

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

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