

The Five Finger Drill

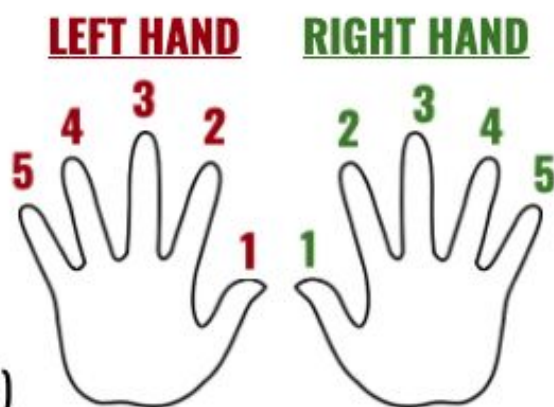
Develops Flow, Evenness and Smoothness

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!!!