sahityam with talam, any 2 alankarams</i> | <input type="text"/> |
| <i>Day 5: Geetham Kunda Gowri, swaram and sahityam with talam, twice</i>              | <input type="text"/> |
| <i>Day 6: Geetham Kunda Gowri, swaram and sahityam with talam, any 2 alankarams</i>   | <input type="text"/> |
| <i>Day 7: Performance Day!</i>  | <input type="text"/> |

