

# Hand Mechanics Workshop #8

## Practice Routine

### Week 1:

- **Thumb Recoil** – Focus on starting the thumb stroke from a relaxed, neutral position. Passively return to the starting position and plant the thumb, making the note staccato and preparing for the next stroke.
- **Scissor Motion** – The fingers should move equally in opposite directions, like scissors. When one plucks the other comes forward at the same speed and plants. Play staccato and focus on the speed and distance the fingers travel.
- **6 Basic Arpeggios** – Memorize all 6 arpeggios and focus on using the thumb recoil and scissor motion for every finger stroke as applicable. Practice planting, even on string changes.

### Week 2:

- **Thumb Recoil** – Increase bpm using metronome until about 80% of your maximum ability. Focus on maintaining relaxation and releasing tension if it arises.
- **Scissor Motion** – Introduce speed bursts using a metronome.
- **6 Basic Arpeggios** – Find bpm using metronome at which you're slightly beyond comfortable. Focus on maintaining relaxation as you naturally tense from attempting the faster bpm.
- **Blocked Chords** – Make sure to use the Triangle. Focus on applying equal pressure in all fingers and allow the strings to break naturally, without being forced.
- **Tremolo** – Ensure that you are planting each finger immediately, making i-m-a staccato.
- **Casey Jones** – Pay close attention to the alternating bass patterns.

### Week 3:

- **Thumb Recoil** – Apply to major/minor scales, playing every note with your thumb & focusing on passive recoil/planting.
- **Scissor Motion** – Introduce speed bursts using a metronome on 2-octave major/minor scales.
- **6 Basic Arpeggios** – Apply each pattern to barre chords, and work on changing frets using the barre chord without any interruption in the arpeggio.
- **Blocked Chords** – Increase bpm to near maximum.
- **Tremolo** – Ensure that you are planting each finger immediately, making i-m-a staccato.
- **Forward Roll** – Focus on consistent, even rhythm. There should be the exact same amount of space between each note.
- **Three Little Birds** – Plan out RH fingering for the melody notes/chords. Fingering should be efficient and avoid using repeated fingers (eg. i-i-m-m-i)

### Week 4:

- **6 Basic Arpeggios** – Apply each pattern to open chords (even when not six-string shapes) and start applying patterns to various chords progressions (eg. C-G-Am-Em)
- **Blocked Chords** – Apply to all chord progressions and work on immediately planting in preparation for the next stroke. All fingers should plant simultaneously.
- **Tremolo** – Apply speed bursts using a metronome
- **Forward Roll** – Use a metronome and ensure that the roll is even.
- **Classical Gas** – Go slowly and focus on relaxation & hyperextension. These are the tools needed to go fast.
- **Jolene** – Plan out RH fingering. Learn slowly, and ensure that you're hyperextending, remaining relaxed and planting.