



# Training Schedule

Day	Watch and practice ...	Revisit ...	Take notes
#1	<b>Adrian Portia</b> <ul style="list-style-type: none"> <li>Groove #6   Minkara Flat</li> <li>Groove #6   Minkara Adding Chords</li> </ul> 30min		
#2	<b>Alexander Mercks</b> <ul style="list-style-type: none"> <li>Follow The Sun - Part A</li> <li>Follow The Sun - Part B</li> </ul> 30min	<b>Adrian Portia</b> <ul style="list-style-type: none"> <li>Groove #6   Minkara</li> </ul> 5min	
#3	<b>Alexander Mercks</b> <ul style="list-style-type: none"> <li>Follow The Sun - Part C</li> <li>Follow The Sun - Part D</li> </ul> 25min	<b>Alexander Mercks</b> <ul style="list-style-type: none"> <li>Follow The Sun - Part A</li> <li>Follow The Sun - Part B</li> </ul> 5min	
#4	<b>Kabeção</b> <ul style="list-style-type: none"> <li>Scorpion Bite part 1 (main beat) + (main beat + Melody)</li> </ul> 30min		
#5	<b>Kabeção</b> <ul style="list-style-type: none"> <li>Scorpion Bite part 2</li> <li>Scorpion Bite part 3</li> </ul> 30min	<b>Kabeção</b> <ul style="list-style-type: none"> <li>Scorpion Bite part 1 (main beat) + (main beat + Melody)</li> </ul> 5min	
#6	Revisit a specific video if needed	The exercise you liked the most, or where you feel you can improve	



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Day	Watch and practice ...	Revisit ...	Take notes
#7	<b>Malte Marten</b> <ul style="list-style-type: none"> <li>Follow The Sun - Part A</li> <li>Follow The Sun - Part B</li> </ul> 25min	<b>Kabeção</b> <ul style="list-style-type: none"> <li>Scorpion Bite part 2</li> <li>Scorpion Bite part 3</li> </ul> 10min	
#8	<b>Malte Marten</b> <ul style="list-style-type: none"> <li>Follow The Sun - Part C</li> <li>Follow The Sun - Part D</li> </ul> 25min	<b>Malte Marten</b> <ul style="list-style-type: none"> <li>Follow The Sun - Part A</li> <li>Follow The Sun - Part B</li> </ul> 10min	
#9	<b>Manu Delago</b> <ul style="list-style-type: none"> <li>Two handful of sound</li> </ul> 30min		
#10	<b>Manu Delago</b> <ul style="list-style-type: none"> <li>A step</li> </ul> 25min	<b>Manu Delago</b> <ul style="list-style-type: none"> <li>Two handful of sound</li> </ul> 10min	
#11	<b>Sam Maher</b> <ul style="list-style-type: none"> <li>NYC Introduction</li> <li>NYC Arpeggio</li> </ul> 30min		
#12	<b>Sam Maher</b> <ul style="list-style-type: none"> <li>NYC Arpeggio + Chords</li> <li>NYC Arpeggio + Downbeat</li> </ul> 25min	<b>Sam Maher</b> <ul style="list-style-type: none"> <li>NYC Introduction</li> <li>NYC Arpeggio</li> </ul> 10min	
#13	Revisit a specific video if needed	The exercise you liked the most, or where you feel you can improve	