

Day	 Watch and practice ...	 Revisit ...	 Take notes
#1	Alexander Mercks - Groove 02: Part A - Groove 02: Part B 30min 		
#2	Alexander Mercks Groove 02: Variation 30min 	Alexander Mercks - Groove 02: Part A - Groove 02: Part B 5min 	
#3	Dan Mulqueen - Groove 9 Part#1 - Groove 9 Part#2 20min 	Alexander Mercks Groove 02: Variation 10min 	
#4	Malte Marten - Groove #1 - Part A - Groove #1 - Part B 30min 	Dan Mulqueen - Groove 9 Part#1 - Groove 9 Part#2 5min 	
#5	Malte Marten - Groove #1 - Part C - Groove #1 - Part D 25min 	Malte Marten - Groove #1 - Part A - Groove #1 - Part B 10min 	
#6	Revisit a specific video if needed	The exercise you liked the most, or where you feel you can improve	

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#7	Mar Loi - Groove #1 + Split finger - Groove #4 - Part I 30min 	Malte Marten - Groove #1 - Part C - Groove #1 - Part D 5min 	
#8	Mar Loi Groove #4 - Part II 20min 	Mar Loi - Groove #1 + Split finger - Groove #4 - Part I 10min 	
#9	Mumi Groove #2 - Rhythm and harmony 25min 	Mar Loi Groove #4 - Part II 5min 	
#10	Mumi Groove #2 - Adding the melody 30min 		
#11	David Charrier Groove #2 20min 	Mumi Groove #2 - Adding the melody 10min 	
#12	David Charrier Pattern #1: The Sandman 30min 	David Charrier Groove #2 5min 	
#13	Revisit a specific video if needed	The exercise you liked the most, or where you feel you can improve	