

# Technique Mastery Checklist



## Phase 0: Preparation (Week 1)

Go through and watch all the modules

- |   |  |   |
|---|--|---|
| <input type="checkbox"/> Intro & Setup          | <input type="checkbox"/> CORE Exercise 1 | <input type="checkbox"/> Full Workout Plan          |
| <input type="checkbox"/> Daily Workout Overview | <input type="checkbox"/> CORE Exercise 2 | <input type="checkbox"/> Print Out PDF's (optional) |
| <input type="checkbox"/> The Journey            | <input type="checkbox"/> CORE Exercise 3 |   |
| <input type="checkbox"/> Basic Positioning      | <input type="checkbox"/> CORE Exercise 4 |   |

## Phases 1-3: Foundation, Growth, Effortlessness (Weeks 2-13)

Create a tally for each day you've worked on it up to 5. Fill in when you've mastered it

Phase	Week	Key	Finger Gauntlet	5 Finger Drill	Scale Drills	Miyagi Technique
Phase 1	Week 2	C				
	Week 3	G				
	Week 4	F				
	Week 5	D				
Phase 2	Week 6	Bb				
	Week 7	A				
	Week 8	Eb				
	Week 9	E				
Phase 3	Week 10	Ab				
	Week 11	B				
	Week 12	F#				
	Week 13	C#				

## Phase 4: Recap (Weeks 14-18)

Go back to keys you missed, or ones that were especially challenging

This phase is optional - you may not need it at all

Move onto the Advanced Technique Section of the Course

CONTINUED... ↓

# Piano Superhuman Technique Overview

**Ultimate Goal: Develop Smooth, Effortless, Confident Playing in 91 Days**

## Schedule & Routine

Week 1	2	3	4	5	6	7	8	9	10	11	12	13	Weeks 14-18	
Watching Videos Print Off Cheat Sheets	Finger Gauntlet 5 Finger Drill Scale Drills Miyagi Technique				Finger Gauntlet 5 Finger Drill Scale Drills Miyagi Technique				Finger Gauntlet 5 Finger Drill Scale Drills Miyagi Technique				Keys you missed Review Tough Keys	
	C	G	F	D	Bb	A	Eb	E	Ab	B	F#	C#		
<b>Phase 0: Preparation</b>	<b>Phase 1: Foundation</b>				<b>Phase 2: Growth</b>				<b>Phase 3: Effortlessness</b>				<b>Phase 4: Recap</b>	
Fun	Not Fun				Fun	SUPER Fun				(Optional)				
					↑ Click Point 1					↑ Click Point 2				
										↑ Click Point 3				

Total Time Spent: 10 to 15 minutes a day

Total Days per Week: At Least 5

## Core Elements:

### 1. Finger Strength

<b>-AKA "Finger Independence" or "Finger Power"</b>
Solves: "Weak and Feeble" Playing
Solves: Unused Fingers Accidentally Pressing Down Other Keys
Solves: 4th/5th Finger Independence Issues & "Weak Pinkie"
Benefit: Boosts Your Note Accuracy
Benefit: Gives You a Confident, Powerful Sound
Benefit: Cleans Up Your Sound By Avoiding "Muddying it Up"
Exercise: Finger Gauntlet

### 2. Flow

<b>-AKA "Evenness" or "Smoothness"</b>
Solves: Sloppy, Choppy, Disjointed Playing
Solves: Uneven Rhythm and Dynamics - Sounds Amature
Solves: Constantly "Thinking" About the Music
Benefit: Boosts Evenness and Smoothness
Benefit: Adds Emotional Feel To Your Sound
Benefit: The Fluidity That Makes You Sound "Pro"
Exercise: 5 Finger Drill

### 3. Finger Control

<b>-AKA "Accuracy" or "Coordination"</b>
Solves: Trouble Hitting the Right Notes Accurately
Solves: Accidentally Hitting 2 Keys at the Same Time
Solves: Always Having to Look Down at Your Hands
Benefit: Boosts Your Note Accuracy
Benefit: The "Snap Effect" - Fingers "know" the Keyboard
Benefit: The Ability to Play W/O Constantly Looking Down
Exercise: Scale Drills

### 4. Effortlessness

<b>-AKA "Relaxation"</b>
Solves: Tension And "Cramped Fingers"
Solves: Inability to Get Over Speed Walls
Solves: Having to "Try" or "Work" to Play Piano
Benefit: Avoid Injury!!
Benefit: Huge Boost In Your Speed and Ability to Play Fast
Benefit: Let Go & Have the Feeling of "the Music Playing Itself"
Exercise: The Miyagi Technique

# 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**



# The Finger Gauntlet Exercise



Develops Finger Strength, Independence, and Power

Total Time: 3 to 5 Minutes per Day

## Part 1: The Notes

Right Hand 

1st Finger Combinations: 1-2 1-3 1-4 1-5

2nd Finger Combinations: 2-1 2-3 2-4 2-5

3rd Finger Combinations: 3-1 3-2 3-4 3-5

4th Finger Combinations: 4-1 4-2 4-3 4-5

5th Finger Combinations: 5-1 5-2 5-3 5-4

Left Hand  Note: These are the SAME as the Right Hand, just in reverse order

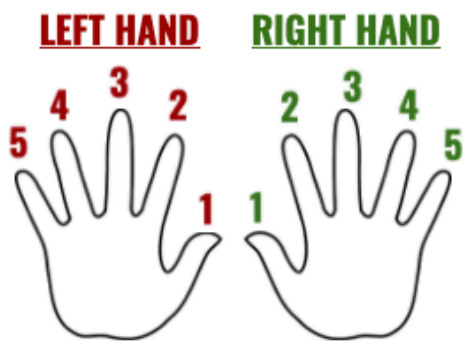
5th Finger Combinations: 5-4 5-3 5-2 5-1

4th Finger Combinations: 4-5 4-3 4-2 4-1

3rd Finger Combinations: 3-5 3-4 3-2 3-1

2nd Finger Combinations: 2-5 2-4 2-3 2-1

1st Finger Combinations: 1-5 1-4 1-3 1-2



## Part 2: The Form/Motion

Rule #1 - When you're playing TOWARDS your pinkie, move your wrist in a "down and out" motion

Rule #2 - When you're playing TOWARDS your thumb, move your wrist in an "up and in" motion

Rule #3 - Used naturally curved fingers (but NOT "STIFF curved" - let them flow)

Rule #4 - Focus on Lifting Fingers Higher Than Normal to Build Independence

*(make sure you watch the video to really understand how this should look - it's IMPORTANT)*

## Part 3: Accelerated Learning Technique (Rhythmic Variation)

Step 1: Find your key of the week

Step 2: Practice using the Rhythmic Variation Drill 

Step 3: Repeat with your left hand - and you're done!!

Focus on the Form and Movement Pattern!

Play Normal: Straight Rhythm

Rhythm 1: Long, short long, short...

Rhythm 2: Short long, short long...

Rhythm 3: Long, short short short...

Rhythm 4: Short short short long...

Play Normal: Straight Rhythm

## Part 4: The Progression and Master Plan

As you progress week after week, the keys will gradually contain more and more black notes

You do NOT HAVE to practice this hands together - but if it starts to get easy, you can

Don't start hands together until it's very comfortable hands separate, and at week 6 or later

ACCURACY OVER SPEED ALWAYS!!!

# The Five Finger Drill

Develops Flow, Evenness and Smoothness

Total Time: 2 to 3 Minutes per Day



## Part 1: The Notes

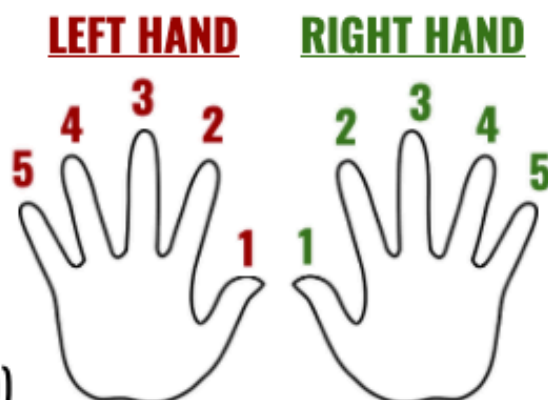
Right Hand ↓

1 2 3 4 5 4 3 2 (repeat 2-4 times)

Left Hand ↓

5 4 3 2 1 2 3 4 (repeat 2-4 times)

Continue 1 note at a time up the scale (see video)



## Part 2: The Form/Motion (the Over-Under Technique)

Rule #1 - When you're playing TOWARDS your pinkie, move your wrist in a "down and out" motion

Rule #2 - When you're playing TOWARDS your thumb, move your wrist in an "up and in" motion

Rule #3 - Used naturally curved fingers (but NOT "STIFF curved" - let them flow)

Rule #4 - Exaggerate the motion for the drill

*(make sure you watch the video to really understand how this should look - it's IMPORTANT)*

## Part 3: Accelerated Learning Technique (Dynamic Variation)

Step 1: Find your key of the week

Step 2: Practice using the Dynamic Variation Drill

Step 3: Repeat with your left hand - and you're done!!

Focus on the Form and Movement Pattern!

(Beginner Version)

Play once loud (forte)

Play once soft (piano)

## Part 4: The Progression

As you progress week after week, the keys will gradually contain more and more black notes

As it starts to feel easy, around week 6 or 7, start using the Advanced Dynamic Variation below:

Advanced Dynamic Variation: 1x Loud, 1x Medium Loud, 1x Medium Soft, 1x Soft

Around week 9 or 10, start practicing hands together - but make sure hands separate is solid 1st

ACCURACY OVER SPEED ALWAYS!!!

## Scale Drills

Develops Finger Control, Accuracy and Coordination

Total Time: 3 to 5 Minutes per Day



### Part 1: The Notes

*See the Scales Fingering Sheet for This*

*Note: This is by FAR the most complicated drill - don't get overwhelmed, just take baby steps*

### Part 2: The Form/Motion

Rule #1 - As you're playing fingers 2 and 3, simultaneously move your thumb under

Rule #2 - Use a slight outward motion with your wrist to prepare the thumb transition

Rule #3 - Used naturally curved fingers (but NOT "STIFF curved" - let them flow)

Note: the thumb transitions happen on the way UP in the RH, and on the way DOWN in the LH  
*(make sure you watch the video to really understand how this should look - it's IMPORTANT)*

### Part 3: Accelerated Learning Techniques (lots of them!)

#### 1. Quick Thumb Drill (beginner)

Step 1: Play fingers 1-2 focusing on the thumb under, Repeat 2 to 4x

Step 2: Play fingers 1-2-3 focusing on the thumb under, Repeat 2 to 4x

Step 3: Play fingers 1-2-3-1 focusing on the thumb under, Repeat 2 to 4x

FOCUS on moving your thumb at the SAME time you play fingers 2 and 3

This is always a hands separate drill - you'll never practice it hands together

Note: depending on the KEY, the thumb under transition might happen at a different part of the scale

#### 2. Thumb Under Isolation Drill (beginner)

Step 1: Find the Thumb Under section of the scale

Step 2: Play the two notes that contain the thumb under transition, play 2 to 4x

Step 3: Add a note to the top, play 2 to 4x

Step 4: Add a note to the bottom, play 2 to 4x

Step 5: Add a note to the top, play 2 to 4x

Step 6: Add a note to the bottom, play 2 to 4x

Continue adding notes until you reach the full scale

This is always a hands separate drill - you'll never practice it hands together

Note: depending on the KEY, the thumb under transition might happen at a different part of the scale



## Part 3: Accelerated Learning Techniques (continued...)

### 3. Added Note Drill (intermediate)

Step 1: Play the first TWO notes of the scale, 2 to 4x

Step 2: Play the first THREE notes of the scale, 2 to 4x

Step 3: Play the first FOUR notes of the scale, 2 to 4x

Step 4: Play the first FIVE notes of the scale, 2 to 4x

Continue this pattern until you've completed the full scale

Note: depending on the KEY, the thumb under transition might happen at a different part of the scale

### 4. Rhythmic Variation Drill (intermediate)

Play Normal: Straight Rhythm, 2 to 4x

Rhythm 1: Long, short long, short... 2 to 4x

Rhythm 2: Short long, short long... 2 to 4x

Rhythm 3: Long, short short short... 2 to 4x

Rhythm 4: Short short short long... 2 to 4x

Play Normal: Straight Rhythm, 2 to 4x

(like Finger Gauntlet except 2 to 4x each)

### 5. Metronome Ramp-Up Drill (advanced)

Step 1: Start at a very slow speed, play 2 to 4x

Step 2: Increase the tempo 8 to 12 BPM, play 2 to 4x

Step 3: Increase the tempo 8 to 12 BPM, play 2 to 4x

Step 4: Increase the tempo 8 to 12 BPM, play 2 to 4x

Step 5: Repeat until you hit your "Max Speed" for the day

Step 6: Go back to a very slow tempo, play 2 to 4x

You can use a metronome app/website, but I recommend getting a physical one!

Your "Max Speed" is the speed where you start making mistakes

It's VERY important you end with Step 6 at a slow tempo to drill good habits

### 6. The No-Look Drill (advanced)

Step 1: Play 4x focusing your eyes on your Right Hand

Step 2: Play 4x focusing your eyes on your Left Hand

Step 3: Play 4x looking up, NOT looking at the keys (or eyes closed)

You will have to slow it WAY down at first for Step 3: this is normal

## Part 4: The Progression

Every day, you only need to pick a few scale drills - you don't have to do them all every day!

Over the course of the week, progress from the beginner drills to the advanced drills

Eventually you do want to get hands together - but not until hands separate is ROCK solid

You'll likely go the first couple weeks without getting hands together at all - that's normal

As you learn more and more scales, the next ones get easier to learn (Compound Interest Effect)

Make sure you're using the correct fingerings from the chart - this is huge for good habits

**ACCURACY OVER SPEED ALWAYS!!!**

# The Miyagi Technique 😊

Develops Relaxation and Effortlessness

Total Time: 1 to 2 Minutes per Day



## Part 1: The Steps

Step 1: "The Flop" - Using your left hand, flop your entire right hand on the keyboard

Step 2: "The Catch" - Using the same motion, "catch" the weight of your right hand with a finger

Step 3: "Independence" - Repeat the catch using your right hand only

Step 4: "Chords" - Repeat playing three note chords

Step 5: Repeat with your left hand

*Note: This is hard to explain over text - it makes way more sense in the video!*

## Part 2: The Form/Motion

Rule #1 - Make sure your arm feels totally relaxed as you prepare (wet, rope arms)

Rule #2 - Breathe in as you raise your hand, and out as it goes down to the keyboard

Rule #3 - As you "catch" the note, your wrist and elbow move down and out

Rule #4 - Exaggerate the motion at first to help your brain internalize it

*(make sure you watch the video to really understand how this should look - it's IMPORTANT)*

## Part 3: Notes on the Miyagi Technique

Focus on using arm weight instead of "pressing" the notes with your fingers

For the Catch, start with your 3rd finger (it's the strongest) and move to your other ones

Since your pinkie is the weakest, you can drop from a lower height

This drill is different in that you can play ANY notes - the "key of the week" doesn't matter

For chords, if you're a beginner, just use any three notes! The most common is fingers 1-3-5

Feel free to start practicing hands together (for step 3 and 4) around week 6 or 7



# Keys & Notes Cheat Sheet

Week	2	3	4	5	6	7	8	9	10	11	12	13
Key	C	G	F	D	Bb	A	Eb	E	Ab	B	F#	C#
Phase	Phase 1				Phase 2				Phase 3			
Difficulty	Beginner				Intermediate				Advanced			

## C Major



## G Major



## F Major



## D Major



## Bb Major



## A Major



## Eb Major



## E Major



## Ab Major



## B Major



## F# Major



## C# Major



# Major Scale Fingerings



## C Major



N	C	D	E	F	G	A	B	C
RH	1	2	3	1	2	3	4	5
LH	5	4	3	2	1	3	2	1

## G Major



N	G	A	B	C	D	E	F#	G
RH	1	2	3	1	2	3	4	5
LH	5	4	3	2	1	3	2	1

## F Major



N	F	G	A	Bb	C	D	E	F
RH	1	2	3	4	1	2	3	4
LH	5	4	3	2	1	3	2	1

## D Major



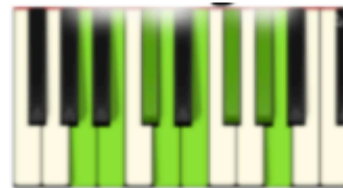
N	D	E	F#	G	A	B	C#	D
RH	1	2	3	1	2	3	4	5
LH	5	4	3	2	1	3	2	1

## Bb Major



N	Bb	C	D	Eb	F	G	A	Bb
RH	4	1	2	3	1	2	3	4
LH	3	2	1	4	3	2	1	3

## A Major



N	A	B	C#	D	E	F#	G#	A
RH	1	2	3	1	2	3	4	5
LH	5	4	3	2	1	3	2	1

## Eb Major



N	Eb	F	G	Ab	Bb	C	D	Eb
RH	3	1	2	3	4	1	2	3
LH	3	2	1	4	3	2	1	3

## E Major



N	E	F#	G#	A	B	C#	D#	E
RH	1	2	3	1	2	3	4	5
LH	5	4	3	2	1	3	2	1

## Ab Major



N	Ab	Bb	C	Db	Eb	F	G	Ab
RH	3	4	1	2	3	1	2	3
LH	3	2	1	4	3	2	1	3

## B Major



N	B	C#	D#	E	F#	G#	A#	B
RH	1	2	3	1	2	3	4	5
LH	4	3	2	1	4	3	2	1

## F# Major



N	F#	G#	A#	B	C#	D#	E#	F#
RH	2	3	4	1	2	3	1	2
LH	4	3	2	1	3	2	1	4

## C# Major



N	C#	D#	E#	F#	G#	A#	B#	C#
RH	2	3	1	2	3	4	1	2
LH	3	2	1	4	3	2	1	3

# Sheet Music



These are all in the key of C - the first key you'll be working on

For the other keys, simply repeat the same PATTERN using the "Keys & Notes" Cheat Sheet

## The Finger Gauntlet

A musical score for "The Finger Gauntlet" in 4/4 time, key of C. It consists of two staves: a treble clef staff and a bass clef staff. The treble staff contains a sequence of eighth notes with fingerings: 1 2 1 3 1 4 1 5, 2 1 2 3 2 4 2 5, 3 1 3 2 3 4 3 5, 4 1 4 2 4 3 4 5, 5 1 5 2 5 3 5 4. The bass staff contains a sequence of eighth notes with fingerings: 5 4 5 3 5 2 5 1, 4 5 4 3 4 2 4 1, 3 5 3 4 3 2 3 1, 2 5 2 4 2 3 2 1, 1 5 1 4 1 3 1 2.

## The Five Finger Drill

A musical score for "The Five Finger Drill" in 4/4 time, key of C. It consists of two staves: a treble clef staff and a bass clef staff. The treble staff contains a sequence of eighth notes with fingerings: 1 2 3 4 5 4 3 2, 1 2 3 4 5 4 3 2, 1, 1 2 3 4 5 4 3 2, 1 2 3 4 5 4 3 2, 1. The bass staff contains a sequence of eighth notes with fingerings: 5 4 3 2 1 2 3 4, 5 4 3 2 1 2 3 4, 5, 5 4 3 2 1 2 3 4, 5 4 3 2 1 2 3 4, 5. Dynamics markings *f* and *p* are placed below the treble staff.

Repeat this pattern, up one note at a time, for the whole key, ending one octave up

## Step 3: Scale Drills

A musical score for "Step 3: Scale Drills" in 4/4 time, key of C. It consists of two staves: a treble clef staff and a bass clef staff. The treble staff contains a sequence of eighth notes with fingerings: 1 2 3 1 2 3 4 5, 4 3 2 1 3 2 1. The bass staff contains a sequence of eighth notes with fingerings: 5 4 3 2 1 3 2 1, 2 3 1 2 3 4 5.

Note: The fingerings for scales change for each key - see the Fingerings PDF

## Step 4: Miyagi Technique

No sheet music for this one - you can choose any notes



# Technique Workout Plan - The Journey

