

All the exercises on this page can be attempted during the first week of piano playing – (some may have to be taught by rote where the beginner is young).

BALANCED HAND AND ROTARY FREEDOM

RIGHT HAND ALONE

Legato (smooth)

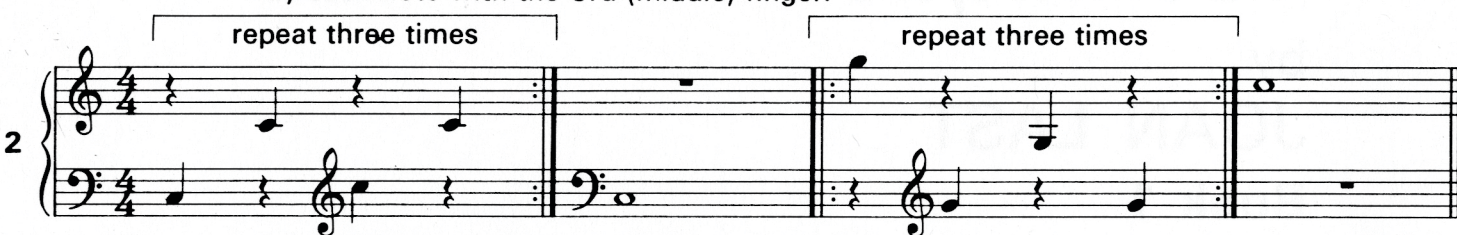


LEFT HAND



CROSSING HANDS (for free movement)

Play each note with the 3rd (middle) finger.



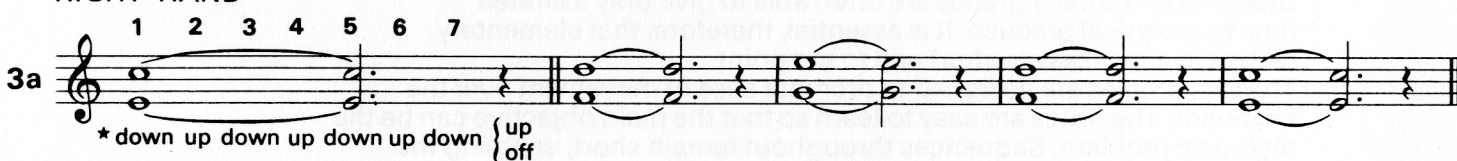
ARM WEIGHT

Cling to the keys with the fingers.

Use full flex of the wrist, without allowing it to collapse or become flabby.

Start with the elbow slightly raised. Hold the interval for seven counts, up on eight, move arm as directed*. But make sure you do not lose the sound (firm fingers always).

RIGHT HAND



3b LEFT HAND as above one octave lower

QUICK RELEASE OF KEY

TRAVELLING UP AND DOWN THE KEYBOARD

RIGHT HAND



LEFT HAND



The above fingering is the easiest for the beginner, but alternative fingerings may be used, and the following version attempted.

RIGHT HAND



5b LEFT HAND starts by descending as in 4b and ascends from bar 8.