



The Fast Track Practice Guide

5 rules that will change the way you practice piano forever.

The problem is not your talent. It is not your age. It is how you practice.

Every mistake you repeat gets wired into your muscle memory. Your brain does not know the difference between a right note and a wrong one -- it just remembers what you did. These five rules fix that.

#	Rule	The Point
1	Make Fewer Mistakes	Practice so slowly you cannot get it wrong. Every perfect rep builds the right muscle memory.
2	Fix Mistakes Immediately	Stop the moment it goes wrong. Fix it right there. Never drive past a flat tire.
3	The Micro-Chunk Rule	Pick the smallest section possible -- one line, one hand, two bars. Master it. Move on.
4	Pre-Load the Neighborhood	Warm up with the exact scale and chords of your song. Nothing should feel new when you start.
5	The Goldilocks Zone	Challenging enough to stretch you. Easy enough to play correctly when you slow down.
+	The Sleep Rule	Your brain hard-wires correct practice overnight. Show up daily. Even 10 minutes counts.

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RULE 1 Make Fewer Mistakes

Practice so slowly you cannot get it wrong.

How it works: Think of your practice like a GPS. Every correct rep -- even at a snail's pace -- moves you toward your destination. Every mistake you play through sends you off the road. You are not stuck when you make mistakes. You are actively practicing how to be bad.

Remember: *Slow and correct beats fast and wrong. There are no exceptions.*

What to do:

Pick a section of your song.
Play it slow enough that every note is deliberate and clean.
Only speed up once it feels easy -- not before.

RULE 2 Fix Every Mistake Immediately

Stop exactly where it goes wrong. Fix it before you play another note.

How it works: Most students hit a mistake and keep going. Then they go back to the start and play through the same mistake again. Every rep deepens it into muscle memory. It is like driving on a flat tire -- the longer you keep going, the worse the damage.

Remember: *A mistake fixed immediately is a stepping stone. A mistake repeated is a habit.*

What to do:

The moment you make a mistake -- stop.
Back up to just before where it happened.
Play that spot slowly and correctly 5 times. Then continue.

RULE 3 The Micro-Chunk Rule

Never practice the whole song. Practice the smallest possible piece of it.

How it works: Your brain learns like a computer saving a file. A massive file takes forever and often gets corrupted. A tiny file saves instantly. A Micro-Chunk can be one line, one hand, two measures -- sometimes just one. Master that chunk until it is boring. Then stitch it to the next one.

Remember: *Do not move on until the chunk is boring. Boring means it is saved.*

What to do:

Choose one tiny section -- no more than 4 bars.
Apply Rules 1 and 2: slow, no mistakes, fix immediately.
Once it is easy and automatic, add the next chunk.

RULE 4 Pre-Load the Neighborhood

Warm up with the exact scale and chords of your target song.

How it works: Most students sit down cold and immediately try to play notes their hands have never touched. That is the hardest way to learn. Spend two minutes warming up with the scale and chords of your song first. When you finally start, nothing feels new. Your hands already know where they are going.

Remember: *Your warm-up should always connect directly to the song you are about to play.*

What to do:

Find the key of your song.

Play that scale slowly -- both hands.

Play the chords of your song up and down the keyboard. Then start the song.

RULE 5 Stay in the Goldilocks Zone

Slightly challenging. Playable correctly when you slow all the way down.

How it works: Choosing a song that is too hard is the most common reason students stop improving. If you are hitting a mistake every two bars, you are not learning -- you are crashing. The Goldilocks Zone is where the music stretches you just enough that slow practice still gets you through it cleanly.

Remember: *A song learned well at the right level beats a song half-learned at the wrong one.*

What to do:

If you slow to a crawl and still cannot play it cleanly -- it is too hard. Come back later.

If it feels slightly uncomfortable but doable slowly -- that is your zone.

Stay there until the song is solid. Then level up.

The Bonus Rule -- The Sleep Rule

You do not only get better while you are sitting at the piano.

Your brain hard-wires the movements you practiced during the day while you sleep. Show up every day -- even 10 minutes. Every session gives your brain fresh correct data to process overnight. That is why 10 minutes daily beats 70 minutes on Sunday.

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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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