

Building the Hand: 5-Finger Exercises: Part 1

(Playing, Counting, with "Feeling" musical time in your body)

JimO

1. Right-Hand playing Half-Notes.. Thumb is No.1. **Count Out Loud** as you play!

♩ = 80

1. Right-Hand playing Half-Notes.. Thumb is No.1. **Count Out Loud** as you play!

2. Keep time with Left-Hand. Tip: Think of a Heart-Beat as you play.

1 2 3 4 5 4 3 2 1
C D E F G F E D C

1.2 3.4 1.2 3.4 1.2 3.4 1.2 3.4 1.2.3.4

6 3. Now to Quarter-Notes. R.H.. Think of walking. Again, count out loud!

1 1 2 2 3 3 4 4 5 5 4 4 3 3 2 2 1
C C D D E E F F G G F F E E D D C

4. Keep time with L.H.. Tip: Think of walking against a heart-beat

1.2 3.4 1.2 3.4 1.2 3.4 1.2 3.4 1.2.3.4

11 5. Now, Play the 5-Note PENTACHORD with quarter-notes

1 2 3 4 5 4 3 2 1 2 3 4 5 4 3 2 1
C D E F G F E D C D E F G F E D C

5. Keep time with the L.H. Tip: Think of walking up and down stairs.

1.2 3.4 1.2 3.4 1.2 3.4 1.2 3.4 1.2.3.4

16

6. NOW PLAY BOTH HANDS ON A "PARALLEL Pentachord." Count in your head or your feet.

6. Both hands move in same direction with same time values

1	2	3	4	5	4	3	2	1
C	D	E	F	G	F	E	D	C

5	4	3	2	1	2	3	4	5
C	D	E	F	G	F	E	D	C

21

7. Now, try the 5-Finger Pentachord in a "CONTRARY-MOTION" pattern.

7. Notice that the fingering pattern uses the identical humbers!

1	2	3	4	5	4	3	2	1
C	D	E	F	G	F	E	D	C

1	2	3	4	5	4	3	2	1
G	F	E	D	C	D	E	F	G