

**Today: just make the left hand automatic. Slow is the win — not speed.**

# 1 Left-hand engine

Step 1 · 20–25 min

The left hand is the **same 4 bars repeated for the whole song**. Master these 4 bars and you own the entire left hand — and it's built from **4 chords you already know**. This page is the foundation; everything else stands on it.

## DO THIS

1. **Find your 4 chords.** In the bass clef, look at the **lowest note at the start of bars 1, 2, 3, 4**. Those roots are **E, G, B, D** → the chords **Em, G, Bm, D**. Pencil the chord name above each bar. (Confirm the order matches your sheet.)
2. **Play each chord as a solid block first** — all three notes at once, left hand, fingers **5–3–1** (pinky on the bottom). Get the shape under your hand. See the diagrams.
3. **Now roll it (arpeggio)** the way the music does: bottom note up through the chord, smooth even eighth-notes. Read the exact note order off your sheet — it just walks through these same chord notes.
4. **Metronome ~50.** Play the 4-bar loop. Get your **eyes off your hands** as soon as you can.
5. **The automaticity test:** loop it while **saying the chord names out loud** (“Em... G... Bm... D...”). If you can talk and keep playing, the left hand is going automatic. That — not speed — is the whole goal of this page.

## YOUR FOUR CHORDS (LEFT HAND, FINGERS 5–3–1)

**Em**  
E – G – B

**G**  
G – B – D

**Bm**  
B – D – F#

**D**  
D – F# – A

Left hand fingers: 5 pinky = lowest note    3 middle    1 thumb = top note    (red ring = root / chord name note)

Today's tempo: 50 → 60 → 70 → faster = weekend

**WHAT GOOD LOOKS LIKE**  
5 clean loops in a row, **not looking** at your hands, chord names out loud. Tick one box per clean loop:

**IF IT'S NOT WORKING**  
**Don't speed up — slow down.** A wrong note played fast gets memorised wrong. Play it slow enough to be perfect, and it will grow on its own.

# 2 Right-hand melody

Step 2 · 20–30 min

**Today: know the tune and its rhythm cold. Hands separate is enough.**

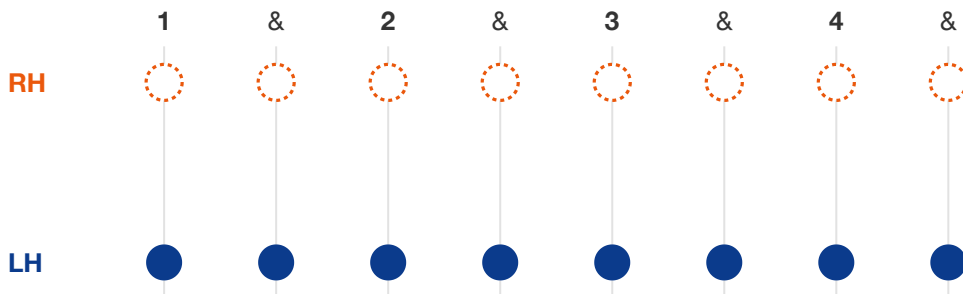
Learn each melody **on its own**, and lock its **rhythm** by counting out loud. The rhythm — not the notes — is what makes hands-together hard later. Over-learn it now and Step 3 gets much easier.

## DO THIS

1. **Two tunes to learn:** the **A-theme** (starts bar 5) and the **B-theme** (starts bar 13 — mostly long held notes, so it's easier). Right hand only.
2. **Chunk the A-theme into single bars.** Learn bar 5. Then play 5–6. Then 5–7. Add one bar at a time (“chaining”) — never the whole thing at once.
3. **Count out loud while you play:** “1 & 2 & 3 & 4 &.” Notice the melody **does not start on beat 1** — there’s a short rest, then it enters just after. Feeling that “late” entry now is what saves you later.
4. **Right-hand fingering:** thumb = 1 (your lowest finger here), pinky = 5. Keep the hand relaxed and curved — no tension.
5. Bring each tune up to a **comfortable** speed, hands separate. Comfortable, not fast.

**Right hand fingers:** ① thumb   ②   ③   ④   ⑤ pinky   (thumb on the low notes → pinky high)

## MARK WHERE THE MELODY LANDS (FILL IN FROM YOUR SHEET)



For bar 5: pencil an **orange dot** on each beat/“&” where a right-hand note starts. You’ll use this exact map in Step 3.

**WHAT GOOD LOOKS LIKE**  
 You can play the A-theme and the B-theme **without hunting for notes**, counting the rhythm out loud the whole way through.

**IF IT’S NOT WORKING**  
**Sing the melody first**, then find it on the keys. Your ear leads your hand — if you can’t sing it, you can’t play it smoothly yet.

# 3 The bridge — hands together

Step 3 · 25–30 min · most important

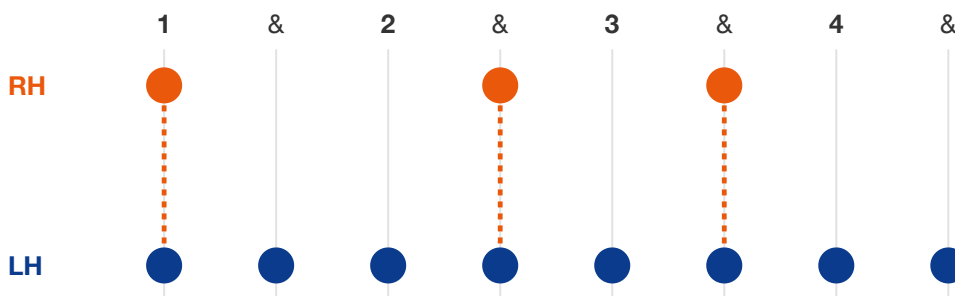
Today: bars 5–8 hands together, slow. Don't chase speed.

**This is the step that fixes your blocker.** Hands-together isn't "do two things at once." It's knowing **which right-hand note lands at the same moment as which left-hand note**. Find those moments — the **sync points** — and the rest falls into place. Work **tiny**: just bars 5–6.

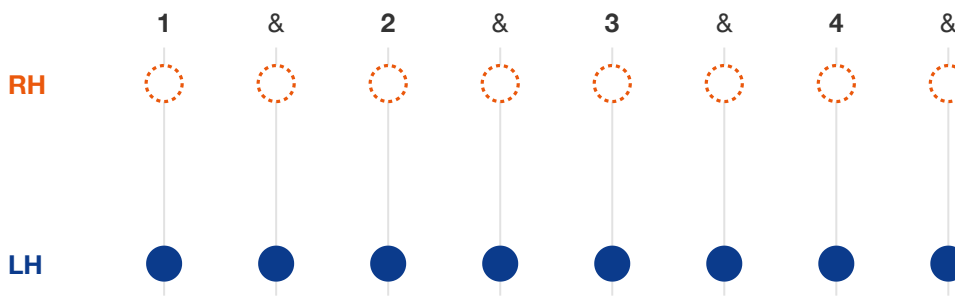
## DO THIS

1. **Find the sync points.** Play bars 5–6 very slowly and watch: each time a right-hand note sounds, which left-hand note is happening at that exact instant? Mark it on the grid below.
2. **Block them.** For each sync point, press the left-hand note **and** its matching right-hand note **together, as one chord**. Ignore the in-between left-hand notes for now. This teaches your hands the alignment.
3. **Expand, very slow (metronome ~40).** Now play the full left-hand arpeggio and **drop each right-hand note onto its sync point**. Say it out loud: "... right-hand note — *now*."
4. **Loop 2 bars.** It will feel clumsy and slow. **That clumsiness IS the learning** — don't rush it away. Raise the tempo only after 3 clean reps.
5. **Keep the left hand running like a motor.** The right hand simply drops onto it.

## THE SYNC-POINT GRID



**Example only** — orange = right hand, blue = the steady left-hand eighths. Dashed lines = "play these together." Now fill the blank one below with **your** bar 5.



Your bar 5: pencil orange dots where the right hand enters, then draw a line down to the left-hand note underneath.

### EXPECT THIS — IT'S THE KEY DIAGNOSTIC

If your **left hand falls apart the second the right hand joins**, the left hand wasn't automatic enough yet. Go back to **left-hand-only for 2 minutes** (Step 1), then try again. This is normal. It's information, not failure.

### WHAT GOOD LOOKS LIKE

Bars 5–8, hands together, **slow but correct**, with the left hand staying steady underneath. Slow and correct is a complete win today.

# 4 Extend + mix

Step 4 · 25–30 min

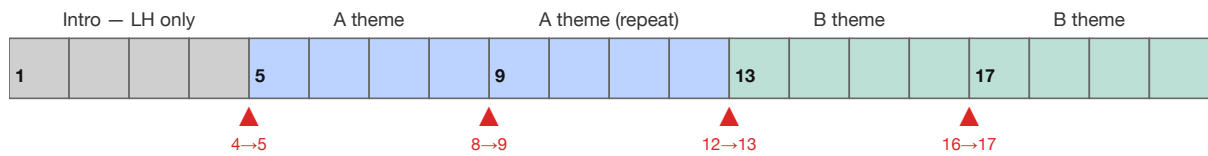
Today: **B-theme together + smooth the joins. Mixing > repeating.**

Get the B-theme working hands-together too, then practise by **mixing** instead of repeating — and drill the **joins** between sections, because that’s where playing falls apart.

## DO THIS

- B-theme hands-together first** (bars 13–16). It’s the easy one — long held right-hand notes over the same left-hand loop. Quick confidence win, so start here.
- Now MIX it up.** Instead of drilling one bit over and over, rotate **randomly**: A-theme → B-theme → intro (LH only) → back to A. Pull a “card” at random. It feels messier — that’s the point: it builds memory that lasts, not memory that vanishes overnight.
- Drill the joins.** A join is just “last beat of one bar + first beat of the next.” Isolate each as its own 2-bar chunk: **4→5** (LH-only into the melody entry), **8→9** (A repeats), **12→13** (A into B).

## MAP OF THE PIECE (▲ = THE JOINS TO DRILL)



## SHUFFLE THESE – RANDOM ORDER, NOT BLOCKED

A-theme (HT)

B-theme (HT)

Intro (LH only)

Join 4→5

Join 8→9

Join 12→13

Why random beats repeating: alternating tasks forces more effortful processing each restart, which builds far more durable retention. [sourced: Carter & Grahn 2016, *Frontiers in Psychology*]

**WHAT GOOD LOOKS LIKE**  
 You can play A and B hands-together, and cross the joins **without fully stopping**.

# 5 Put it together

Step 5 · 25–30 min

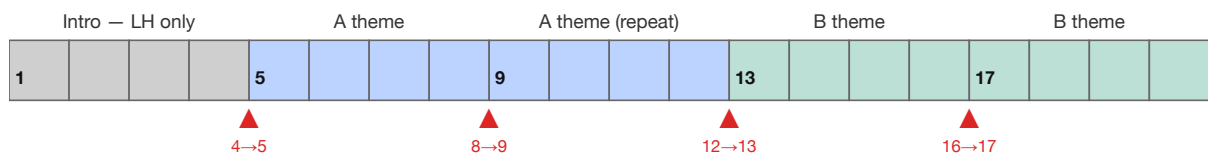
**Today: ONE slow, continuous pass. Slow & unbroken = the whole win.**

**Today's finish line:** one slow, continuous, hands-together pass. **Slow and unbroken beats fast and stop-start.** That is the entire win for Friday — nothing more is needed.

## DO THIS

- Continuity pass at ~50–60.** Play the whole thing hands-together. **Rule: do not stop to fix mistakes.** If you stumble, keep the left hand going and rejoin with the right. **Flow beats perfection** today.
- Find your 2 worst spots.** Isolate each (back to the chunk method, 3–4 min each), then drop it straight back into the piece.
- Finish on a win.** Play **one** clean, slightly-slower full pass so the *last* thing you play is a success — that's what your brain keeps overnight.

## THE FULL LAP (PLAY IT THROUGH, START TO FINISH)



Tempo ladder: 50 60 → today stop here → 70 80 90 100

## THE WEEKEND PLAN

**FRI — today**  
 Slow + solid + **continuous**. Hands together, unbroken, even if slow. Done = win.

**SAT**  
 Same, but climb the tempo ladder toward 100. Smooth the joins.

**SUN**  
 Polish: dynamics (soft/loud), let it breathe, play it for someone.

**REMEMBER TONIGHT**  
**Sleep does the real locking-in.** Tomorrow's first run will feel smoother than tonight's last — for free, no extra practice. So end clean and let it rest. [sourced: Walker & Stickgold, sleep-dependent motor-memory consolidation]