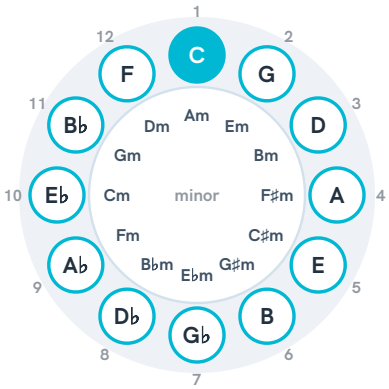
Your Daily Technique Routine

Technique is the toolbox your pieces borrow from, and about fifteen minutes a day, every day, builds it steadily. The plan: **five stations every day, one key every week**, and a log. Each station names the handouts for your level.

EVERY DAY · FIVE STATIONS, ABOUT 15 MINUTES

STATION	WHAT TO DO	LEVEL 1 five fingers	LEVEL 2 one octave	LEVEL 3 two octaves
1 **Warm up** 2 MIN	Sit tall, loose shoulders, a round hand. The week's **5-finger scale**, each hand, slowly.	Every level, every key: the **5-finger positions chart** (all 24). One key per handout: C 02, 03; G 11; F 12; D 15; A 16; A, D and E minor 217–219.		
2 **Scale & arpeggio** 5 MIN	The week's **scale**, then its **arpeggio**: hands separate, then together, in today's rhythm.	The 5-finger scale and its broken chord: 37, 51	Scales 59, 68; any key 265, 266. Arpeggios 156–179	Scales 241–264, arpeggios 267–290; contrary motion 319–331, 362–374
3 **Technical focus** 3 MIN	One skill for the **whole week**. Short and exact beats long and sloppy.	Legato & staccato: Exercise 15; slurs 62	Chromatic 49; fingering 337, Exercise 63	Chromatic, both hands 361; 7th arpeggios 332, 333
4 **Repertoire** 4 MIN	Find the week's **scale or chord in your piece** and play that spot. Then fix one hard bar (Handout 222).	*Every level: the piece you are learning now.*		
5 **Cool down** 1 MIN	Something easy, **slow and soft**. Shake out your hands; fill in the log.	*Every level: end on music you enjoy.*		

EVERY WEEK · ONE KEY, A NEW RHYTHM EACH DAY



Week 1 is **C**, then one step clockwise each week. Weeks 13–24: go round again with the **minor key** inside (Handout 56).
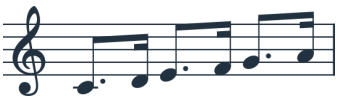
Play the week's scale in a **different rhythm every day**; each one trains something new. Here are its first six notes in C.

Even Mon, Fri
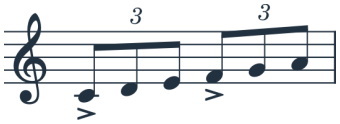


Same length and loudness, joined.

Dotted Tue, Sat · Handout 66
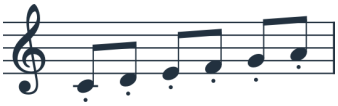


Long–short: wakes up slow fingers.

Triplets Wed, Sun · Handout 46



The accent lands on a new note each time.

Staccato Thu



Short and light: let go at once.

Try it Find the speed where this week's scale is **perfect** and write it in the log. Each day start a little below yesterday's best and climb 4 clicks at a time; after a slip, go back down (Handouts 55 and 222).

MY TECHNIQUE WEEK

DAY	MINUTES	SCALE: METRONOME START → END	ARPEGGIO	RHYTHM	FOCUS	SPOT IN MY PIECE
Mon		→	☐		☐	
Tue		→	☐		☐	
Wed		→	☐		☐	
Thu		→	☐		☐	
Fri		→	☐		☐	
Sat		→	☐		☐	
Sun		→	☐		☐	

This week's key and focus: _____

Teacher's note: _____

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