BOOK TWO

A DOZEN A DAY



Technical Exercises
FOR THE PIANO
to be done each day
BEFORE practicing

by

Edna-Mae Burnam





The WILLIS MUSIC COMPANY
CINCINNATI, OHIO

Copyright, MCML, by The Willis Music Co.
International Copyright Secured
Printed in U. S. A.

To my family

A DOZEN A DAY

Many people do exercises every morning before they go to work.

Likewise—we should all give our fingers exercises every day BEFORE we begin our practicing.

The purpose of this book is to help develop strong hands and flexible fingers.

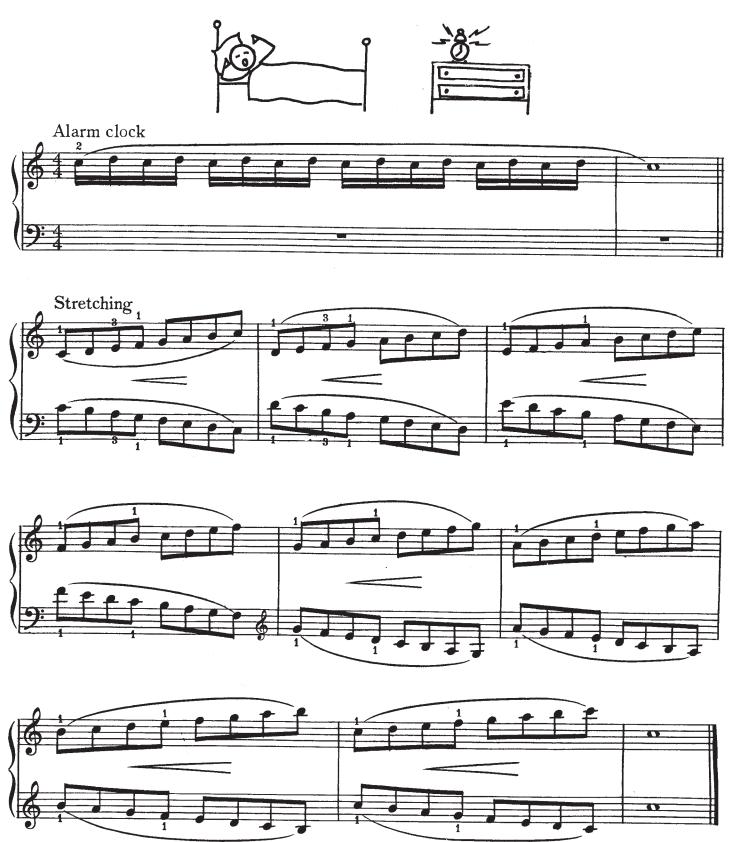
Do not try to learn the entire first dozen exercises the first week you study this book! Just learn two or three exercises and do them each day *before* practicing. When these are mastered, add another, then another, and keep adding until the twelve can be played perfectly.

When the first dozen—or Group I has been mastered and perfected—Group II may be introduced in the same manner.

When the entire book is finished, any of the groups may be transposed to different keys. In fact, this should be encouraged.

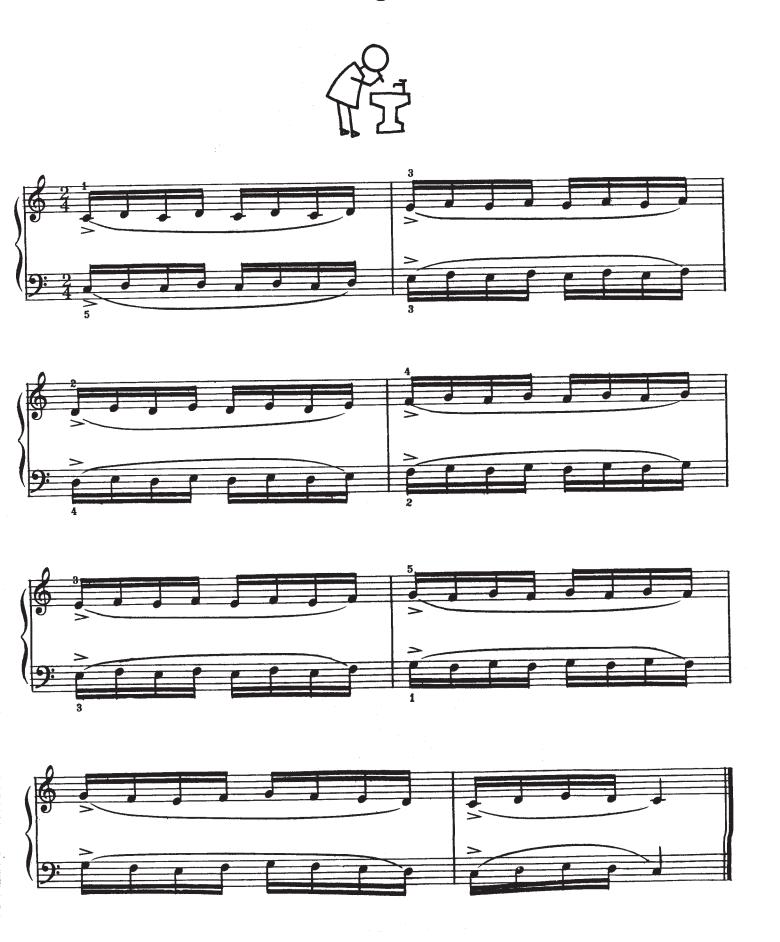
EDNA-MAE BURNAM

Group I 1. Wake up and Stretch

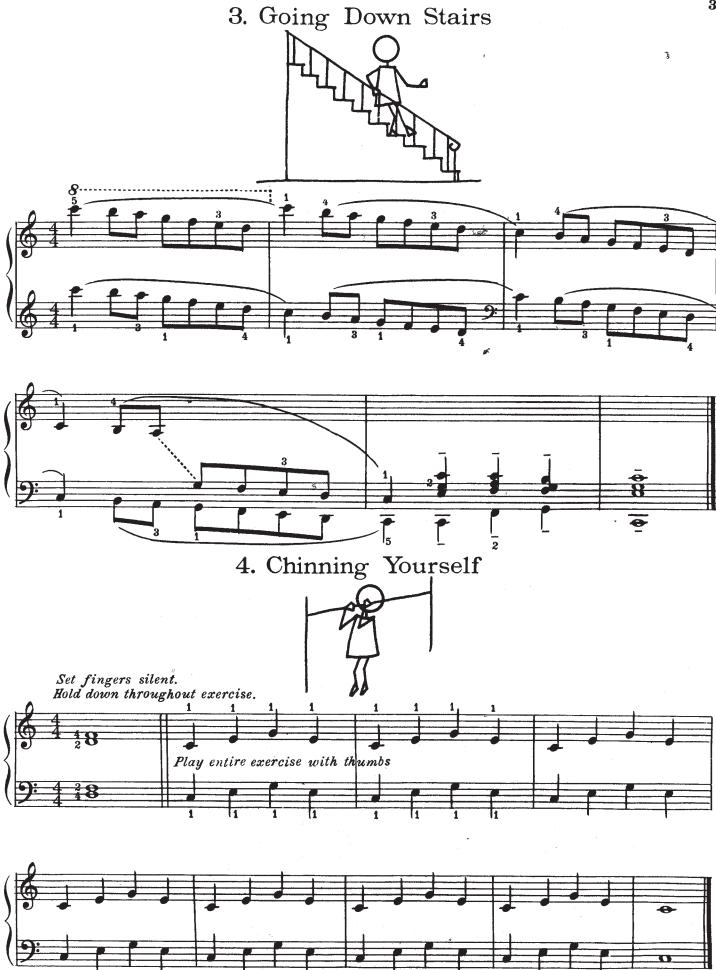


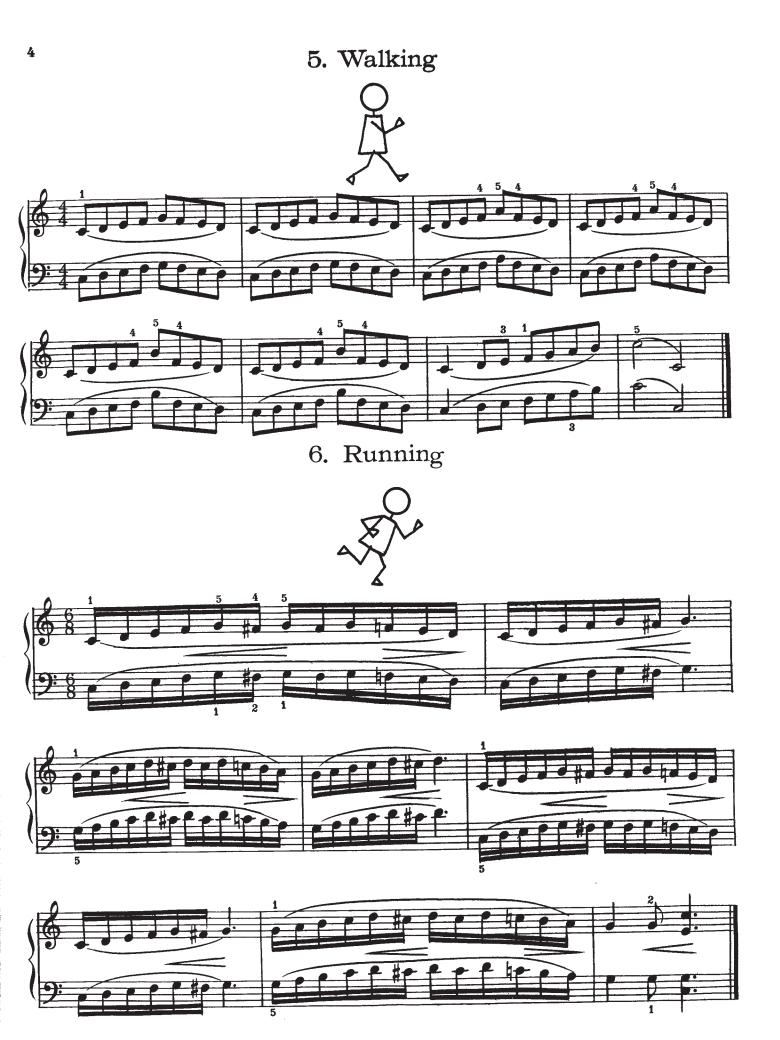
Copyright, MCMLIII, by The Willis Music Co. International Copyright Secured Printed in U.S.A.

2. Brushing Teeth







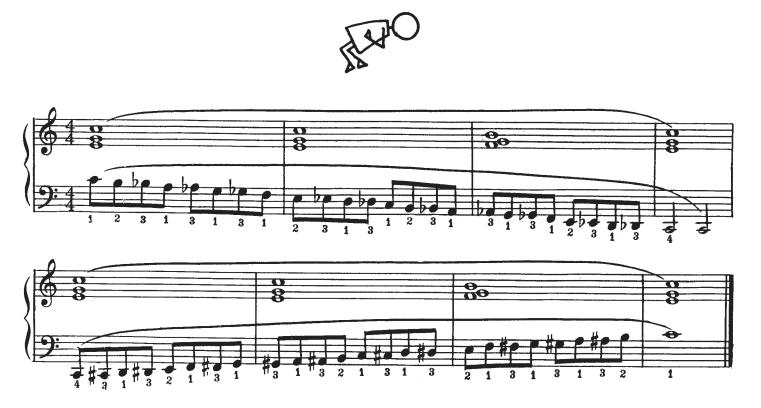


7. Jumping



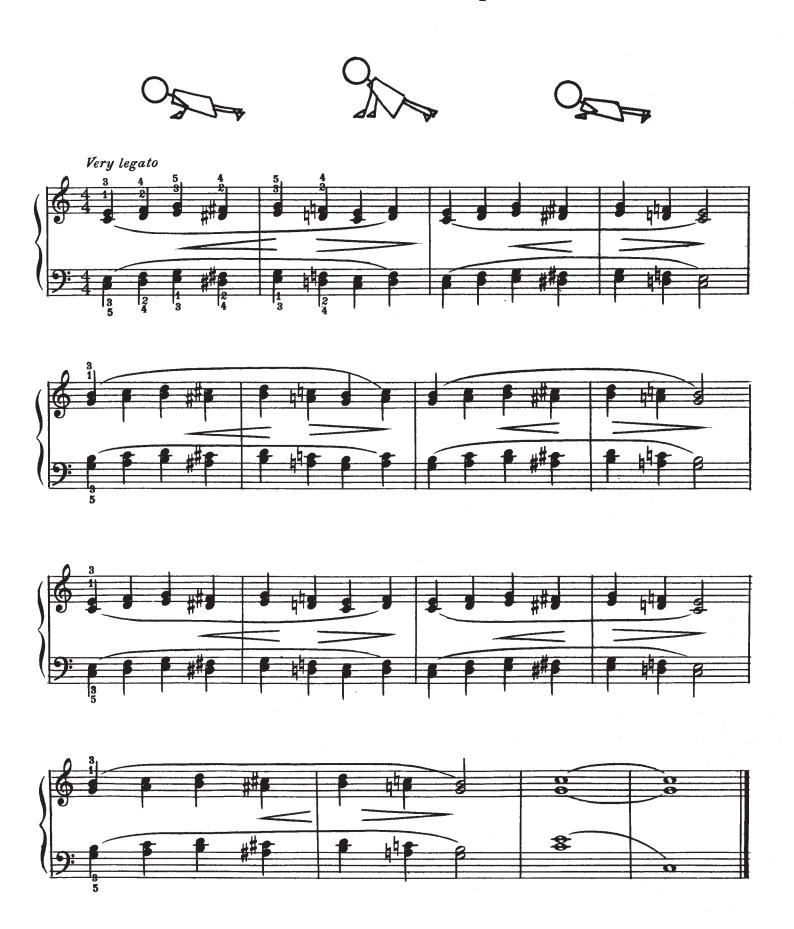


8. Backward Bend

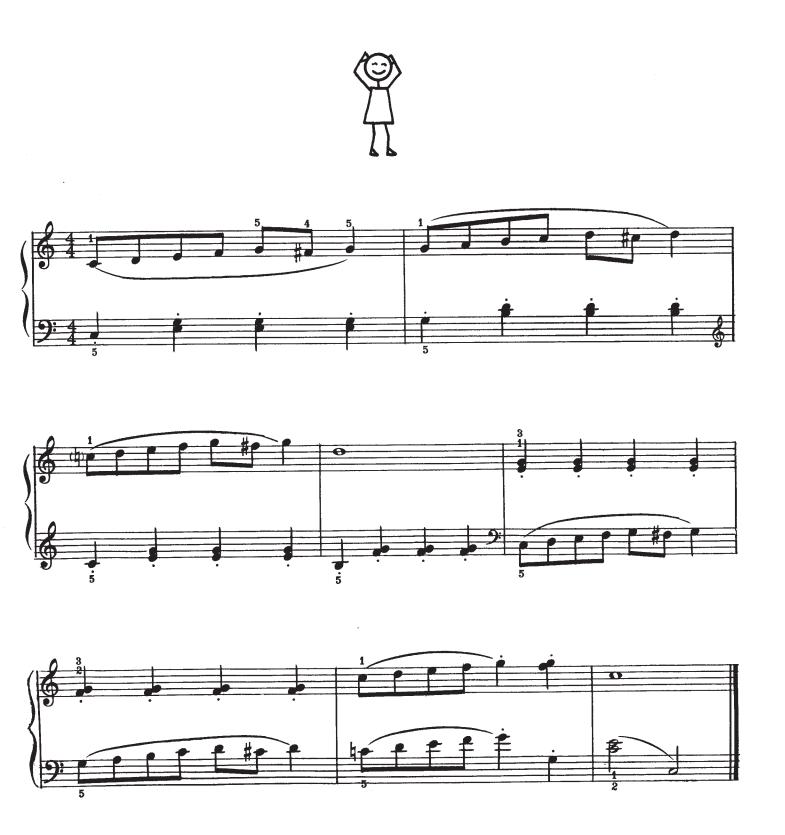


W.M.Co. 7082

5 W.M.Co. 7052

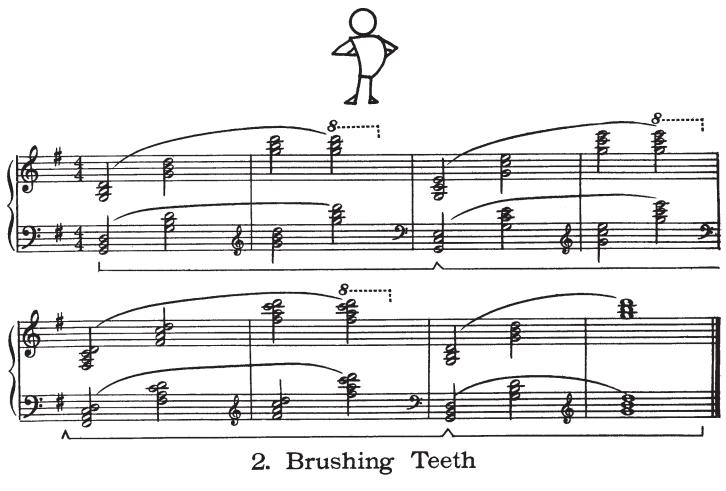


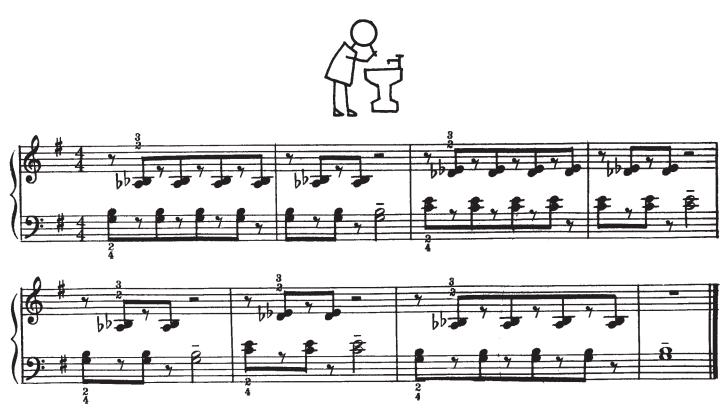
12. Fit as a Fiddle and Ready To Go



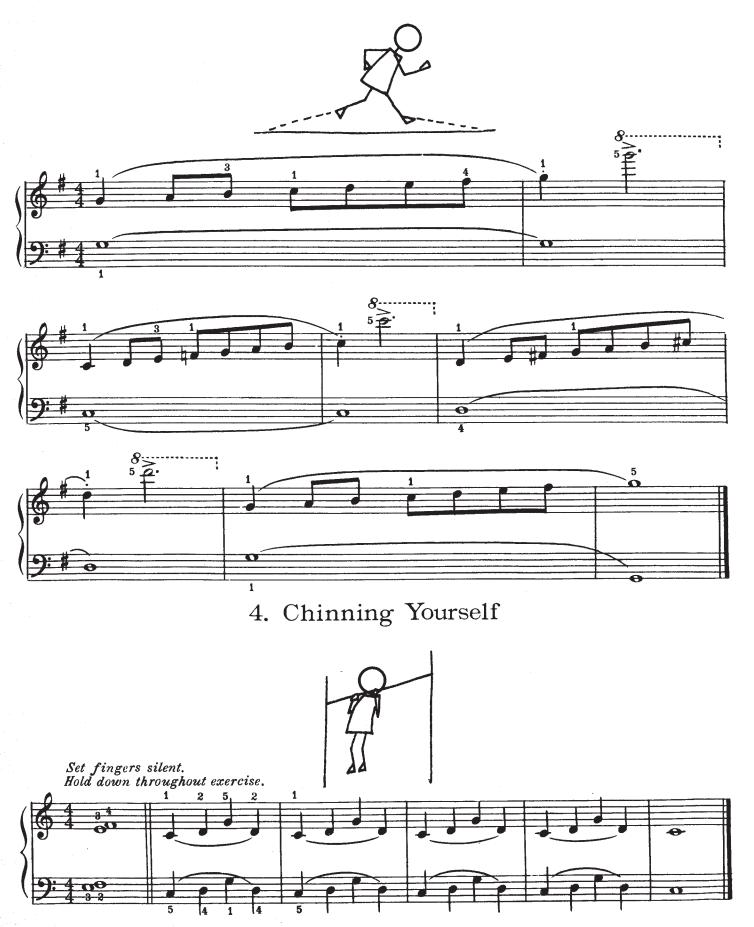
Group II

1. Deep Breathing



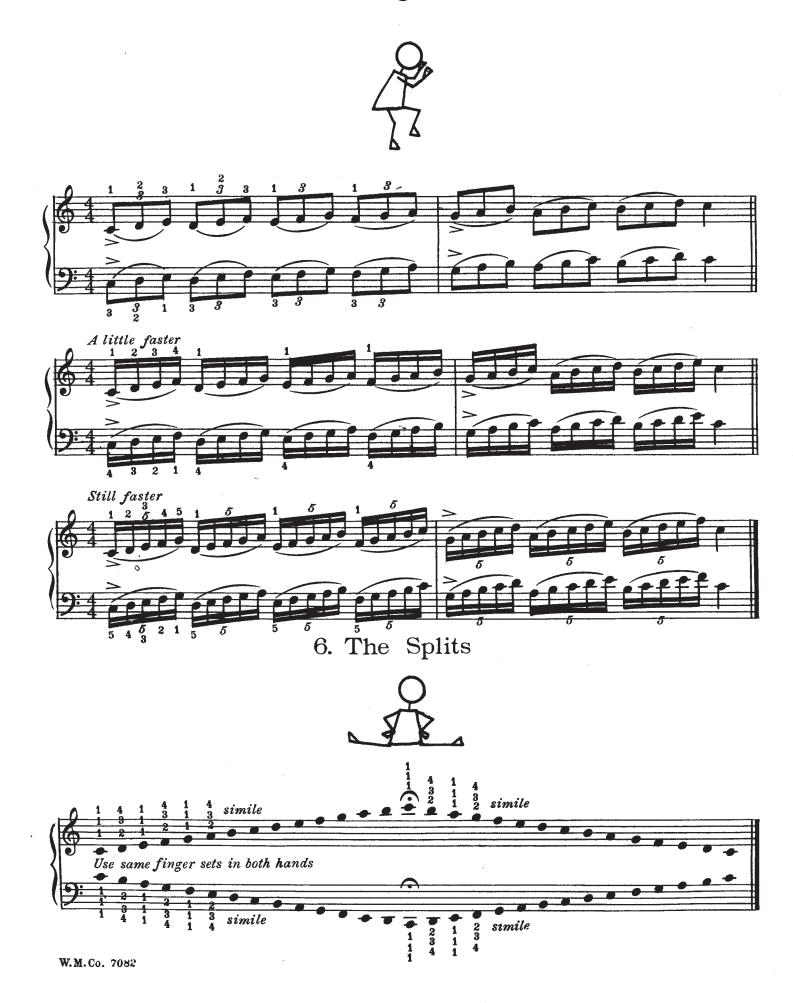


3. The Broad Jump

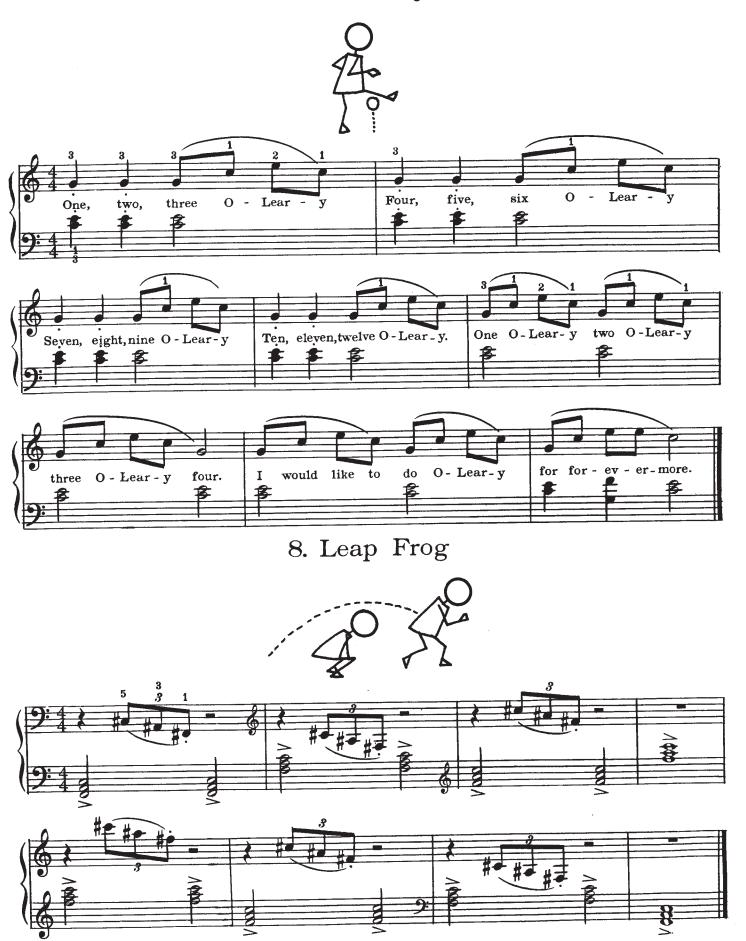


W.M.Co. 7082

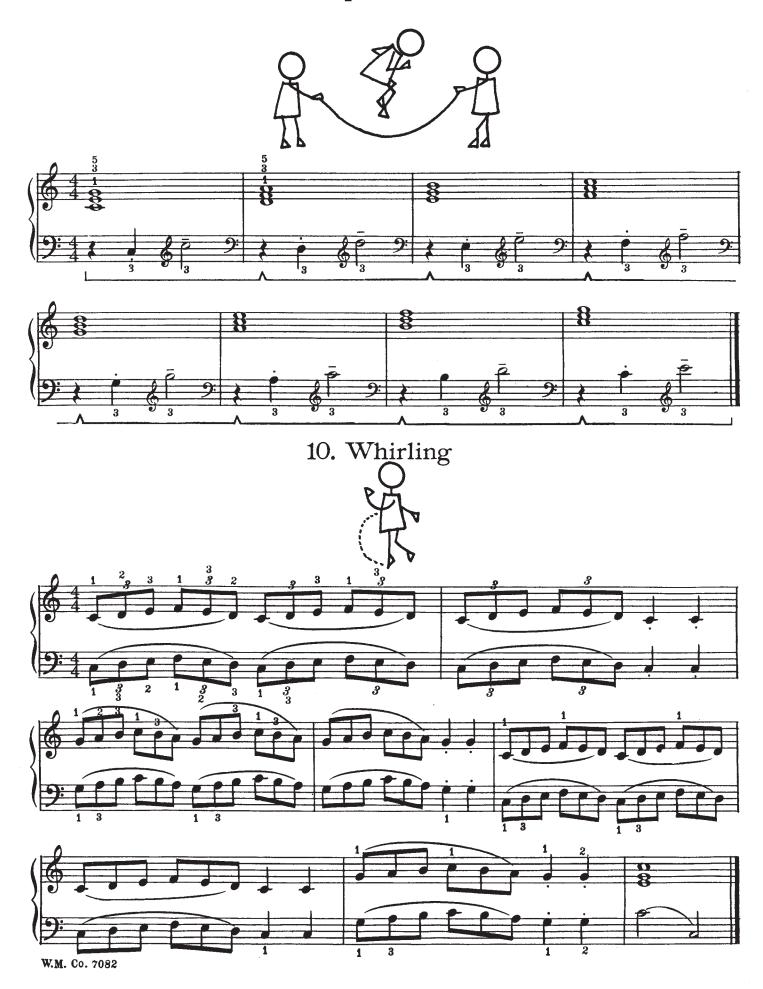
5. Climbing (in place)



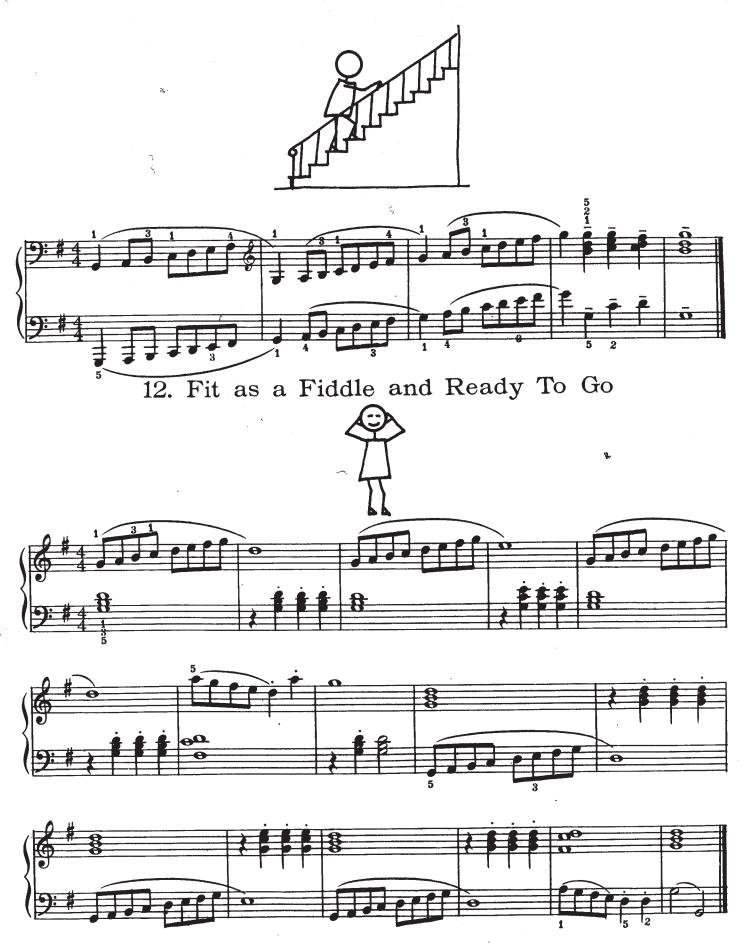
7. O-Leary



9. Jump The River

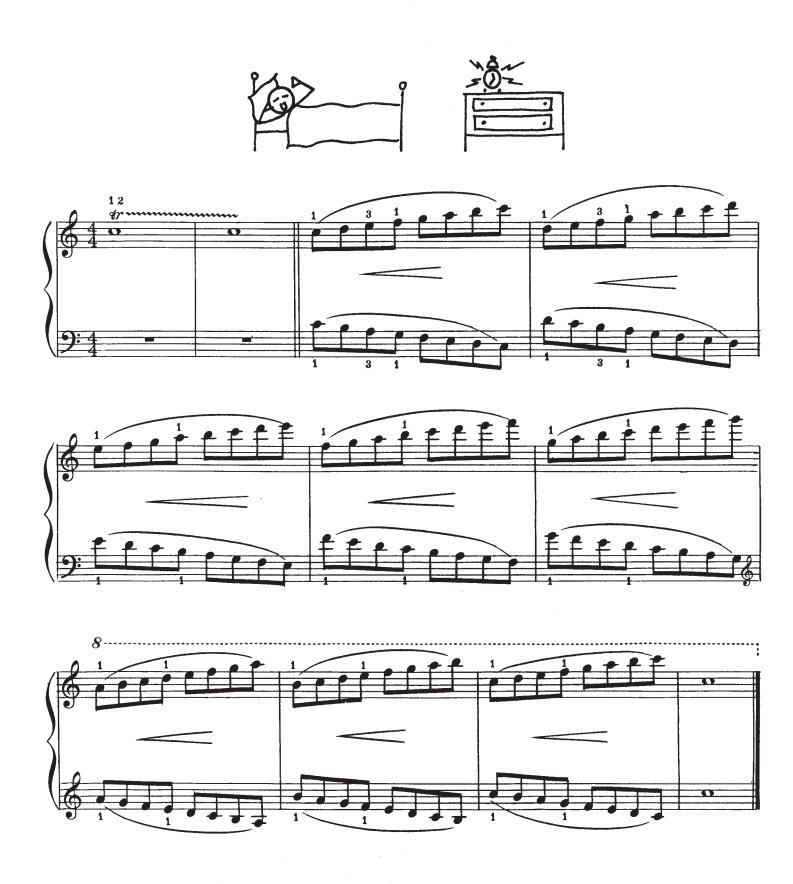


11. Going Up Stairs

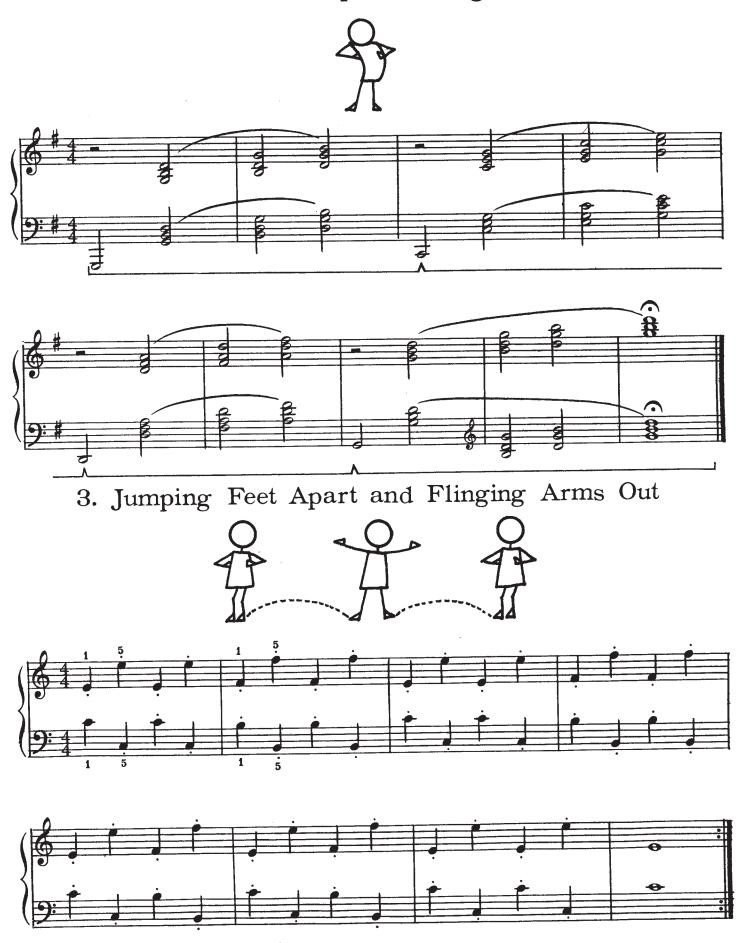


Group III

1. Wake Up and Stretch



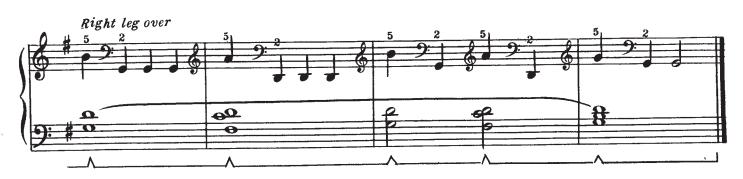
2. Deep Breathing



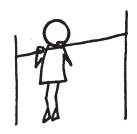
4. Crossing Leg Over (lying down)

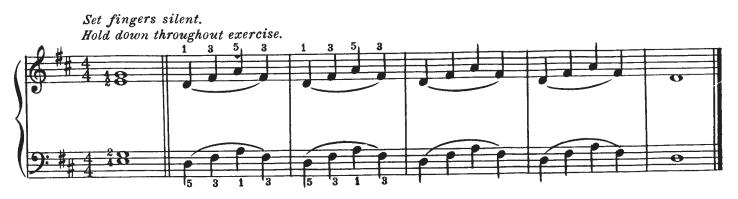






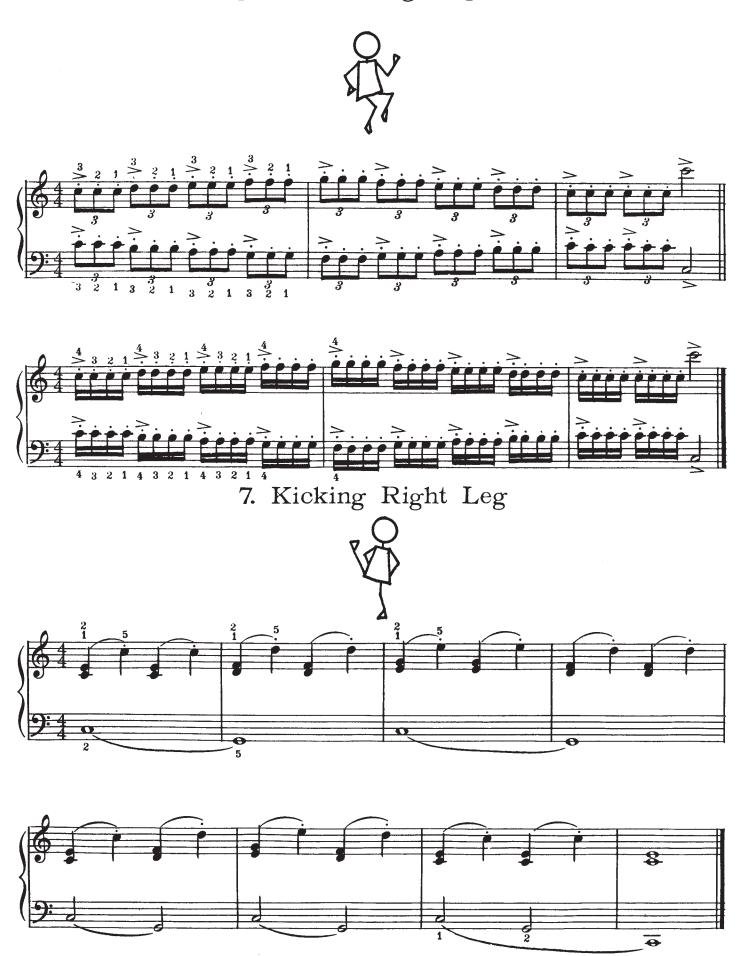
5. Chinning Yourself



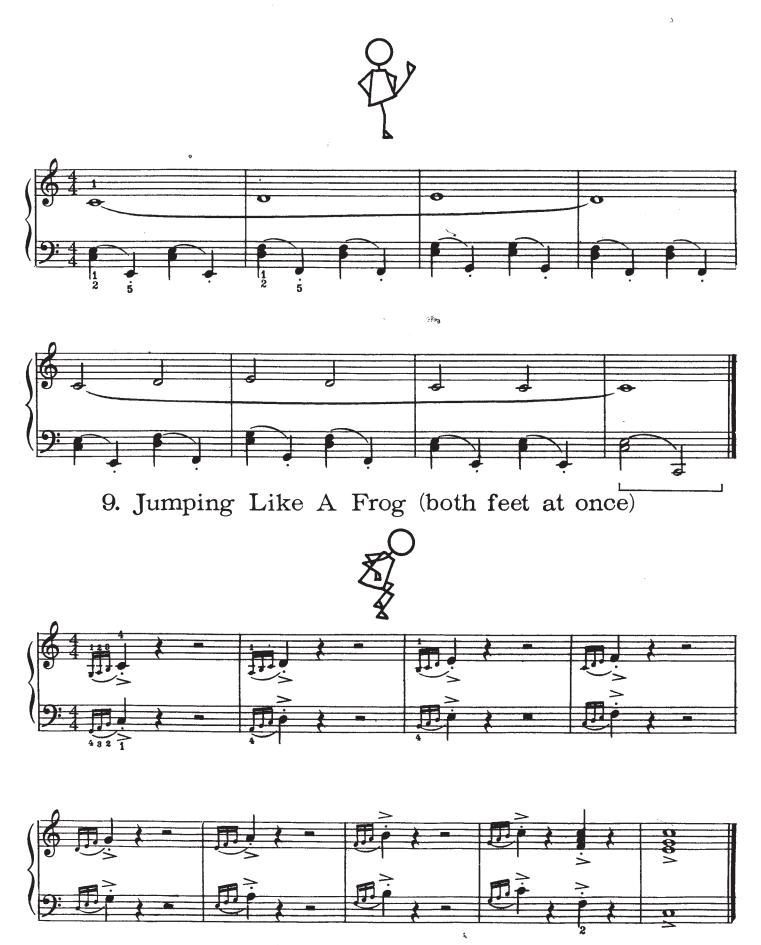


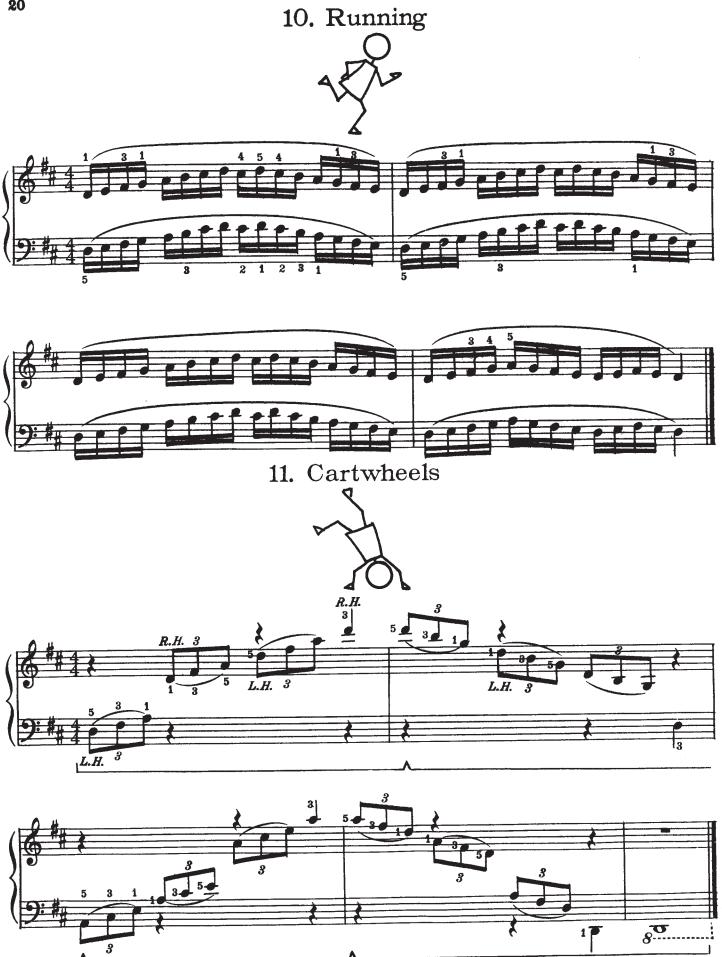
W.M. Co. 7082

6. Tip-toe Running (in place)

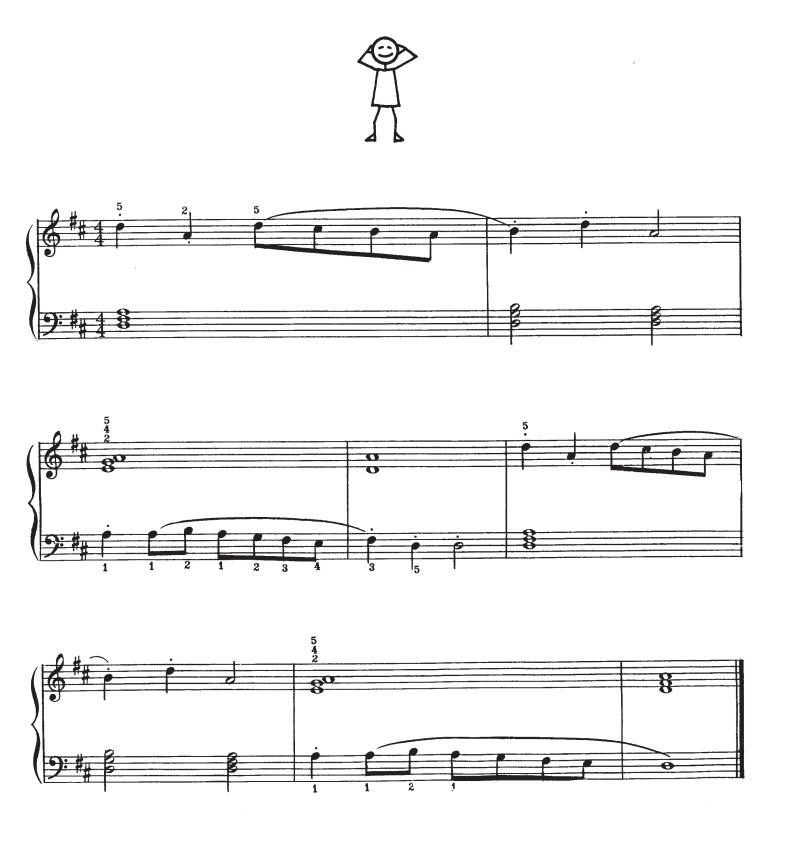


8. Kicking Left Leg



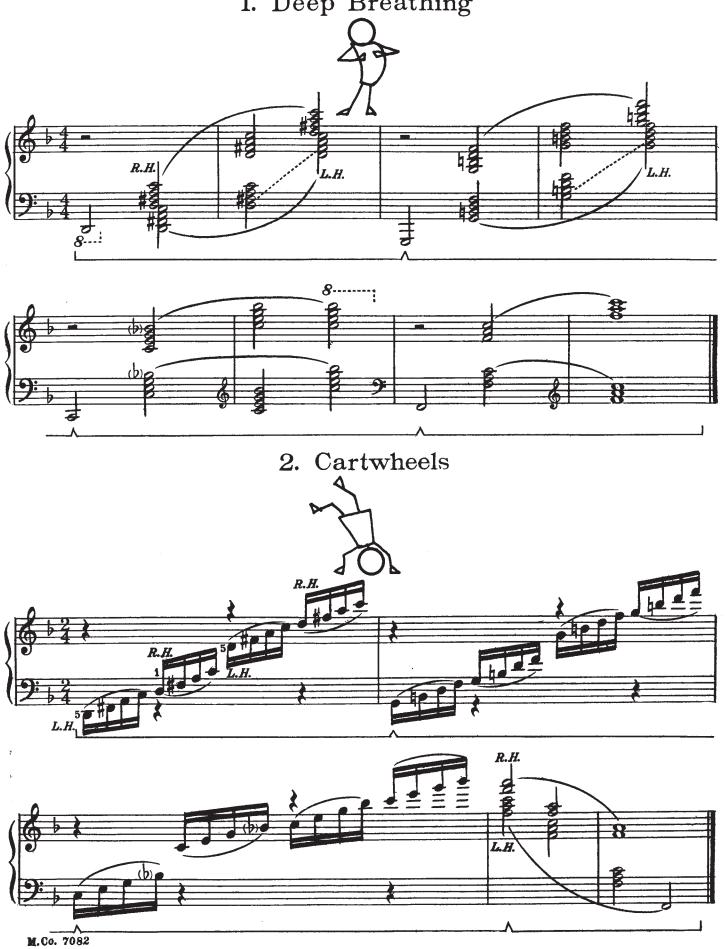


12. Fit as a Fiddle and Ready To Go

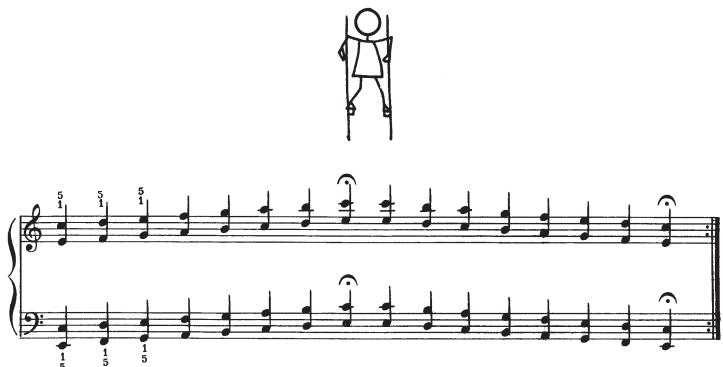


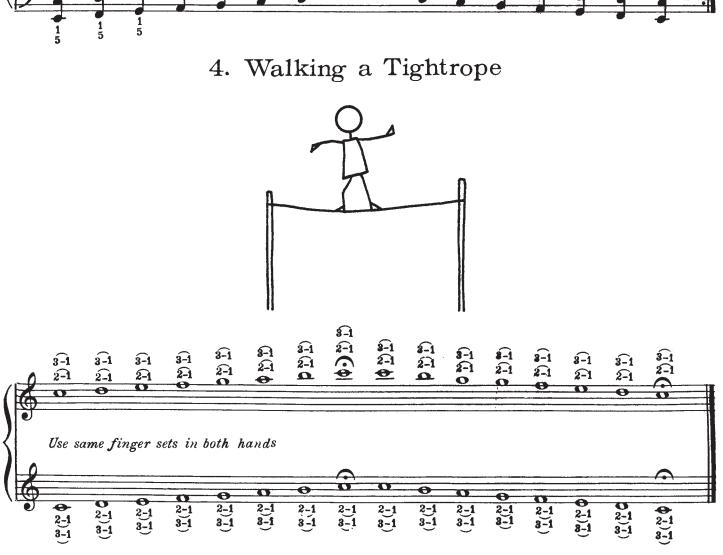
Group IV

1. Deep Breathing

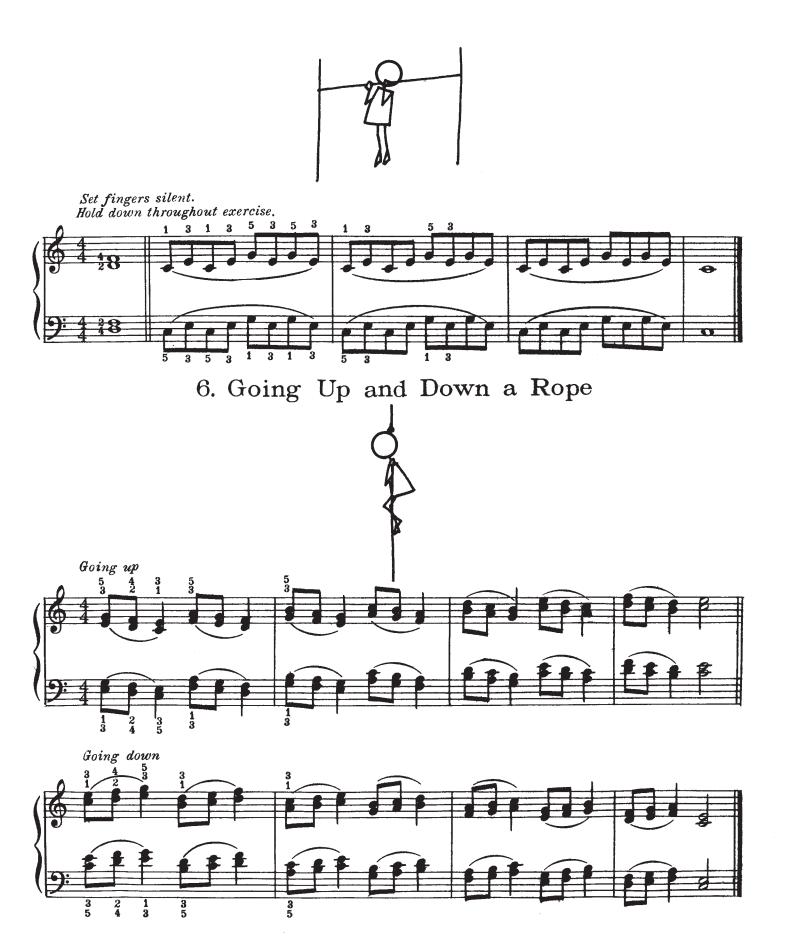


3. Walking On Stilts

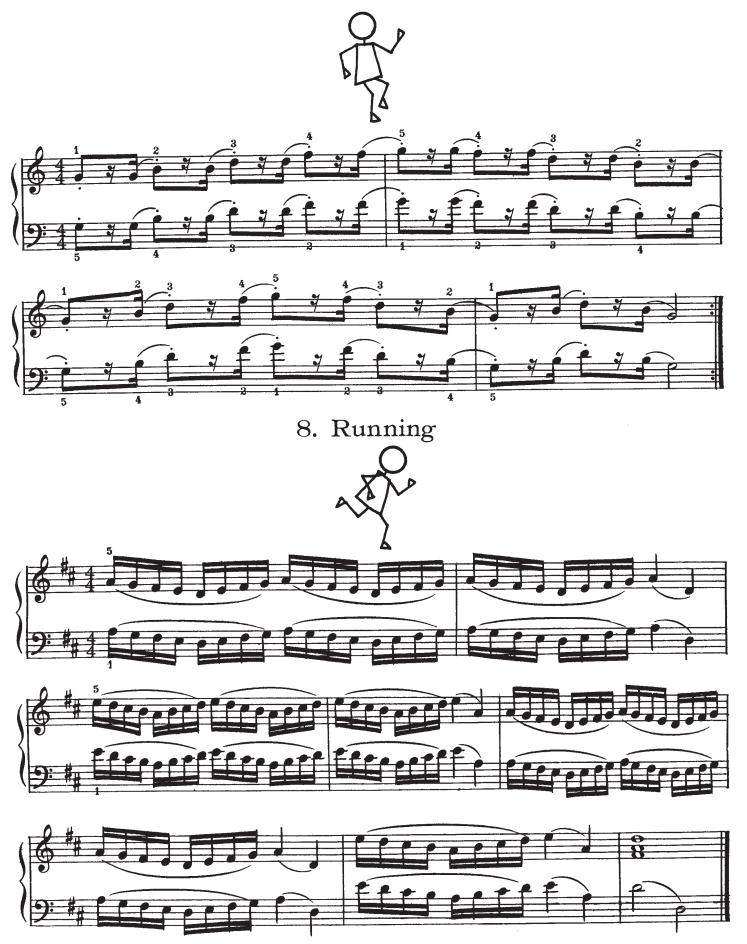




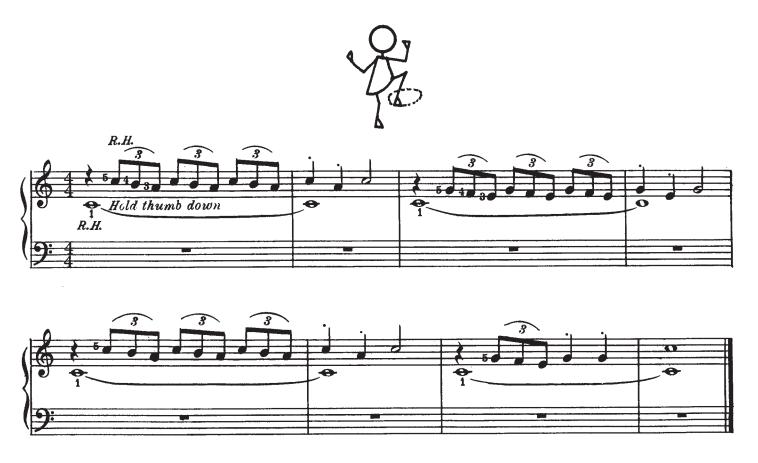
5. Chinning Yourself



7. Skipping



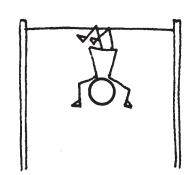
9. Turning Right Leg Around In a Circle

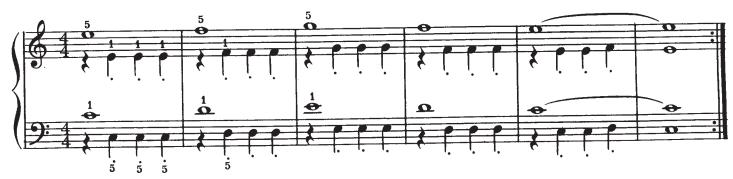


10. Turning Left Leg Around In a Circle



11. Hanging By Your Knees





12. Fit as a Fiddle and Ready To Go

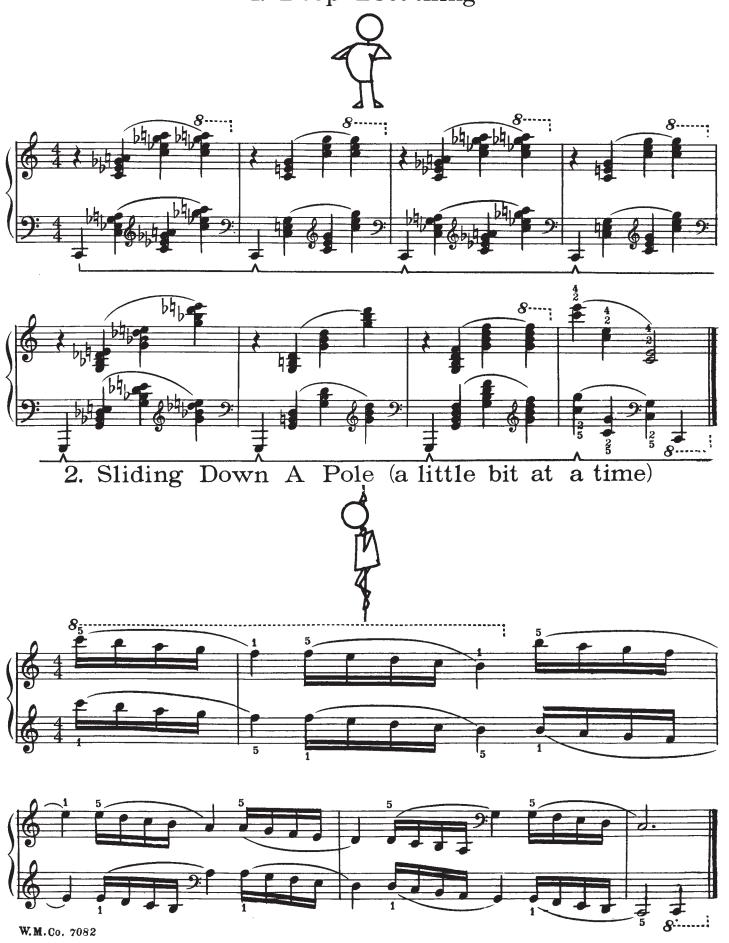


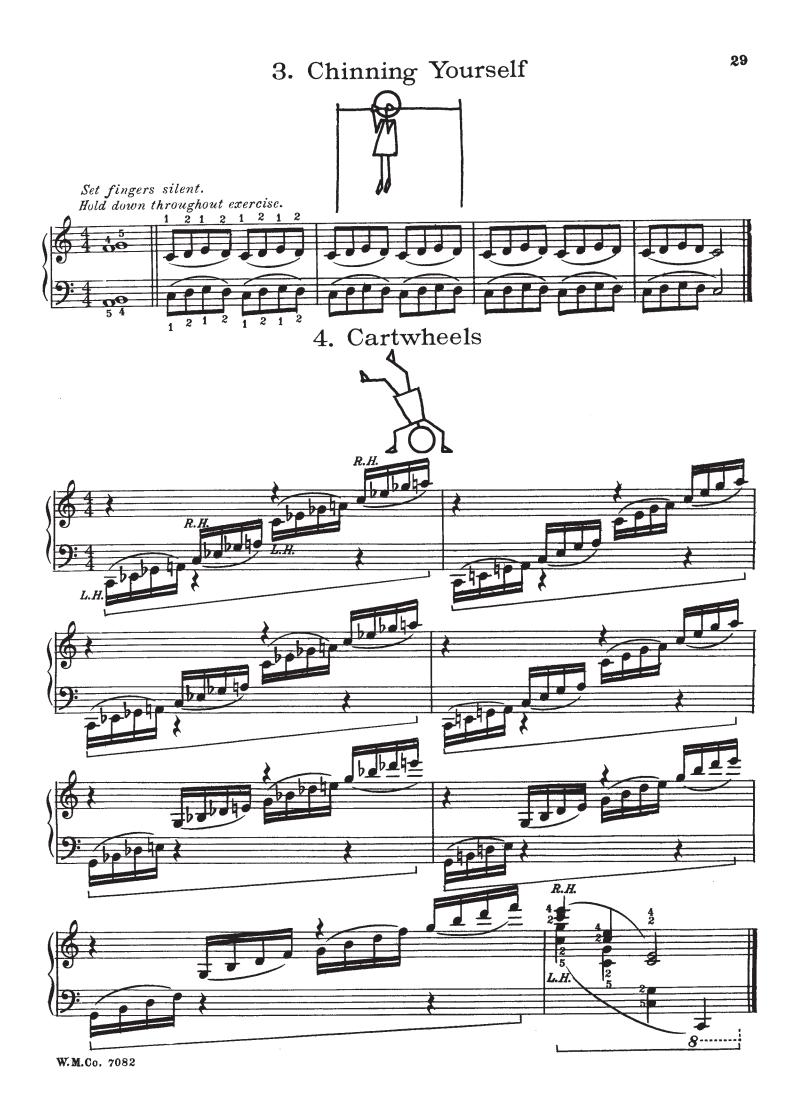




Group V

1. Deep Breathing

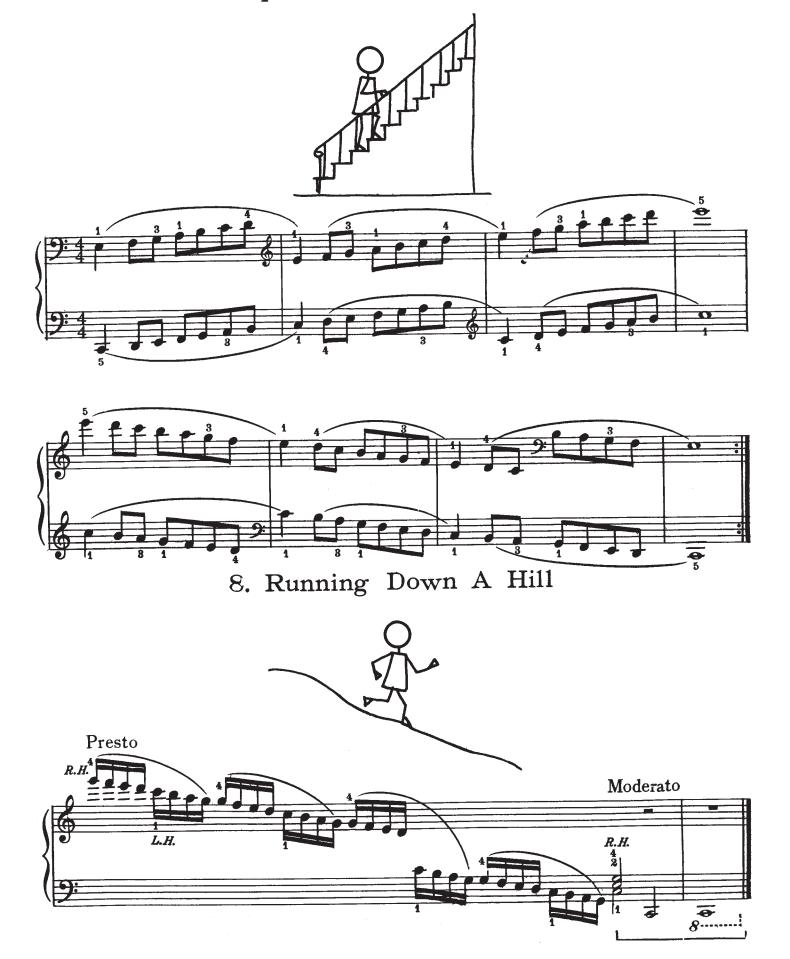




5. Bicycle Exercise

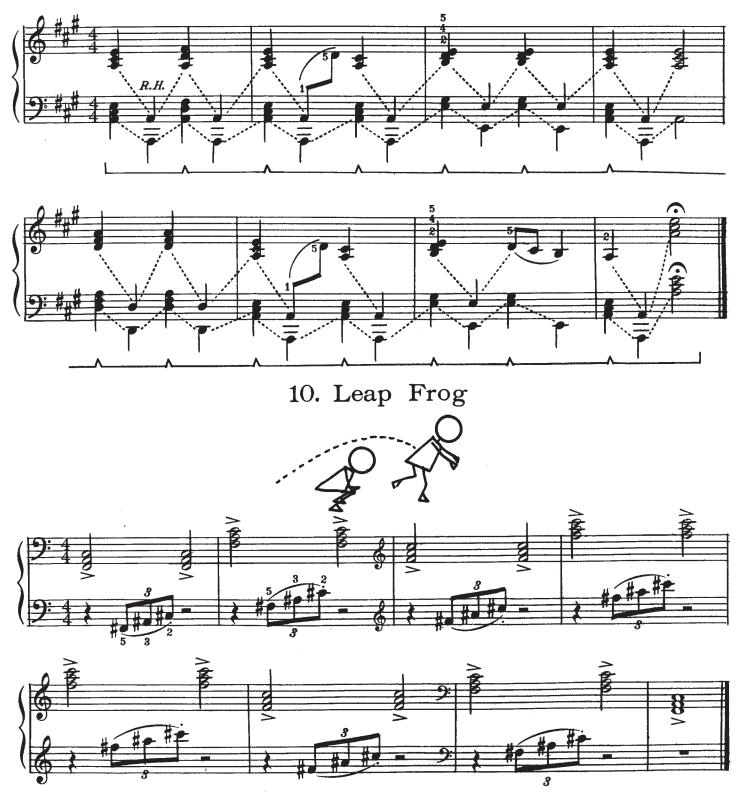


7. Up and Down the Stairs



9. Deep Knee Bend





11. Climbing



12. Fit as a Fiddle and Ready To Go

