



The Domino Effect

PRACTICE ROUTINE

10 minutes a day. 7 chances a week. Real progress — every single day.

Most adult beginners think they need a full free hour to make progress at the piano. So when that hour doesn't show up, they skip practice entirely. Then it's been a week. Then two.

Here's the truth: muscle memory is built while you sleep. Ten minutes of focused practice gives your brain seven chances a week to process and upgrade your skills. One hour on Sunday gives it one.

This routine takes 10 minutes. Every section connects directly to the next — zero time wasted. It scales to 20, 30, or 60 minutes on days when you have more time. And you always leave the piano feeling like you made real progress — because you did.

MINUTES 1-2

**Targeted
Warm-Up**

MINUTES 3-4

**Chord
Blueprint**

MINUTES 5-10

**Micro-Loop
Song Sprint**



How to Use This Guide

Fill in your song, key, chords, and today's Micro-Loop BEFORE you sit at the piano.

Follow the three phases in order — each one feeds directly into the next.

Use the 'Scale Your Time' table on the last page to adjust for however long you have.

Print this out. Put it on your piano. Use it every day.

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The Three Phases

Every minute counts. Every phase connects directly to the next.

MINUTES 1-2 Targeted Warm-Up

WHY THIS WORKS: You pre-program your fingers with the exact notes you're about to use. By the time you reach your song, your hands already feel at home on the right keys.

DO THIS:

Find the key of your target song.
Play the scale of that key — nothing else.
No Hanon. No random scales. Just the scale of your song.
Go slowly and evenly. Both hands if you can.

Example: *Learning Let It Be? It's in C major. Warm up with the C major scale. That's it.*

Pro tip: Don't skip this because it 'feels too easy.' This two-minute investment saves you from stumbling over wrong notes for the rest of your session.

MINUTES 3-4 Chord Blueprint

WHY THIS WORKS: Your hands learn the exact chord shapes you're about to use in the song. When you get to the song, your fingers already know where to go.

DO THIS:

Find the chord progression of your target song.
Practice just those chords — in the same order they appear in the song.
Use the Chord Ladder: play each chord shape up the piano, one position at a time.
Move between chords until the transitions start to feel automatic.

Example: *Let It Be uses C, G, Am, F. Spend two minutes playing those four chords in order — over and over.*

Pro tip: More advanced? Practice chord inversions too. C major has three positions: C-E-G, E-G-C, G-C-E. Running through all three warms up your hand for wherever the chord appears in the song.

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MINUTES 5–10 Micro-Loop Song Sprint

WHY THIS WORKS: Popular music repeats constantly. Master one four-bar loop and you've often learned 50% of the entire song — without ever practicing for more than 10 minutes.

DO THIS:

Pick a four-bar Micro-Loop — just one small chunk of your song.

Play the right hand melody and drop the chords from Phase 2 in your left hand.

Loop those same four bars over and over until they feel easy.

Then — and only then — move to the next four bars.

Do NOT play the song from the beginning. Do NOT skip over mistakes.

Example: *Start with the first four bars of the chorus. Loop them until they feel natural. Tomorrow: the next four bars. By end of week: the whole song.*

Pro tip: The golden rule: do not play the whole song. If you play through mistakes and keep going, you practice those mistakes into your muscle memory. Loop small. Fix it there. Move on.

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Domino Effect Worksheet

Print this out and use it every time you practice.



Today's Domino Effect Practice Routine

My target song:

Key of the song:

Chords:

Today's Micro-Loop(s):

Know this before you sit down. Don't burn your practice time figuring it out at the piano.

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Scale Your Time

The Domino Effect is a framework, not a timer. Use the same structure however long you have.

Total Time	Scale	Chords	Song Sprint
10 minutes	2 min	2 min	6 min
20 minutes	4 min	4 min	12 min
30 minutes	6 min	6 min	18 min
60 minutes	10 min	10 min	40 min

The structure is always the same. You just adjust how long you spend in each section based on how much time you have that day.

The Recap

The Domino Effect — at a glance:

Minutes 1–2: Scale warm-up in the key of your song. Not Hanon. Not random.

Minutes 3–4: Chord Blueprint — the exact chords of your song, in order.

Minutes 5–10: Micro-Loop Song Sprint — four bars, looped until it's locked in.

Total: 10 minutes. Seven days a week. That's 70 minutes of focused practice vs. one scattered hour.

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A quick note before you go:

You're not behind. You're not too old.

The reason piano hasn't felt joyful in the past isn't you. It's that nobody handed you the right tools. These five patterns are some of those tools.

Every PIANOLY student started right where you are now.

Ready to See the Full Roadmap?

These five patterns are just one piece of the puzzle. If you want to see exactly how we take students from zero (no experience, no music background) to playing the songs they've always loved, I put together a [free training](#) that walks you through the whole path.

You'll see the exact method, the order we teach everything, and why it works so much faster than traditional lessons.

Felix watched it in retirement and decided to join. He now plays every Sunday and Wednesday for his church prayer group and performs with the worship team once a month.

Marc had tried traditional lessons for years and gotten nowhere. After going through the training and joining the program, he surprised his wife by playing their wedding song.

Results vary depending on time invested and starting experience. But what these stories show is that with the right system, progress happens faster than most people expect.

[→ Click here to access the free training and see the full roadmap. ←](#)



Learn the songs you've always loved. Finally.

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