

## LESSON 3: FINGER STRENGTH AND DEXTERITY

### Classical Piano: More Fundamentals

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#### FINGER STRENGTH EXERCISE

- Place right hand thumb on middle C, 2 on D, 3 on E, 4 on F, and 5 on G
- Press all the keys down silently
- Play each finger and each key three times
- Raise the thumb, play middle C three times, keep the other 4 fingers down
- When playing each note, keep hand, wrist, and arm loose, drop the finger into the key with full arm weight, with firm finger tips

#### MOVING HAND POSITION EXERCISE



Continue upward beginning on white keys until...

- Hands will move up a whole step every two measures
- The circled half rests show this is when the respective hand will move up
- Pitfall: delay moving the hand position until after counting the full measure. The flow of the music is interrupted because extra time is taken to find the new position

#### ARTICULATION EXERCISE

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### Practice in three different articulations:

- 1) Legato - smoothly connected notes, walking the keys
- 2) Staccato - lightly bounce the wrist, with fingers slightly coming off the keys
- 3) Alternate between legato and staccato

### Variations on articulation exercise: practicing different articulations with moving hand position

- 1) Legato - Start with left hand first in C 5-finger pattern, followed by right hand C 5-finger pattern, then as the right hand plays F and G, move the left hand up to the D 5-finger pattern, followed by right hand D 5-finger pattern. Continue upward.
- 2) Staccato - follow direction from 1)
- 3) Alternate between legato and staccato - follow direction from 1)