

Hand Mechanics Workshop #5

Practice Routine

Week 1

- Quarter & Eighth Note Vibrato Only
- Horizontal Vibrato Only
- Chromatic Exercise
- Immediate Vibrato
- Create 2-4 of Your Own Exercises
- Sunshine Of Your Love (Eighth Note Vibrato)
- Born To Run (Eighth Note Vibrato)

Week 2

- Introduce Eighth Note Triplet Vibrato
- Vertical Vibrato Only
- Chromatic Exercise
- Immediate Vibrato
- Apply Triplet To Your Own Exercises
- Tennessee Whiskey (Triplet Vibrato)
- Purple Haze (Eighth Note Vibrato)
- Sunshine Of Your Love (Eighth Note Vibrato)
- Born To Run (Eighth Note Vibrato)

Week 3

- Introduce Sixteenth Note Vibrato
- Use Both Vertical & Horizontal Vibrato On Every Task
- Chromatic Exercise
- Immediate Vibrato
- Apply Sixteenths To Your Own Exercises
- Tennessee Whiskey (Triplet Vibrato)
- Purple Haze (Eighth Note Vibrato)
- Sunshine Of Your Love (Eighth Note Vibrato)
- Born To Run (Eighth Note Vibrato)

Week 4

- Introduce Circular Vibrato
- Chromatic Exercise
- Immediate Vibrato
- Switching Subdivisions (Vertical & Horizontal Vibrato)
- Tennessee Whiskey (Triplet Vibrato)
- Purple Haze (Eighth Note Vibrato)
- Sunshine Of Your Love (Eighth Note Vibrato)
- Born To Run (Eighth Note Vibrato)
- Black Magic Woman (Circular Vibrato)