

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

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

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

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

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

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

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

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

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