

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*

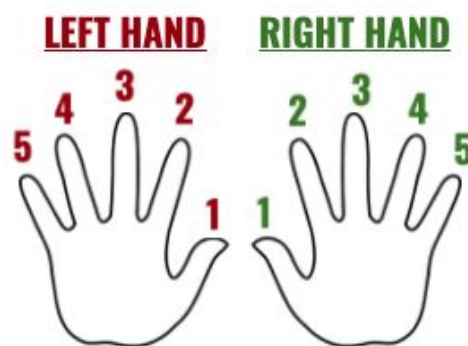
5th Finger Combinations: 5-4 5-3 5-2 5-1

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!!!