DEFT: Dexterous Fine-Tuning for Hand Policies

Figure 1: We present DEFT, a novel approach that can learn complex, dexterous tasks in the real world in an efficient manner. DEFT manipulates tools and soft objects without any robot demonstrations.

Abstract: Dexterity is often seen as a cornerstone of complex manipulation. Humans are able to perform a host of skills with their hands, from making food to operating tools. In this paper, we investigate these challenges, especially in the case of soft, deformable objects as well as complex, relatively long-horizon tasks. Although, learning such behaviors from scratch can be data inefficient. To circumvent this, we propose a novel approach, DEFT (**DE**xterous **F**ine-**T**uning for Hand Policies), that leverages human-driven priors, which are executed directly in the real world. In order to *improve* upon these priors, DEFT involves an efficient online optimization procedure. With the integration of human-based learning and online fine-tuning, coupled with a soft robotic hand, DEFT demonstrates success across various tasks, establishing a robust, data-efficient pathway toward general dexterous manipulation. Please see our website at https://dexterousfinetuning.github.io for video results.

Keywords: Dexterous Manipulation, Reinforcement Learning, Learning from Videos

1 Introduction

The longstanding goal of robot learning is to build robust agents that can perform long-horizon tasks autonomously. This could for example mean a self-improving robot that can build furniture or an agent that can cook for us. A key aspect of most tasks that humans would like to perform is that they require complex motions that are often only achievable by hands - consider the task of tying shoelaces. Such a task would be impossible with a parallel jaw gripper. Therefore, in this paper, we investigate real-world dexterous manipulation, its challenges, and its deployment in the real world.

A key challenge in deploying policies in the real world, especially with robotic hands, is that there exist many failure modes. Controlling a dexterous hand is much harder than end-effectors due to larger action spaces and complex dynamics. This problem becomes even more difficult when contacts

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with objects are more involved, as there can be many points of contact on a robotic hand. To address this, one option is to *improve* directly in the real world via *practice*. Traditionally, reinforcement learning (RL) and imitation learning (IL) techniques have been used to deploy hands-on tasks such as in-hand rotation or grasping. To be proficient at any skill a lot of practice or data is needed. This is often the case as setups are often built so that it is either easy to simulate in the real world or robust to practice. However, the real world contains tasks that one cannot simulate (such as manipulation of soft objects like food) or difficult settings in which the robot cannot practice (sparse long-horizon tasks like assembly). How can we build an approach that can scale to such tasks?

There are several issues with current approaches for practice and improvement in the real world. Robot hardware often breaks, especially with the amount of contact to learn dexterous tasks like operating tools. We thus investigate using a *soft anthropomorphic hand* [1], which can easily run in the real world without failures or breaking. This soft anthropomorphic hand is well-suited to our approach as it is flexible and can gently handle object interactions. The hand does not get damaged by the environment and is robust to continuous data collection. Due to its human-like proportions and morphology, retargeting human hand grasps to robot hand grasps is made simpler.

Unfortunately, this hand is difficult to simulate due to its softness. Directly learning from scratch is also difficult as we would like to build *generalizable policies*, and not practice for every new setting. To achieve efficient real-world learning, we must learn a prior for reasonable behavior to explore using useful actions. Many previous methods rely on in-domain human demonstrations that are manually collected by a human operator or demonstrator [2, 3, 4, 5]. Due to recent advances in large-scale computer vision, we propose *leveraging human data to learn priors* for dexterous tasks, and improving on such priors in the real world. We aim to use the vast corpus of internet data to define this prior. What is the best way to combine human priors with online practice, especially for hand-based tasks? When manipulating an object, the first thing one thinks about is where on the object to make contact, and how to make this contact. Then, we think about how to move our hands *after the contact*. In fact, this type of prior has been studied in computer vision and robotics literature as *visual affordances* [6, 7, 8, 9, 10, 11, 12, 13]. In our approach, DEFT, we build dexterous grasp affordances which predict the contact point, hand pose at contact, and post contact trajectory. To improve upon these, we introduce a sampling-based approach similar to the Cross-Entropy Method (CEM) to fine-tune. Specifically, we tune the robot hand grasp, the pose, and the post-grasp trajectory all in the real world for a variety of tasks. This method enables iterative real-world improvement in less than an hour.

In summary, our approach (DEFT) executes real-world learning on a soft robot hand with only a few trials in the real world. To facilitate this efficiently, we train priors on human motion from internet videos. We introduce 9 challenging tasks (as seen in Figure 1) that are difficult even for trained operators to perform: Picking a Cup, Pouring Lemonade, Opening a Drawer, Picking a Spoon, Scooping a Grape, Stirring a Spoon, Picking Grapes, Flipping a Bagel, and Squeezing a Lemon. While our method begins to show good success on these tasks with real-world fine-tuning, more investigation is required to complete these tasks more effectively. Please see our website for details and videos at http://dexterousfinetuning.github.io

2 Related Work

Real-world robot learning   Real-world manipulation tasks can involve a blend of classical and learning-based methods. Classical approaches like control methods or path planning often use hand-crafted features or objectives and can often lack flexibility in unstructured settings [14, 15, 16]. On the other hand, data-driven approaches such as deep reinforcement learning (RL) can facilitate complex behaviors in various settings, although these methods frequently rely on lots of data, privileged reward information and struggle with sample efficiency [17, 18, 19, 20, 21]. Efforts have been made to scale end-to-end RL [22, 23, 24, 25, 26, 27] to the real world, but their approaches are not yet efficient enough for more complex tasks and action spaces and are reduced to mostly simple tasks even after a lot of real-world learning. Many approaches try to improve this efficiency such as by

Figure 2: **Left:** DEFT consists of two phases: an affordance model that predicts grasp parameters followed by online fine-tuning with CEM. **Right:** Our affordance prediction setup predicts grasp location and pose.

using different action spaces [28], goal relabeling [29], trajectory guidance[30], visual imagined goals [23], or curiosity-driven exploration [31].

Learning from Human Motion   The field of computer vision has seen much recent success in human body and object interaction with deep neural networks. The human hand is often parametrized with MANO, a 45-dimensional vector [32] of axes aligned with the wrist, and a 10-dimensional shape vector. MANOtorch from [33] aligns it with the anatomical joints. Many recent works detect MANO in monocular video. [34, 35, 36] Some also detect objects as well as the hand together. [10, 37] We use FrankMocap to detect the hand for this work. There are many recent datasets including the CMU Mocap Database [38] and Human3.6M [39] for Human pose estimation, 100 Days of Hands [10] for hand-object interactions, FreiHand [40] for hand poses, Something-Something [41] for semantic interactions. ActivityNet datasets [42], or YouCook [43] are action-driven datasets that focus on dexterous manipulation. We use these three datasets: [44] is a large-scale dataset with human-object interactions, [45] for curated human-object interactions, and [46] which has many household kitchen tasks. In addition to learning exact human motion, many others focus on learning priors from human motion. [47, 48] learn general priors using contrastive learning on human datasets.

Learning for Dexterous Manipulation   With recent data-driven machine learning methods, roboticists are now beginning to learn dexterous policies from human data as well. Using the motion of a human can be directly used to control robots [49, 50, 51]. Moving further, human motion in internet datasets can be retargeted and used directly to pre-train robotic policies. [2, 52] Additionally, using human motion as a prior for RL can help with learning skills that are human-like [53, 54, 55]. Without using human data as priors, object reorientation using RL has been recently successful in a variety of settings. [56, 57] Similar to established work in robot dogs which do not have an easy human analog to learn from, these methods rely on a lot of training data collected in simulation along with zero-shot transfer. [58, 59]

Soft Object Manipulation   Manipulating soft and delicate objects in a robot's environment has been a long-standing problem. Using the torque output on motors, either through measuring current or through torque sensors, is useful feedback to find out how much force a robot is applying [60, 61]. Coupled with dynamics controllers, these robots can learn to not apply too much torque to the environment around them [62, 63, 64]. A variety of touch sensors [65, 66, 67, 68] have also been developed to feel the environment around it and can be used as control feedback.

3   Background

DASH: Dexterous Anthropomorphic Soft Hand   Recently introduced, DASH (Dexterous Anthropomorphic Soft Hand) [1] is a four-fingered anthropomorphic soft robotic hand well-suited for machine learning research use. Its human-like size and form factor allows us to retarget human hand

Figure 3: We produce three priors from human videos: the contact location (**top row**) and grasp pose (**middle row**) from the affordance prior; the post-grasp trajectory (**bottom row**) from a human demonstration of the task.

grasps to robot hand grasps easily as well as perform human-like grasps. Each finger is actuated by 3 motors connected to string-like tendons, which deform the joints closest to the fingertip (DIP joint), the middle joint (PIP joint), and the joint at the base of the finger (MCP joint). There is one motor for the finger to move side-to-side at the MCP joint, one for the finger to move forward at the MCP joint, and one for PIP and DIP joints. The PIP and DIP joints are coupled to one motor and move dependently. While the motors do not know the end-effector positions of the fingers, we learn a mapping function from pairs of motor angles and visually observed open-loop finger joint angles. These models are used to command the finger joint positions learned from human grasps.

4 Fine-Tuning Affordance for Dexterity

The goal of DEFT is to learn useful, dexterous manipulation in the real world that can generalize to many objects and scenarios. DEFT learns in the real-world and fine-tunes robot hand-to-object interaction in the real world using only a few samples. However, without any priors on what is useful behavior, the robot will explore the action space inefficiently. Especially with a high-dimensional robotic hand, we need a strong prior to effectively explore the real world. We thus train an affordance model on human videos that leverages human behavior to learn what are reasonable behaviors the robot should perform.

4.1 Learning grasping affordances

To learn from dexterous interaction in a sample efficient way, we use human hand motion as a prior for robot hand motion. We aim to answer the following: (1) What useful, actionable information can we extract from the human videos? (2) How can human motion be translated to the robot embodiment to guide the robot? In internet videos, humans frequently interact with a wide variety of objects. This data is especially useful in learning object affordances. Furthermore, one of the major obstacles in manipulating objects with few samples is accurately grasping the object. A model that can perform a strong grasp must learn *where* and *how* to grasp. Additionally, the task objective is important in determining object affordances–humans often grasp objects in different ways depending on their goal. Therefore, we extract three pieces of information from human videos: the grasp location, the human grasp pose, and the task.

Given a video clip $V = \{v_1, v_2, \ldots, v_T\}$, the first frame v_t where the hand touches the object is found using a pre-trained, off-the-shelf hand-object detection model [10]. Similar to previous approaches [7, 8, 11, 9], a set of contact points are extracted to fit a Gaussian Mixture Model (GMM) with centers $\mu = \{\mu_1, \mu_2, \ldots, \mu_k\}$. Detic [69] is used to obtain a cropped image v'_1 containing just the object in the initial frame v_1 to condition the model. We use Frankmocap [36] to extract the hand grasp pose

Figure 4: **Left**: Workspace Setup. We place an Intel RealSense camera above the robot to maintain an egocentric viewpoint, consistent with the affordance model's training data. **Right**: Thirteen objects used in our experiments.

P in the contact frame v_t as MANO parameters. We also obtain the wrist orientation θ_{wrist} in the camera frame. This guides our prior to output wrist rotations and hand joint angles that produce a stable grasp. Finally, we acquire a text description T describing the action occurring in V.

We extract affordances from three large-scale, egocentric datasets: Ego4D [44] for its large scale and the variety of different scenarios depicted, HOI4D [12] for high-quality human-object interactions, and EPIC Kitchens [46] for its focus on kitchen tasks similar to our robot's. We learn a task-conditioned affordance model f that produces $(\hat{\mu}, \hat{\theta}_{\text{wrist}}, \hat{P}) = f(v_1', T)$. We predict $\hat{\mu}$ in similar fashion to [7]. First, we use a pre-trained visual model [70] to encode v_1' into a latent vector z_v. Then we pass z_v through a set of deconvolutional layers to get a heatmap over v_1' and use a spatial softmax to estimate $\hat{\mu}$.

To determine $\hat{\theta}_{\text{wrist}}$ and $\hat{P}$, we use z_v and an embedding of the text description $z_T = g(T)$, where g is the CLIP text encoder [71]. Because transformers have seen success in encoding various multiple modes of input, we use a transformer encoder $\mathcal{T}$ to predict $\hat{\theta}_{\text{wrist}}, \hat{P} = \mathcal{T}(z_v, z_T)$. Overall, we train our model to optimize

$$\mathcal{L} = \lambda_\mu ||\mu - \hat{\mu}||_2 + \lambda_\theta ||\theta_{\text{wrist}} - \hat{\theta}_{\text{wrist}}||_2 + \lambda_P ||P - \hat{P}||_2 \tag{1}$$

At test time, we generate a crop of the object using Segment-Anything [72] and give our model a task description. The model generates contact points on the object, and we take the average as our contact point. Using a depth camera, we can determine the 3D contact point to navigate to. While the model outputs MANO parameters [32] that are designed to describe human hand joints, we retarget these values to produce similar grasping poses on our robot hand in a similar manner to previous approaches [73, 50]. For more details, we refer readers to the appendix. In addition to the affordance model f, we collect one demo of the human doing the robot task (Figure 3). This demo is used as a prior on the post-grasp trajectory. We extract the task-specific wrist trajectory after the grasp using [36]. In the fine-tuning stage, we initialize the post-grasp trajectory with this human demonstration. Once we have this prior, how can the robot *improve* upon it?

4.2 Fine-tuning via Interaction

The affordance prior allows the robot to narrow down its learning behavior to a small subset of all possible behaviors. However, these affordances are not perfect and the robot will oftentimes still not complete the task. This is partially due to morphology differences between the human and robot hands, inaccurate detections of the human hands, or differences in the task setup. In order to improve upon this, we practice in an online fashion to optimize the learned skills.

Let the grasp location, wrist rotation and grasp pose, as well as the trajectory from our affordance prior be ξ. During training we sample noise $\epsilon \sim \mathcal{D}$ where $\mathcal{D}$ is initialized to $\mathcal{N}(0, \sigma^2)$ (for a small σ).

Figure 5: Qualitative results showing the finetuning procedure for DEFT. The model learns to hold the spatula and flip the bagel after 30 CEM iterations.

We rollout a trajectory parameterized by $\xi + \epsilon$. We collect R_i, the reward for each $\xi_i = f(v_i) + \epsilon_i$ where v_i is the image. After an initial number of M warmup episodes, we rank the rollouts based on R_i and extract sampled noise from the elite trajectories $\{\epsilon_{i_1}, \epsilon_{i_2}, \ldots, \epsilon_{i_k}\}$. We fit $\mathcal{D}$ to the elite trajectories to improve the sampled noise.

At test time, we could take the mean values of the top N trajectories for the rollout policy. However, this does not account for the appearance of different objects, previously unseen object configurations, or other properties in the environment. To account for this, we train a VAE [74, 75, 76, 77] to output residuals δ_j conditioned on an encoding of the initial image $\phi(I_{j,0})$ and affordance model outputs ξ_j from the top ten trajectories. We train an encoder $q(z|\delta_j, c_j)$ where $c_j = (\phi(I_{j,0}), \xi_j)$, as well as a decoder $p(\delta_j|z, c_j)$. At test time, our residual policy $\pi(I_0, \xi)$ samples $z \sim \mathcal{N}(\mathbf{0}, \mathbf{I})$ and predicts $\hat{\delta} = p(z, (I_0, \xi))$. Then we rollout the trajectory determined by the parameters $\xi + \hat{\delta}$. We provide more details in the Appendix.

5 Experiment Setup

We performs a variety of experiments to answer the following: 1) How well can DEFT learn and improve in the real world? 2) How good is our affordance model? 3) How can the experience collected DEFT be distilled into a policy? 4) How can DEFT be used for complex, soft object manipulation? Please see our website at http://dexterousfinetuning.github.io for video results.

Task Setup We introduce 9 tabletop tasks, *Pick Cup*, *Pour Cup*, *Open Drawer*, *Pick Spoon*, *Scoop Sugar*, *Stir Straw*, *Pick Grape*, *Flip Bagel*, *Squeeze Lemon*. For all tasks, we randomize the position of the object on the table, as well as use train and test objects with different shapes and appearances to test for generalization. To achieve real-world learning with the soft robot hand, we pretrain an internet affordance model as a prior for robot behavior. As explained in Section 4, we train one language-conditioned model on all data. At test time, we use this as initialization for our real-world fine-tuning. The fine-tuning is done purely in the real world. An operator runs 10 warmup episodes of CEM, followed by 20 episodes that continually update the noise distribution, improving the policy. After this stage, we train a residual VAE policy that trains on the top ten CEM rollouts to predict the noise given the image and affordance outputs. Over all our experiments, we collect data for several thousands of rollouts for over 100 hours of real world data collection.

Hardware Setup We use a 6-DOF UFactory xArm6 robot arm for all our experiments. We attach it to a 16-DOF Soft Hand using a custom, 3D-printed base. We use a single, egocentric RGBD camera to capture the 3D location of the object in the camera frame. We calibrate the camera so that the predictions of the affordance model can be converted to and executed in the robot frame. The flexibility of the robot hand also makes it robust to collisions with objects or unexpected contact with the environment. or the arm, we ensure that it stays above the tabletop. The job will be terminated if the arm's dynamics controller senses that the arm collided aggressively with the environment.

Method	Pick cup		Pour cup		Open drawer		Pick spoon		Scoop Sugar		Stir Straw	
	train	test	train	test	train	test	train	test	train	test	train	test
`Real-World Only`	0.0	0.1	0.2	0.1	0.1	0.0	0.7	0.3	0.0	0.0	0.3	0.0
`Affordance Model Only`	0.1		0.4		0.5		0.5		0.0		0.3	
`DEFT`	**0.8**	**0.8**	**0.8**	**0.9**	**0.5**	**0.4**	**0.8**	**0.6**	**0.7**	**0.3**	**0.8**	**0.5**

Table 1: We present the results of our method as well as compare them to other baselines: Real-world learning without internet priors used as guidance and the affordance model outputs without real-world learning. Together, our method is able to better complete these tasks.

Figure 6: Improvement results for 6 tasks: pick cup, pour, open drawer, pick spoon, scoop, and stir. We see a steady improvement in our method as more CEM episodes are collected.

6 Results

Effect of real world fine-tuning   We investigate the role of the affordance model and real-world fine-tuning (Table 1 as well as Figure 6). In the real-world only model, we manually provide a few heuristics in place of the affordance prior. We detect the object in the scene using a popular object detection model [72] and let the contact location prior be the center of the bounding box and randomly sample the rotation angle, and a half-closed hand as the grasp pose prior. With these manually provided priors, the robot has difficulty finding stable grasps. Additionally, the main challenge was finding the correct rotation angle for the hand. Hand rotation is very important for many tool manipulation tasks because it requires not only requires picking the tool but also grasping in a stable manner.

Zero-shot prior execution   We explore the zero-shot performance of our prior. Without applying any online fine-tuning to our affordance model, we rollout the trajectory parameterized by the prior. While our model is decent on simpler tasks, the model struggles on tasks like stir and scoop that require strong, power grasps (shown in Table 1). In these tasks, the spoon collides with other objects, so fine-tuning the prior to hold the back of the spoon is important in maintaining a reliable grip throughout the post-grasp motion. Because DEFT incorporates real-world experience with the prior, it is able to sample contact locations and grasp rotation that can better execute the task.

Human and automated rewards   We ablate the reward function used to evaluate rollouts. Our method queries the operator during the task reset process to assign a continuous score from 0 to 1 for the grasp. Because the reset process requires a human-in-the-loop regardless, this adds little marginal cost for the operator. But what if we would like these rewards to be calculated autonomously? We use the final image collected in the single post-grasp human demonstration from Section 4 as the goal image. We define the reward to be the negative embedding distance between the final image of the

Method	Pour Cup		Open Drawer		Pick Spoon	
	train	test	train	test	train	test
Reward Function:						
`R3M Reward`	0.0	0.0	0.4	**0.5**	0.5	0.4
`Resnet18 Imagenet Reward`	0.1	0.2	0.3	0.1	0.4	0.2
Policy Ablation:						
`DEFT w/ MLP`	0.0	0.0	0.5	0.0	0.6	0.5
`DEFT w/ Transformer`	0.4	0.5	**0.6**	0.1	0.4	0.5
`DEFT w/ Direct Parameter est.`	0.1	0.1	0.1	0.0	0.3	0.0
`DEFT`	**0.8**	**0.9**	0.5	0.4	**0.8**	**0.6**

Table 2: Ablations for (1) reward function type, (2) model architecture, and (3) parameter estimation approach.

rollout and the goal image with either an R3M [70] or a ResNet [78] encoder. The model learned from ranking trajectories with R3M reward is competitive with DEFT in all but one task, indicating that using a visual reward model can provide reasonable results compared to human rewards.

Model Architecture We investigate different models and training architectures for the policy trained on the rollouts (Table 2). When we replace the conditional VAE with an MLP that predicts residuals, the model has difficulty learning the grasp ro-

Figure 7: We evaluate DEFT on three difficult manipulation tasks.

tation to effectively pour a cup. We find that the MLP cannot learn the multi-modality of the successful data properly. Our transformer ablation is an offline method similar to [79] where in addition to the image and affordance model outputs, we condition on the reward outputs and train a transformer to predict the residual. At test time the maximum reward is queried and the output is used in the rollout. We hypothesize that the transformer needs more data. Finally, we train a VAE to directly estimate ξ instead of the residual. This was unable to effectively distill the information from the affordance prior with neither the diversity of data nor training time allotted. As a result, it often makes predictions that are far from the correct grasp pose.

Performance on complex tasks and soft object manipulation We investigate the performance of DEFT on more challenging tasks. Tasks involving soft objects cannot be simulated accurately, while our method is able to perform reasonably on tasks that involve grasping food.

7 Discussion and Limitations

In this paper, we investigate using how learn dexterous manipulation in complex setups. DEFT aims to learn directly in the real world. In order to accelerate, we build an *affordance* prior learned from human videos. We are able to efficiently practice and improve in the real world via our online fine-tuning approach, as well as the use of a soft a anthropomorphic hand, performing a variety of tasks (involving both rigid and soft objects). However, there are some limitations to our work. While we are able to learn policies for the high-dimensional robot hand, the grasps learned are not very multi-modal and do not capture all of the different grasps humans are able to perform. This is mainly due to the noisy hand detections. As these detection models improve, we hope to be able to learn a more diverse set of hand grasps. Second, during finetuning, we require resets require human input and intervention. This limits the amount of real-world learning we can do, as the human has to be constantly in the loop to reset the objects.

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