



FREE, FREE FALLIN': A Lesson on Free Pour, Accuracy, and Ambidexterity

MARY PALAC

@MIXTRESSMARY

SPONSORED BY

CAMPARI
ACADEMY

The Path To Pouring Mastery...

- Equipment
 - Practice Bottles, Pour Spouts, ExactoPour
- Technique
 - CUTS- Faucet Cut, Bounce Cut, BOTH HANDS
 - COUNTS- BPM, Metronome, Music Playlist
 - COMBOS- BOTH HANDS
- Time!!!
 - Practice Sheet

EQUIPMENT

Practice Bottles:



EQUIPMENT

Pour Spouts:
245-50

SPILL-STOP 285-50



SPILL-STOP



EQUIPMENT

Measuring equipment:



Budget: OxO Jigger or
Other Jigger



Convenience:
Pour Check



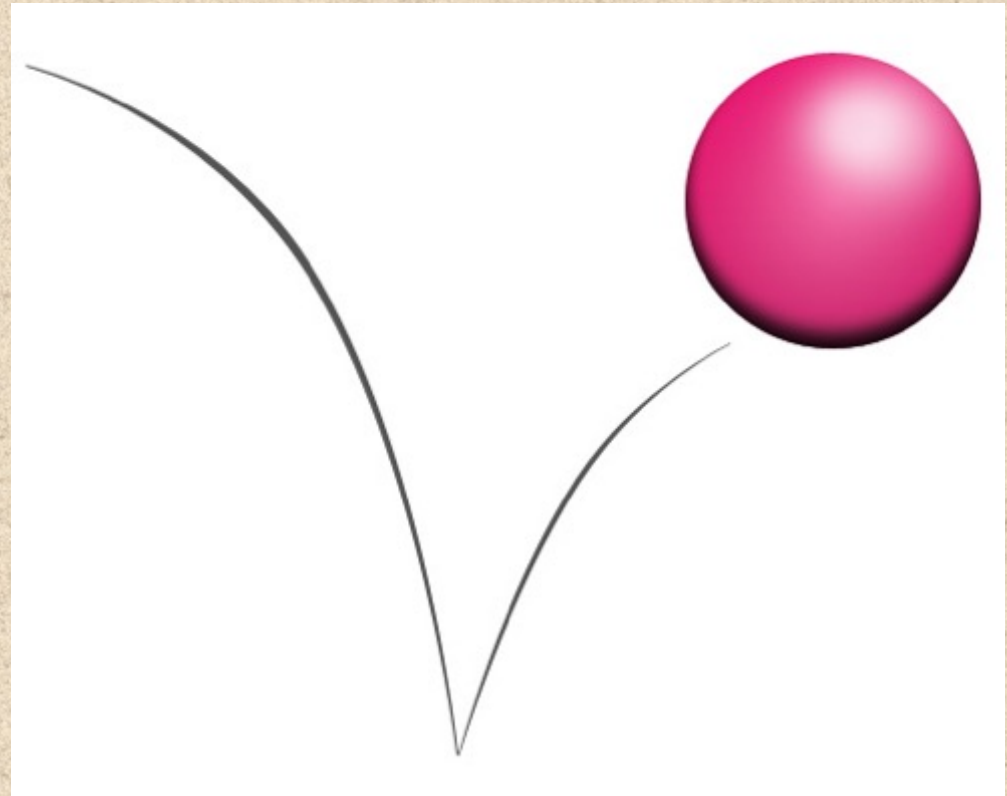
\$\$\$ Investment in your
program:
Exacto-Pour

TECHNIQUE: CUTS (aka starting/stopping the pour)

FAUCET OR "J"
CUT



BOUNCE CUT



TECHNIQUE: COUNTS

EACH COUNT = .25 OZ

.25 OZ - 1 COUNT

.50 OZ - 2 COUNTS

.75 OZ - 3 COUNTS

1 OZ - 4 COUNTS

COUNT IN MULTIPLES OF 4

1 OZ - 4 COUNTS (1,2,3,4)

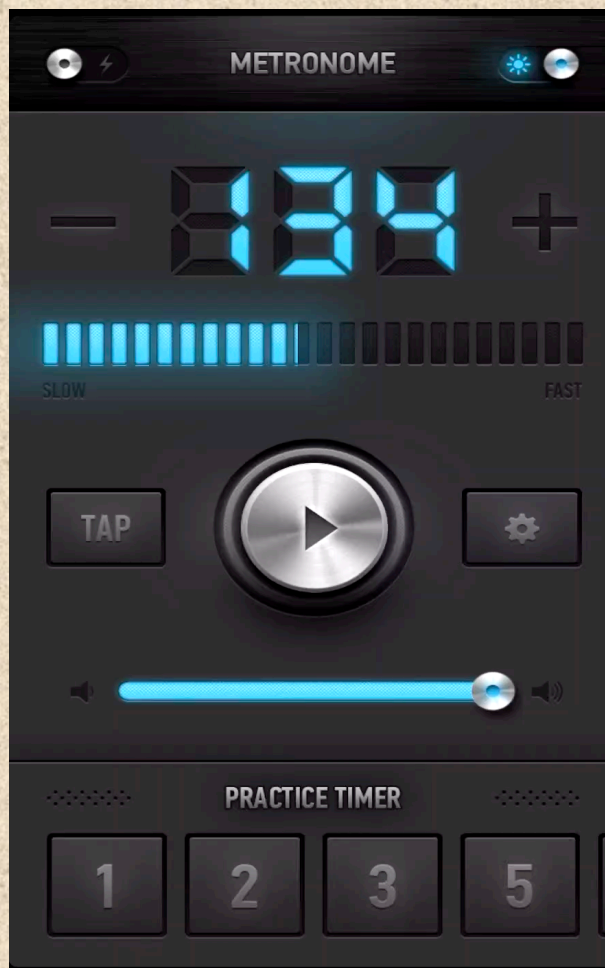
1.5 OZ - 6 COUNTS (1,2,3,4,1,2)

1.75 OZ - 7 COUNTS (1,2,3,4,1,2,3)

2 OZ - 8 COUNTS (1,2,3,4,1,2,3,4)

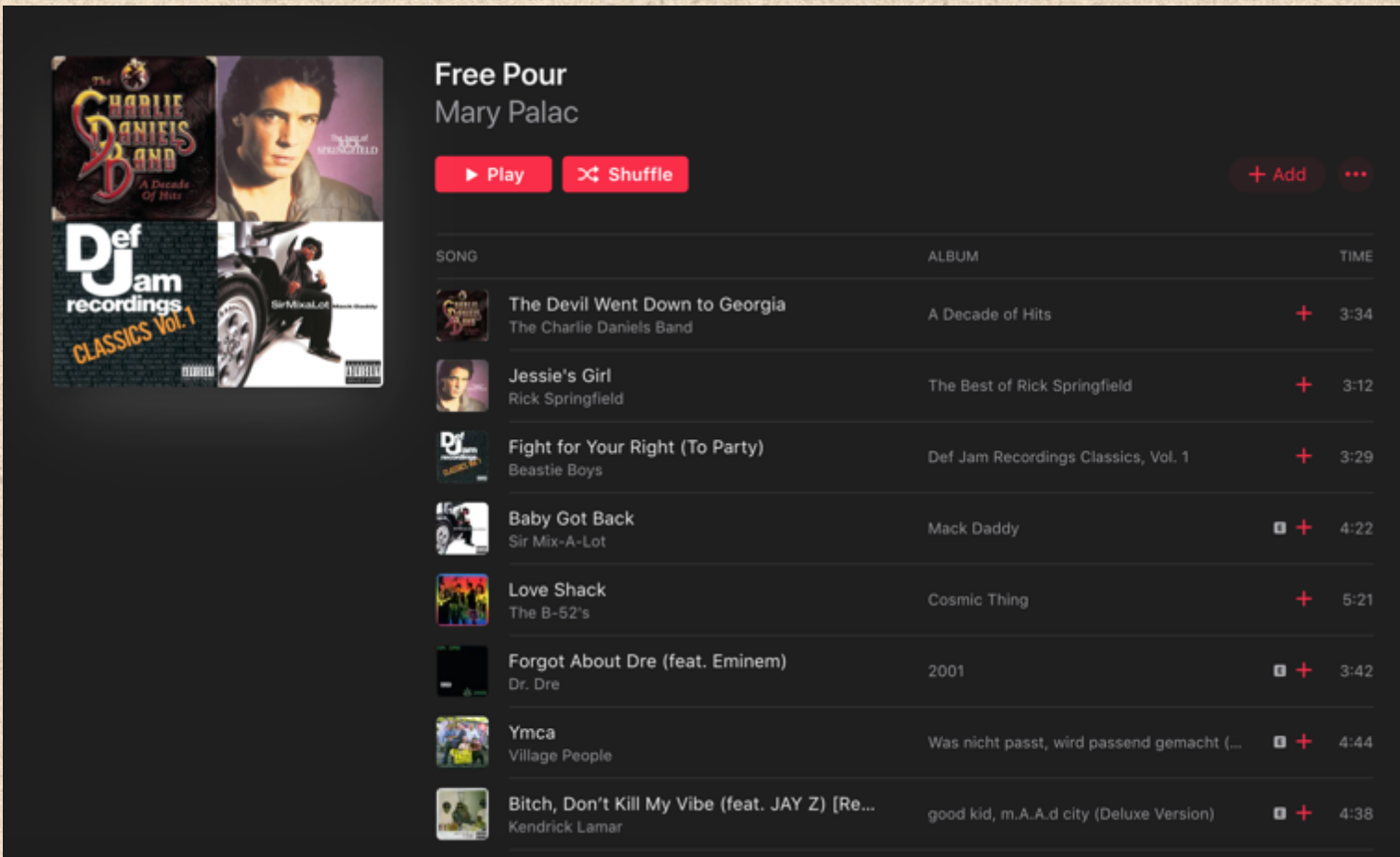
FIGURING OUT YOUR BPM (BEATS PER MINUTE)

Metronome App:











FIGURING OUT YOUR BPM (BEATS PER MINUTE)

Freepour Playlist: <https://tinyurl.com/FREEPOUR>







Free Pour
Mary Palac

▶ Play 🔀 Shuffle + Add ⋮

SONG	ALBUM	TIME
 The Devil Went Down to Georgia The Charlie Daniels Band	A Decade of Hits	+ 3:34
 Jessie's Girl Rick Springfield	The Best of Rick Springfield	+ 3:12
 Fight for Your Right (To Party) Beastie Boys	Def Jam Recordings Classics, Vol. 1	+ 3:29
 Baby Got Back Sir Mix-A-Lot	Mack Daddy	🔒 + 4:22
 Love Shack The B-52's	Cosmic Thing	+ 5:21
 Forgot About Dre (feat. Eminem) Dr. Dre	2001	🔒 + 3:42
 Ymca Village People	Was nicht passt, wird passend gemacht (...)	🔒 + 4:44
 Bitch, Don't Kill My Vibe (feat. JAY Z) (Re...) Kendrick Lamar	good kid, m.A.A.d city (Deluxe Version)	🔒 + 4:38

TECHNIQUE: COMBOS (Pouring different amounts for each hand)

LEFT HAND		RIGHT HAND
1 OZ - 4 COUNTS		2 OZ - 8 COUNTS
.75 OZ - 3 COUNTS		1.5 OZ - 6 COUNTS
1.75 OZ - 7 COUNTS		.75 OZ - 3 COUNTS
.75 OZ - 3 COUNTS		1 OZ - 4 COUNTS



TIME: PRACTICE, PRACTICE, PRACTICE!

FREE POUR PRACTICE SHEET: <https://tinyurl.com/FREEPOURPRACTICE>

POUR	KEY: X-MISS		O-PASS		OO-BLACKLINE											
	SUN L	SUN R	MON L	MON R	TUES L	TUES R	WED L	WED R	THUR L	THUR R	FRI L	FRI R	SAT L	SAT R		
0.25																
0.5																
0.75																
1																
1.25																
1.5																
1.75																
2																
Combo 1/2																
Combo 2/1																
Combo .75/1.5																
Combo 1.5/.75																
Combo .5/1.5																
Combo 1.5/5																
Combo .75/2																
Combo 2/.75																
Combo .75/1																
Combo 1/.75																
Equal Parts																

NOTES

A "Miss" is anything over or under .0625 oz (1/16).

Blackline is if the liquid is INDISCERNABLE from the measuring line

All Combos are listed L/R, Switch measurements for R/L

TO DO

KEY: X-MISS O-PASS OO-BLACKLINE

POUR	SUN	SUN	MON	MON	TUES	TUES	WED	WED	THUR	THUR	FRI	FRI	SAT	SAT
	L	R	L	R	L	R	L	R	L	R	L	R	L	R
0.25														
0.5														
0.75														
1														
1.25														
1.5														
1.75														
2														
Combo 1/2														
Combo 2/1														
Combo .75/1,5														
Combo 1.5/.75														
Combo .5/1.5														
Combo 1.5/.5														
Combo .75/2														
Combo 2/.75														
Combo .75/1														
Combo 1/.75														
Equal Parts														

NOTES

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TO DO



THANK YOU!

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