

<b>Strategy type</b>	<b>Strategy One</b> (repeat 100 times from the beginning to the end, limited by the daily practice time)	<b>Strategy Two</b> (repeat single section 100 times or until it feels learned, then move to the next one)	<b>Strategy Three</b> (repeat single section 10 times, then move on to the next one)
<b>Section size</b>	The entire piece is a practiced section	Single beat, bar or phrase – up to the teacher, depending on the difficulty	
		Sections are joined together as soon as they are considered learned	Every 2-3 days/practice sessions, sections are doubled in length
<b>Goal/satisfaction factor</b>	Play the piece from start to end	Learn fewer sections but learn them very well	Make a small improvement in all sections of the piece
<b>Fluency/continuity of performance</b>	The piece is played continuously, depending on the sight-reading level of the student	Fluency is accomplished immediately as soon as the section was practiced 100 times or until learned.	Fluency is accomplished only after several days of practice - when each section is learned well enough to be connected with other ones.
<b>Spacing</b>	<ul style="list-style-type: none"> <li>• 5 minutes</li> </ul> <p>The repeat of each section happens every 5 minutes, when the piece is played again.</p>	<ul style="list-style-type: none"> <li>• None or very little spacing</li> </ul> <p>100 repetitions follow immediately one after another with no considerable breaks in-between</p>	<ul style="list-style-type: none"> <li>• Spacing varies</li> </ul> <p>During the first ten repeats, very little spacing is given, but spacing increases with every next practice session.</p>
<b>Short-term memory capacity: 7 items</b>	<p>Every time the piece is played through, each bar stays in the short-term memory storage only for a brief moment, until the seven storage boxes are full. The bars that follow, immediately take the place of those stored there just a moment ago.</p> <p>The imprint of each bar is insufficient to be stored even partially in the long-term memory. When the particular bar is repeated after 5 minutes, it is read nearly as new.</p>	<p>For the initial 100 repeats of the section, short-term memory is bombarded with the same information, making a strong impression on short-term memory and transferring a substantial chunk of this information into the long-term memory.</p> <p>There is an insufficient amount of rest between the 100 repeats, to store those sections in the long-term memory indefinitely and they will have to be reinforced in the following days.</p>	<p>Each section is practiced ten times in a single run, to create a good imprint in the short-term memory and transfer some information to the long-term one.</p> <p>When the capacity of 7 sections is full, and the 8<sup>th</sup> section is repeated ten times, it pushes some of the previously learned sections away.</p> <p>The imprint created during the initial ten times is sufficient to preserve some aspects of this section in the long-term storage. When the section is repeated during the following practice session, some information has already been preserved and is reinforced for even longer storage.</p>
<b>Results after seven days of practice</b>	Uneven confidence and understanding of the text.	Practiced sections are learned well, but confidence is lower towards the end of the piece	Relatively even confidence across the entire fluently played the piece.