

Daily Workout Plan - Overview



Note: For a More In-Depth Overview, each exercise has its own sheet

Step 1: Finger Gauntlet

Core Element: Finger Strength/Independence/Power

Drill: Work All Finger Combinations: 1-2, 1-3, 1-4, 1-5, 2-1, 2-3... (etc)

Movement Pattern: Over-Under, Naturally Curved Fingers, High Finger Action

Accelerated Learning Technique: Rhythmic Variation (long, short long, short... etc)

Estimated Time: 3-5 Minutes

Step 2: Five Finger Drill

Core Element: Flow/Evenness/Smoothness

Drill: 1 2 3 4 5 4 3 2 and repeat up one note at a time... (etc)

Movement Pattern: Down & Out Towards Pinkie, Up & In Towards Thumb

Accelerated Learning Technique: Dynamic Variation (Loud to Soft)

Estimated Time: 2-3 Minutes

Step 3: Scale Drills

Core Element: Finger Control/Accuracy/Coordination

Drill: Scales up and down using the correct fingering (see fingerings chart PDF)

Movement Pattern: Quick Thumb, Slight Outwards Motion, Naturally Curved Fingers

Accelerated Learning Techniques: 6 Drills (Quick Thumb, Added Note, Etc)

Estimated Time: 3-5 Minutes

Step 4: Miyagi Technique

Core Element: Effortlessness/Relaxation

Drill: The Flop, The Catch, Independence, Chords

Movement Pattern: "Wet Rope Arms", Wrist & Elbow Move Down and Out

Accelerated Learning Techniques: Exaggerate the motion

Estimated Time: 1-2 Minutes