

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