



Am I Doing This Right

Anders
Mouridsen



Any Style

BEGIN



This week I answer the most common question: am I doing this right? Here's what you can do if you are asking yourself this question!

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What To Do When You Get Stuck

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Today we'll discuss what to do when you hit a fork in the road - keep trying to master the impossible or move on to learning new things, without worrying about playing perfectly.

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How to Structure a Good Practice Routine

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Mouridsen



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Here's this week's episode, where we talk about one of the most requested topics: the practice routine. I'm not a big believer in a rigid practice schedule, but I completely understand the desire to get the most out of your practice time, so in this week's episode I offer my best tips and warnings when it comes to how you structure your practice time!

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Practice Routine Part 2

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Mouridsen



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Here's this week's episode of Guitar Insider, where we continue to explore different ways to maximize your practice time. This week we explore the important difference between playing and practicing and how to balance those two important approaches within your practice session, so you make a lot of progress while staying inspired and playful about it all.

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Practice Tip - Bite-Sized Learning

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In this week's episode of Guitar Insider, I share a really powerful and often overlooked practice tip. It's both useful and gratifying to learn full songs, but it's often much more powerful to zoom in on a tiny part of a song (like a lick or a chord voicing), learn that and then methodically work that into your own playing. That way it becomes an active part of your own vocabulary. This is true for both rhythm and...

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Practicing Without Your Guitar

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Mouridsen



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Record Yourself!



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This week on Guitar Insider, I answer a question from Laura about recording yourself. As Laura points out, this can be incredibly intimidating, but the reason it's intimidating is also the reason it is so powerful. A recording of any quality will tell you how you really sound, and if you routinely record yourself and listen back it will speed up your progress like almost nothing else. In this episode I offer so...

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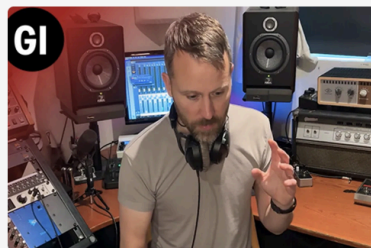


Practice Reminders And Other Useful Features



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This week on Guitar Insider, I introduce and demonstrate our brand new feature, where you can create your own customized practice reminders. This is super useful for our busy lives to avoid getting distracted and missing our window to practice! I'm also showing some other cool features that you find in the Toolbox section of the website.

Published: 01/25/2024



Guided Practice Routine



Any Style

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Ever since the beginning of Guitar Insider, we've talked a lot about practice routines. My general advice is always to avoid getting caught up in a strict to-do-list that you have to work your way through every time you sit down with your guitar. Instead I recommend working on whatever is exciting to you in the moment. That being said, we don't always have something we're excited to wor...

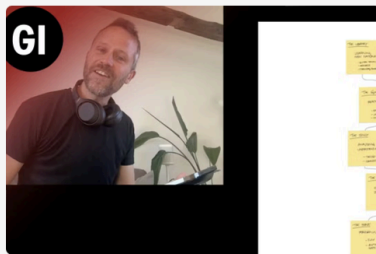
Published: 06/13/2024



5 Rooms



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This week on Insider I share an extremely helpful concept that I've used in private lessons over the years. The metaphor is a "guitar compound" with 5 distinct rooms, and each room serves an important function in our music learning process. We have the library, the gym, the study, the lab and finally, the stage. For many of us, these 5 "rooms" get jumbled together randomly within our...

Published: 08/21/2025



How I Spend My Practice Time (5 Rooms Pt. 2)



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This week on Insider I share some insights on how I spend my own practice time these days. We'll base this on the principle of the "5 rooms" that we explored in a recent Insider episode. In spite of my professional life being centered around the guitar, my actual practice time is surprisingly limited. Most of my time I spend rehearsing material, recording, writing or simply managing all the things that...

Published: 10/09/2025



Join Me In The Lab



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This week on Insider I continue my quest to help everyone get the most out of their practice time. A while back we explored the very helpful analogy of the "5 rooms". Last week I showed how I spend most of my time in the "Gym" these days in order to maintain my technique during the periods where I don't have enough time to practice. Today I show an example of how I work in the "Lab",...

Published: 10/16/2025



In The Lab - Climbing Pentatonics



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This week on Insider I respond to a request from George for more examples of "lab" work - particularly in relation to the world of moving pentatonic shapes around the neck. So in this episode we take a simple pentatonic lick into the lab and use our ears and knowledge of the neck to come up with an epic climbing pentatonic lick.

Published: 11/06/2025