

Technical Development of the Young Beginner

Introduction

Approaching the young beginner

Physical Essentials

Seating Position

The Shape of the Hand and fingers

Identifying Tension spots

The Introduction of the Keyboard

First Sounds and Approaches

Stretching Exercises

The Five Finger Positions

Exercises to develop each joint

Gravity Drops (full arm)

Raise, Throw, Rest for the Fingers and the Wrist (smallest joints)

Push ups (wrist)

Circular legato (forearm and elbow)

Basic Touches

Legato with arm weight

Hand Staccato with wrist motion

Thumb Articulation

Introduction to resource materials

Exercises to develop independence of the fingers

Hold 1-play 4 exercise

Introduction to resource materials

Pentascals and chromaticism

Alternating touches in the 24 keys

Introduction to resource materials

Preparation for the scale technique

Thumb exercises with an octave scale

Effective thumb movement when passing under other fingers

Introduction to Resource materials

Resources Considered:

Hanon, 60 Exercises for the Piano

Pischna, 60 Exercises for the Piano

Cortot, The Rational Principles of Pianoforte Technique

Royal Conservatory of Music Achievement Program, Technical Requirements for Piano
