

# Technique Mastery Advanced Checklist

## Phase 0: Preparation (Week 1)

Go through and watch all the modules

- Advanced Overview
- Broken Chords
- 4 Octave Scales
- Advanced Octaves
- 4 Octave Arpeggios
- Full Workout Plan
- 4 Note Chords
- Print of PDF's (optional)

## 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	4 Octave Scales	4 Octave Arpeggios	4 Note Chords	Broken Chords	Advanced Octaves
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

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# Technique Mastery Advanced Speed Goals



Main Goal: Speed that's JUST out of your range

Challenge Goal: "Shoot for the Stars goal - feels like it'd be *almost* impossible

Goal	4 Octave Scales		4 Octave Arpeggios		Broken Chords		Advanced Octaves	
	Main	Chal	Main	Chal	Main	Chal	Main	Chal
<b>BPM</b>								
C								
G								
F								
D								
Bb								
A								
Eb								
E								
Ab								
B								
F#								
C#								
<i>(my goals)</i>	92	138	92	138	92	120	60	80
<i>Per Click</i>	4/Click	4/Click	3/Click	3/Click	4/Click	4/Click	4/Click	4/Click

# Daily Workout Plan - Overview



Note: For a More In-Depth Overview, each exercise has its own sheet

## Step 1: Four Octave Scales

Drill: Work scales from two, to three, to four octaves

Movement Pattern: Quick Thumb, Slight Outwards Motion, Naturally Curved Fingers

Accelerated Learning Techniques: Rhythms, Metronome, No-Look, etc

## Step 2: Four Octave Arpeggios

Drill: Work arpeggios from two, to three, to four octaves

Movement Pattern: Quick Thumb, Over-Under Technique, Naturally Curved Fingers

Accelerated Learning Techniques: Arpeggios as Chords, 3-Note Rhythms, etc

## Step 3: Four Note Chords

Drill: Play four note chords in all inversions up, then down

Movement Pattern: Use Arm Weight, Down & Out motion, Breathing

Accelerated Learning Technique: Exaggerate the Motion

## Step 4: Broken Chords

Drill: Play four note chords as individually arpeggiated notes in all inversions

Movement Pattern: Over-Under Technique, Naturally Curved Fingers

Accelerated Learning Techniques: Rhythms, Metronome, No-Look, etc

## Step 5: Advanced Octaves

Drill: Play scales as octaves, 2 notes at a time, covering 3 total octaves

Movement Pattern: Play from the wrist, "throw" hands, open at last second

Accelerated Learning Techniques: Outsides Method, Floppy Wrist Drill, etc

# 4 Octave Scales



## Part 1: The Notes

*See the Scales Fingering Sheet for This*

## 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)

Rule #4 - When slow, play "into the keys", and when fast, play "out of the keys"

## Part 3: Accelerated Learning Techniques

### 1. Rhythmic Variation Drill

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)

### 2. Metronome Ramp-Up Drill

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

It's VERY important you end with Step 6 at a slow tempo

### 3. The No-Look Drill

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!

Start with 2 octave scales, then gradually move to 3 and 4 octaves

You can also use the drills from part 1 ("Quick thumb", "added note" etc) if you need them

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

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

**ACCURACY OVER SPEED ALWAYS!!!**



# 4 Octave Arpeggios



## Part 1: The Notes

*See the Arpeggios Fingering Sheet for This*

## 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 - Use the "Quick Thumb" technique, and tuck your thumb as your 2 and 3 are playing  
*(make sure you watch the video to really understand how this should look - it's IMPORTANT)*

## Part 3: Accelerated Learning Technique

1. Rhythms, Metronome Ramp Up, No-Look, or any other drill we used for scales can apply here!

2. Arpeggios as Chords

Step 1: Find the three note chord associated with the arpeggio

Step 2: Practice the arpeggio in chords (playing all 3 notes at the same time)

Step 3: Practice the arpeggio with "quick notes" - play

Step 4: Gradually decrease the amount of time between the chords

*(this one makes a lot more sense in the video)*

3. Three-Note Rhythms

Play Normal: Straight Rhythm, 2 to 4x

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

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

Rhythm 3: Short short long... 2 to 4x

Play Normal: Straight Rhythm, 2 to 4x

*(same as the normal "Rhythms Strategy", just with three-note rhythms)*

## Part 4: The Progression

Every day, you only need to pick a few Accelerated Learning Techniques

Start with 2 octave arpeggios, then gradually move to 3 and 4 octaves

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

**ACCURACY OVER SPEED ALWAYS!!!**

## 4 Note Chords



### Part 1: The Notes

Note that the *fingering* always stays the same: *(the tricky part in bold)*

Right Hand: UP - 1235 **1245** 1235 1235      DOWN - 5321 5321 **5421** 5321

Left Hand: UP - 5321 **5421** 5321 5321      DOWN - 1235 1235 **1245** 1235

The Fingering is the same as broken chords - we just play all notes simultaneously

### Part 2: The Form/Motion

Rule #1 - Use your arm weight and gravity instead of "pressing" notes with your fingers

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

Rule #3 - As you "catch" the chord, 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

This is NOT a speed drill - work on TONE and relaxation instead of speed

You don't need to spend a lot of time on this one, just a few minutes max a day

Don't worry about Accelerated Learning Techniques for this drill

# Broken Chords Exercise



## Part 1: The Notes

See the Broken Chords Fingering Sheet for This

Note that the *fingering* always stays the same: *(the tricky part in bold)*

Right Hand: UP - 1235 **1245** 1235 1235      DOWN - 5321 5321 **5421** 5321

Left Hand: UP - 5321 **5421** 5321 5321      DOWN - 1235 1235 **1245** 1235

## 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)

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

## Part 3: Accelerated Learning Technique

You can use any of the below Accelerated Learning Techniques on this drill!

At this point, you'll probably know all of these already

I put a brief summary in *italic* below, but for the full drill go to the other cheat sheets

1. Rhythmic Variation - *(long, short long, short - Short long, short long, - etc)*
2. Metronome Ramp Up - *(start slow, and gradually ramp up the speed with a metronome)*
3. No-Look Drill - *(look at right hand only, then left hand only, then don't look at all)*
4. Added Note Strategy - *(play first 2 notes. Then first 3 notes. Then first 4 notes. etc)*
5. Dynamic Variation - *(play loud, then medium-loud, then medium-soft, then soft)*
6. 3-Note Rhythms - *(Long, short short - Short long, short - Short short long)*

## Part 4: The Progression and Master Plan

Every day, you only need to pick a few Accelerated Learning Techniques

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

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

**ACCURACY OVER SPEED ALWAYS!!!**

# Advanced Octaves



## Part 1: The Notes

Basically, you simply play up the scale except in Octaves instead of single notes

Use thumb/pinkie on white notes, thumb/ring finger on black notes

If your hands are small, you can use thumb/pinkie on all notes

## Part 2: The Form/Motion

Rule #1 - Play from your wrist, not your arm to keep relaxation in your hands

Rule #2 - "Throw" your hand at the keys (bird of prey metaphor)

Rule #3 - Open your hand at the last second, and relax immediately after playing the notes

Rule #4 - As you get faster, you'll be doing multiple "hits" per "arm motion" (see video)

Rule #5 - Play light, staccato, and "out of the keys"

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

## Part 3: Accelerated Learning Techniques

Ok, so for this one there are a few we can use from other drills, and a few specific to octaves

1. Rhythmic Variation - *(long, short long, short - Short long, short long, - etc)*
2. Metronome Ramp Up - *(start slow, and gradually ramp up the speed with a metronome)*
3. Added Note Strategy - *(play first 2 notes. Then first 3 notes. Then first 4 notes. etc)*

### 4. The "Outsides Method"

Step 1: Play with JUST your thumb, 2 to 4x

Step 2: Play with JUST your pinkie, 2 to 4x

Step 3: Play with full octaves, 2 to 4x

### 5. The "Floppy Wrist Drill"

Step 1: Simply play with SUPER floppy, relaxed wrists, 2 to 4x

*(Don't worry about hitting the right notes - just focus on staying SUPER relaxed)*

Step 2: Play the octaves normally, hitting all the right notes, 2 to 4x

## Part 4: The Progression

Every day, you only need to pick a few Accelerated Learning Techniques

Start with 1 octave, then gradually move onto 2 octaves and 3 octaves (don't do 4 octaves)

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

Be careful, this drill can be very tiring - so switch off a lot between other exercises

If you ever feel pain in your wrist, take a break from octaves!

This is the hardest drill to get down pat - but if you work on it you'll get there!



# 4 Octave Major Scale Fingerings

## C Major



### Starting Octave

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

### Middle Octave

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

### Middle Octave

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

### Top Octave

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

## G Major



### Starting Octave

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

### Middle Octave

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

### Middle Octave

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

### Top Octave

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

## F Major



### Starting Octave

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

### Middle Octave

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

### Middle Octave

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

### Top Octave

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

## D Major



### Starting Octave

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

### Middle Octave

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

### Middle Octave

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

### Top Octave

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

# 4 Octave Major Scale Fingerings

## Bb Major



	Starting Octave							Middle Octave							Middle Octave							Top Octave							
	Bb	C	D	Eb	F	G	A	Bb	C	D	Eb	F	G	A	Bb	C	D	Eb	F	G	A	Bb	C	D	Eb	F	G	A	Bb
RH	4	1	2	3	1	2	3	4	1	2	3	1	2	3	4	1	2	3	1	2	3	4	1	2	3	1	2	3	4
LH	3	2	1	4	3	2	1	3	2	1	4	3	2	1	3	2	1	4	3	2	1	3	2	1	4	3	2	1	3

## A Major



	Starting Octave							Middle Octave							Middle Octave							Top Octave							
	A	B	C#	D	E	F#	G#	A	B	C#	D	E	F#	G#	A	B	C#	D	E	F#	G#	A	B	C#	D	E	F#	G#	A
RH	1	2	3	1	2	3	4	1	2	3	1	2	3	4	1	2	3	1	2	3	4	1	2	3	1	2	3	4	5
LH	5	4	3	2	1	3	2	1	4	3	2	1	3	2	1	4	3	2	1	3	2	1	4	3	2	1	3	2	1

## Eb Major



	Starting Octave							Middle Octave							Middle Octave							Top Octave							
	Eb	F	G	Ab	Bb	C	D	Eb	F	G	Ab	Bb	C	D	Eb	F	G	Ab	Bb	C	D	Eb	F	G	Ab	Bb	C	D	Eb
RH	3	1	2	3	4	1	2	3	1	2	3	4	1	2	3	1	2	3	4	1	2	3	1	2	3	4	1	2	3
LH	3	2	1	4	3	2	1	3	2	1	4	3	2	1	3	2	1	4	3	2	1	3	2	1	4	3	2	1	3

## E Major



	Starting Octave							Middle Octave							Middle Octave							Top Octave							
	E	F#	G#	A	B	C#	D#	E	F#	G#	A	B	C#	D#	E	F#	G#	A	B	C#	D#	E	F#	G#	A	B	C#	D#	E
RH	1	2	3	1	2	3	4	1	2	3	1	2	3	4	1	2	3	1	2	3	4	1	2	3	1	2	3	4	5
LH	5	4	3	2	1	3	2	1	4	3	2	1	3	2	1	4	3	2	1	3	2	1	4	3	2	1	3	2	1

# 4 Octave Major Scale Fingerings

## Ab Major



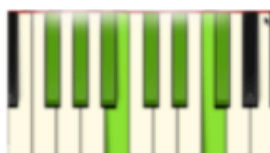
	Starting Octave							Middle Octave							Middle Octave							Top Octave							
	Ab	Bb	C	Db	Eb	F	G	Ab	Bb	C	Db	Eb	F	G	Ab	Bb	C	Db	Eb	F	G	Ab	Bb	C	Db	Eb	F	G	Ab
<b>RH</b>	3	4	1	2	3	1	2	3	4	1	2	3	1	2	3	4	1	2	3	1	2	3	4	1	2	3	1	2	3
<b>LH</b>	3	2	1	4	3	2	1	3	2	1	4	3	2	1	3	2	1	4	3	2	1	3	2	1	4	3	2	1	3

## B Major



	Starting Octave							Middle Octave							Middle Octave							Top Octave							
	B	C#	D#	E	F#	G#	A#	B	C#	D#	E	F#	G#	A#	B	C#	D#	E	F#	G#	A#	B	C#	D#	E	F#	G#	A#	B
<b>RH</b>	1	2	3	1	2	3	4	1	2	3	1	2	3	4	1	2	3	1	2	3	4	1	2	3	1	2	3	4	5
<b>LH</b>	4	3	2	1	4	3	2	1	3	2	1	4	3	2	1	3	2	1	4	3	2	1	3	2	1	4	3	2	1

## F# Major



	Starting Octave							Middle Octave							Middle Octave							Top Octave							
	F#	G#	A#	B	C#	D#	E#	F#	G#	A#	B	C#	D#	E#	F#	G#	A#	B	C#	D#	E#	F#	G#	A#	B	C#	D#	E#	F#
<b>RH</b>	2	3	4	1	2	3	1	2	3	4	1	2	3	1	2	3	4	1	2	3	1	2	3	4	1	2	3	1	2
<b>LH</b>	4	3	2	1	3	2	1	4	3	2	1	3	2	1	4	3	2	1	3	2	1	4	3	2	1	3	2	1	4

## C# Major



	Starting Octave							Middle Octave							Middle Octave							Top Octave							
	C#	D#	E#	F#	G#	A#	B#	C#	D#	E#	F#	G#	A#	B#	C#	D#	E#	F#	G#	A#	B#	C#	D#	E#	F#	G#	A#	B#	C#
<b>RH</b>	2	3	1	2	3	4	1	2	3	1	2	3	4	1	2	3	1	2	3	4	1	2	3	1	2	3	4	1	2
<b>LH</b>	3	2	1	4	3	2	1	3	2	1	4	3	2	1	3	2	1	4	3	2	1	3	2	1	4	3	2	1	3

# Arpeggio Fingerings



## C Major

	Starting	Middle	Middle	Top
	C E G C	E G C	E G C	E G C
RH	1 2 3 1	2 3 1	2 3 1	2 3 5
LH	5 3 2 1	3 2 1	3 2 1	3 2 1

## G Major

	Starting	Middle	Middle	Top
	G B D G	B D G	B D G	B D G
RH	1 2 3 1	2 3 1	2 3 1	2 3 5
LH	5 3 2 1	3 2 1	3 2 1	3 2 1

## F Major

	Starting	Middle	Middle	Top
	F A C F	A C F	A C F	A C F
RH	1 2 3 1	2 3 1	2 3 1	2 3 5
LH	5 3 2 1	3 2 1	3 2 1	3 2 1

## D Major

	Starting	Middle	Middle	Top
	D F# A D	F# A D	F# A D	F# A D
RH	1 2 3 1	2 3 1	2 3 1	2 3 5
LH	5 3 2 1	3 2 1	3 2 1	3 2 1

## Bb Major

	Starting	Middle	Middle	Top
	Bb D F Bb	D F Bb	D F Bb	D F Bb
RH	4 1 2 4	1 2 4	1 2 4	1 2 4
LH	3 2 1 3	2 1 3	2 1 3	2 1 3

## A Major

	Starting	Middle	Middle	Top
	A C# E A	C# E A	C# E A	C# E A
RH	1 2 3 1	2 3 1	2 3 1	2 3 5
LH	5 3 2 1	3 2 1	3 2 1	3 2 1

## Eb Major

	Starting	Middle	Middle	Top
	Eb G Bb Eb	G Bb Eb	G Bb Eb	G Bb Eb
RH	4 1 2 4	1 2 4	1 2 4	1 2 4
LH	2 1 4 2	1 4 2	1 4 2	1 4 2

## E Major

	Starting	Middle	Middle	Top
	E G# B E	G# B E	G# B E	G# B E
RH	1 2 3 1	2 3 1	2 3 1	2 3 5
LH	5 3 2 1	3 2 1	3 2 1	3 2 1

## Ab Major

	Starting	Middle	Middle	Top
	Ab C Eb Ab	C Eb Ab	C Eb Ab	C Eb Ab
RH	4 1 2 4	1 2 4	1 2 4	1 2 4
LH	2 1 4 2	1 4 2	1 4 2	1 4 2

## B Major

	Starting	Middle	Middle	Top
	B D# F# B	D# F# B	D# F# B	D# F# B
RH	1 2 3 1	2 3 1	2 3 1	2 3 5
LH	5 3 2 1	3 2 1	3 2 1	3 2 1

## F# Major

	Starting	Middle	Middle	Top
	F# A# C# F#	A# C# F#	A# C# F#	A# C# F#
RH	1 2 3 1	2 3 1	2 3 1	2 3 5
LH	5 3 2 1	3 2 1	3 2 1	3 2 1

## C# Major

	Starting	Middle	Middle	Top
	C# E# G# C#	E# G# C#	E# G# C#	E# G# C#
RH	4 1 2 4	1 2 4	1 2 4	1 2 4
LH	2 1 4 2	1 4 2	1 4 2	1 4 2



# 4 Note Chords & Broken Chords

Note that the *fingering* always stays the same: *(the tricky part in bold)*

Right Hand: UP - 1235 **1245** 1235 1235      DOWN - 5321 5321 **5421** 5321

Left Hand: UP - 5321 **5421** 5321 5321      DOWN - 1235 1235 **1245** 1235

## C Major

C	E	G	C
E	G	C	E
G	C	E	G
C	E	G	C

## G Major

G	B	D	G
B	D	G	B
D	G	B	D
G	B	D	G

## F Major

F	A	C	F
A	C	F	A
C	F	A	C
F	A	C	F

## D Major

D	F#	A	D
F#	A	D	F#
A	D	F#	A
D	F#	A	D

## Bb Major

Bb	D	F	Bb
D	F	Bb	D
F	Bb	D	F
Bb	D	F	Bb

## A Major

A	C#	E	A
C#	E	A	C#
E	A	C#	E
A	C#	E	A

## Eb Major

Eb	G	Bb	Eb
G	Bb	Eb	G
Bb	Eb	G	Bb
Eb	G	Bb	Eb

## E Major

E	G#	B	E
G#	B	E	G#
B	E	G#	B
E	G#	B	E

## Ab Major

Ab	C	Eb	Ab
C	Eb	Ab	C
Eb	Ab	C	Eb
Ab	C	Eb	Ab

## B Major

B	D#	F#	B
D#	F#	B	D#
F#	B	D#	F#
B	D#	F#	B

## F# Major

F#	A#	C#	F#
A#	C#	F#	A#
C#	F#	A#	C#
F#	A#	C#	F#

## C# Major

C#	E#	G#	C#
E#	G#	C#	E#
G#	C#	E#	G#
C#	E#	G#	C#

# Technique Workout Plan - The Journey

