

The Moeller Technique Course - Practice Schedule

Practice: For optimal results, work on each exercise for 5-10 minutes for at least 5 days of each week.

Week 1: Section II

Videos:

- Hand Alignment/Drawbridge Exercise
- German Building Block: Step 1

Week 2:

Videos:

- German Building Block: Step 2
- German Building Block: Step 3

Week 3:

Videos:

- **Review:** Building Blocks: Step 2 & 3
- Bump and Hang
- Modified Setup with the Ring and Pinky
- German Grip Hand Setup/Wrist Drop Turns

Week 4:

Videos:

- German Pick-Up Strokes
- Pick-Up Variation Exercise

Week 5:

Videos:

- **Review:** Bump and Hang, German Pick-Up Strokes
- Fulcrum Wrist-Bounce - Eighth Notes
- Fulcrum Wrist Bounce - Triplets

Assignment: Video tape yourself playing 1 or more of these exercises and try to notice any imperfections (ex. Stick/Body misalignment, wobbling stick, imprecise movements, bad posture, etc.)

Week 6: Section III

Videos:

- Moeller Controlled Strike - Eighth Notes
- Moeller Eighth Notes to Pickups

Week 7:

Videos:

- Tap Strokes
- 3-Note Controlled Strike

Week 8:

Videos:

- Moeller Pivot to Drop
- 3-Note: Pivot-Drop-Up

Assignment: Video tape yourself playing the *3-Note Controlled Strike* as well as the *3-Note Pivot-Drop-Up*. If you notice any imperfections, review the fundamentals motions such as the Moeller Controlled Strike, tap strokes and Pivot to Drop. Then return to the exercise and see if you've cleaned it up.

Week 9: Section IV

Videos:

- **Review:** Fulcrum Wrist Bounce in Triplets, 3-Note: Pivot-Drop-Up
- Walk-the-Stick-Up

Week 10:

Videos:

- **Review:** Walk-the-Stick-Up
- Moeller Flow Setup - 3 & 4 Note Moeller

Week 11:

Videos:

- **Review:** Moeller Flow Setup - 3 & 4 Note Moeller
- 2-Note Moeller

Week 12:

Videos:

- The Moeller Flow Exercise - in 16th Notes
- The Herta Rudiment

Week 13:

Videos:

- The Moeller Flow - In Triplets

Assignment:

- Video tape yourself playing one the Moeller Flow Exercises. Correct any issues.

Week 14: Section V

Videos:

- **Review:** Fulcrum Wrist Bounces in Triplets
- Interlacing the 3-Note Moeller

Week 15:

Videos:

- **Review:** 3-Note Controlled Strike
- Interlacing the 3-Note Controlled Strike

Week 16:

Videos:

- **Review:** The Moeller Flow in 16th Notes
- Interlacing the 4-Note Moeller

Week 17:

Videos:

- **Review:** 7-7-5-5-3-3-2 Moeller
- Interlacing 7-7-5-5-3-3-2 Moeller

Congratulations on completing this course! If you'd like assistance with any of the exercises don't hesitate to contact me for online lessons at:

info@musiprof.com

Sincerely,
Elijah Baker