

Piano

The Classical Piano Method

Finger Fitness 3

Heumann



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 SCHOTT

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Finger Fitness 3

HANS-GÜNTER HEUMANN

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FIVE TOP PRACTICE TIPS

1. Establishing a good playing posture is a great start on the road to developing a good technique and great sound. Firstly sit in an upright, but relaxed position at the centre of the keyboard, and towards the front edge of the stool. Your hands should comfortably reach the keys. Make sure your arms are relaxed and the shoulders are not raised. Your fingers should be positioned so that the forearm, wrist and backs of the hands form a straight line. Also your fingers should be softly curved as if holding a ball. Make sure to adjust your stool to the correct height! Too high and your back will arch, too low and your shoulders will rise. You should sit so that the upper body is balanced and stable. Certain muscle groups, such as those in the neck and shoulders should be consciously relaxed.
2. Practice as slowly as you need to play without mistakes or hesitation, then gradually increase the tempo.
3. Practice first with each hand separately, then with both hands together.
4. You will learn more quickly if you practice in small sections or passages. Study the piece, looking for repetitions and similarities. Problem passages should always be practiced on their own, and repeated many times. After that, it is important to practice them in context. Additionally, through practicing in this way you can learn to play the pieces from memory.
5. From time to time, play or think through the pieces and hear the music in your head. In your mind's eye, imagine either the score itself or the fingers with which you play the notes.

Hans-Günter Heumann

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1. School of Velocity

Op. 141, No. 4

Allegretto ♩ = 112

Cornelius Gurlitt (1820-1901)

mf

1 3 1 1 2 1 4 5 3 4 2 5 3 1 1

3 1 3 2 4 1 3 1 5

2 4 1 3 2 4 1 5

4 3 4 2 5 3 1 1

1 3