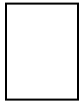
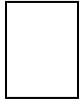




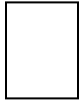
BEGINNING FINGER EXERCISES



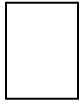
EXERCISE #1: Put fingers on any five white keys (one hand at a time). Drop thumb (**thumb plays on the tip of the side**) into the key and say, “Drop–lift–drop–lift–drop–lift–drop–lift–drop (hold and listen) slowly roll up (wrist)” (5 x slowly). All non- playing fingers must stay on top of the keys (no pointing). Repeat procedure with finger 2, then 3, 4 and 5. Be sure wrist is level with the arm and relaxed. Fingers must be curved and TALL (1st joints curved and “out” like a knee cap). Do this SLOWLY. Listen to your tone. Do this exercise several times a day. Repeating it will develop finger independence.



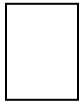
EXERCISE #2: Put fingers on any five white keys (one hand at a time). Drop thumb into the key and say, “1 – 2 – 1 – 2 – 1 – 2 – 1 – 2 – 1 – slowly roll up (wrist)”. Connect finger 1 to finger 2 (*legato*, like walking). All non-playing fingers must stay on top of the keys (no pointing). Continue with “1 – 3 – 1 – 3 – 1 – 3 – 1 – 3 – 1 – slowly roll up (wrist)” and then 1 - 4. . . and 1 - 5. . . Be sure wrist is level with the arm and relaxed. Fingers must be curved and TALL (1st joints curved and “out” like a knee cap). Do this SLOWLY. Listen to your tone. Do this exercise several times a day. Repeating it will develop finger independence.



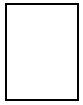
EXERCISE #3: Same as above, but now 2 -1- 2 – 1 – 2 – 1 – 2 – 1 – 2 – slowly roll up (wrist). 2-3-2-3-2-3-2-3-2 2-4-2-4-2-4-2-4-2. 2-5-2-5-2-5-2-5-2.



EXERCISE #4: 3-1-3-1-3-1-3-1-3 slowly roll up. 3-2-3-2-3-2-3-2-3.
3-4-3-4-3-4-3-4-3 3-5-3-5-3-5-3-5-3



EXERCISE #5: 4-1-4-1-4-1-4-1-4 4-2-4-2-4-2-4-2-4 4-3-4-3-4-3-4-3-4
4-5-4-5-4-5-4-5-4



EXERCISE #6: 5-1-5-1-5-1-5-1-5 5-2-5-2-5-2-5-2-5 5-3-5-3-5-3-5-3-5
5-4-5-4-5-4-5-4-5

FIVE FINGER PATTERNS

The fingering for each five-finger pattern is as follows: 1-2-3-4-5-4-3-2-1-3-5-3-1

5
1

 3

C MAJOR: C D E F G F E D C E G E C G MAJOR: G A B C D C B A G B D B G

D MAJOR: D E F# G A G F# E D F# A F# D A MAJOR: A B C# D E D C# B A C# E C# A

E MAJOR: E F# G# A B A G# F# E G# B G# E

F MAJOR: F G A B**b** C B**b** A G F A C A F

B MAJOR: B C# D# E F# E D# C# B D# F# D# B (play “higher” on the keys, *scoot your hand up into the keys*, to play this.)



****Float the wrist FORWARD, fingers “dripping” so fingers stay close to the keys. The wrist lifts the fingers off the keys. (“Wrists have lungs”; pianists breathe with their wrists).**