

BOOK ONE

A DOZEN A DAY

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



by
Edna-Mae Burnam

THE WILLIS MUSIC COMPANY

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FOR THE PIANO
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PREFACE

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

Likewise, we should 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! 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 exercises 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, and so on for the other Groups.

Many of these exercises may be transposed to different keys. In fact, this should be encouraged.

EDNA MAE BURNAM

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Group I

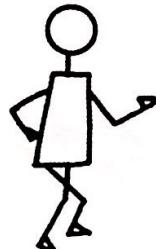
1. Walking and Running



1st time—legato (smooth, connected)
2nd time—staccato (sharp, detached)

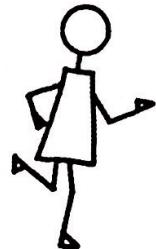
A musical score for two staves. The top staff is in treble clef and 4/4 time, with measure 1 and measure 5 indicated. The bottom staff is in bass clef and 4/4 time, with measure 5 and measure 1 indicated. The music consists of eighth and sixteenth note patterns.

2. Skipping



legato—staccato

3. Hopping



staccato

3 1 2 3 2 1

4 2 3 2 1

4 2 3 1

8

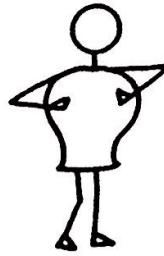
3 5 2 4 1 3 2 4 5

2 3 2 4 5

3 5 2 4 5

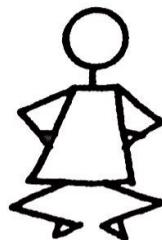
8

4. Deep Breathing



Sheet music for piano in 4/4 time, treble and bass staves. Fingerings: 5 1, 5 4 1, 1 3, 1 2 5.

5. Deep Knee Bend



Sheet music for piano in 4/4 time, treble and bass staves. Fingerings: 5 3 1, 5 4 1, 1 3 5, 1 2 5, 5.

6. Stretching



Sheet music for piano in 4/4 time, treble and bass staves. Fingerings: 1 5, 1 3 1, 5, 1 3, 1. A dashed line with 'L.H.' indicates a leap to a higher note.

7. Stretching Right Leg Up



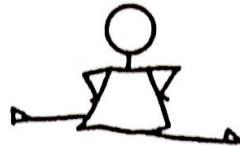
8. Stretching Left Leg



9. Cartwheels



10. The Splits



legato—staccato

1 3 1 5 5 1 3 1 3

11. Standing on Head



legato—staccato

1 3 1 5 1 3 1 3

12. Fit as a Fiddle and Ready To Go

*legato—staccato*

1 1 3 5 2 5 8

Group II

1. Morning Stretch



4/4

4/4

4/4

4/4

8va -----

8vb -----

2. Walking



legato—staccato

4/4

4/4

4/4

4/4

3. Running



legato—staccato

4/4

4/4

4/4

4/4

4. High Stepping



legato—staccato

4

1 3 2 4 3 5 2 4

5 3 4 2 3 1 4 2

5. Jumping



5 3 1

5 4 1

1 3

1 4

3 5

5 3

2 5

5 2

6. Kicking Right Leg



1 5

1 5

8

8

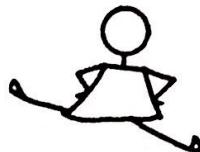
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8

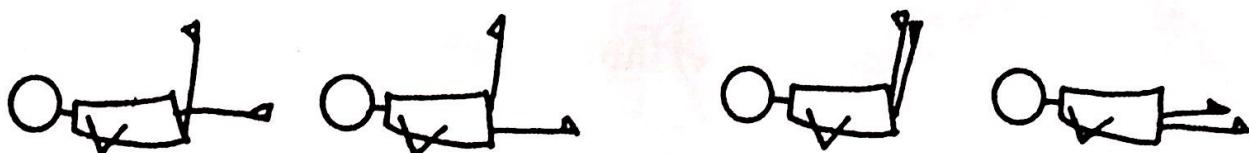
7. Kicking Left Leg



8. The Splits



9. Leg Work (lying down)



legato—staccato

R. leg

R. leg

Both legs

L. leg

L. leg

10. Sitting Up and Lying Down



legato—staccato

11. A Hard Trick

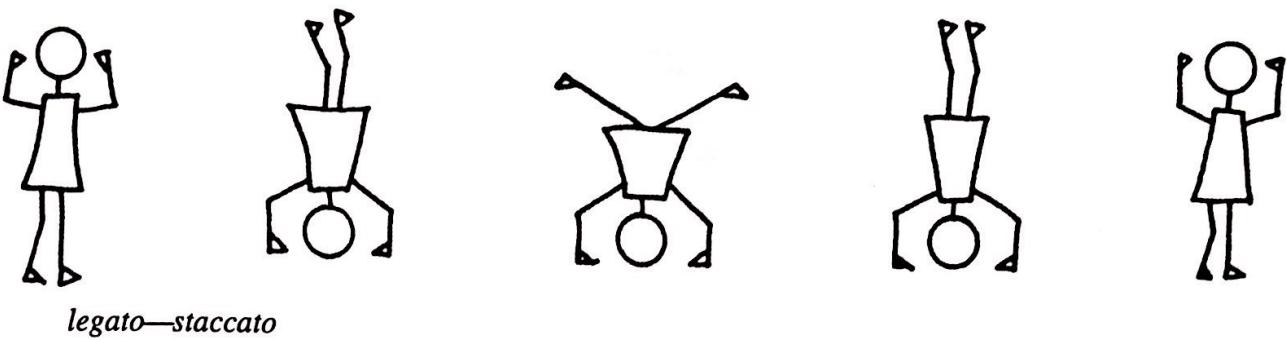
Practice this first:

legato—staccato

Then practice this:

legato—staccato

Now do the whole trick:

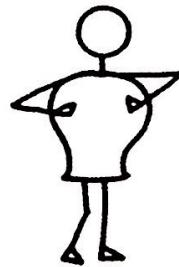


12. Fit as a Fiddle and Ready To Go



Group III

1. Deep Breathing



2. Rolling



legato—staccato

3 1 4 2 5 3 4 2 3 1

3 5 2 4 1 3 2 4 3 5

3. Climbing (in place)



legato—staccato

4. Tiptoe Running (in place)



3 3 3 3

3 2 1 3 2 1 3 2 1 3 2 1

simile

3 2 1 3 2 1 3 2 1 3 2 1

5. Baby Steps



legato—staccato

1 3 1 3 1

1 3 1 3 1

6. Giant Steps



7. Jumping Rope



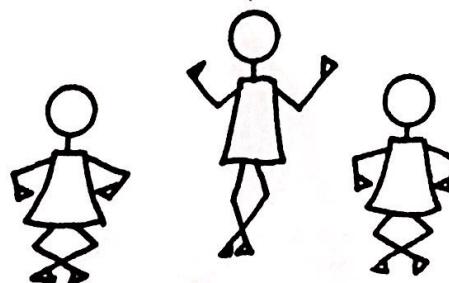
8. Somersaults



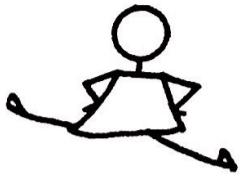
9. Touching Toes



10. Ballet Exercise ("Entre chat quatre")



11. The Splits



legato—staccato

12. Fit as a Fiddle and Ready To Go



legato—staccato

Group IV

1. Morning Stretch

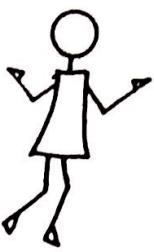


2. Climbing (in place)

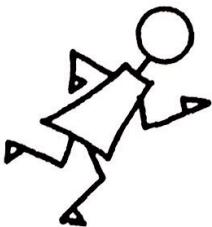


legato—staccato

3. Tiptoe Running (in place)



4. Running



legato—staccato

5. Cartwheels



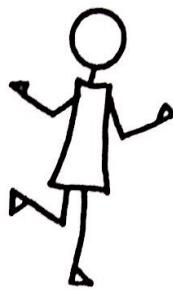
Music notation for 'Cartwheels' (5). The notation consists of two staves. The top staff is in treble clef and 4/4 time, showing a sequence of eighth and sixteenth notes. The bottom staff is in bass clef and 4/4 time, showing a sequence of eighth and sixteenth notes. Brackets under both staves group the notes into pairs, corresponding to the numbered steps (1, 2, 4, 5) shown in the stick figure above. The figure illustrates a cartwheel with numbered steps: 1 (left leg down), 2 (right leg down), 4 (body rotation), and 5 (left leg up). The notation concludes with a repeat sign and a 'C' (Coda) instruction.

6. Touching Toes



Music notation for 'Touching Toes' (6). The notation consists of two staves. The top staff is in treble clef and 4/4 time, showing a sequence of eighth and sixteenth notes. The bottom staff is in bass clef and 4/4 time, showing a sequence of eighth and sixteenth notes. Brackets under both staves group the notes into pairs, corresponding to the touch-and-release pattern shown in the stick figure above. The figure illustrates a person touching their toes in a rhythmic sequence. The notation concludes with a repeat sign and a 'C' (Coda) instruction.

7. Hopping



A musical score for piano. The top staff is a treble clef, and the bottom staff is a bass clef. The bass staff features a continuous eighth-note pattern: a dotted half note followed by a sixteenth note, then a dotted quarter note followed by a sixteenth note. This pattern is repeated four times across the page. The treble staff is empty, with four short horizontal dashes indicating the position of the bass line.

8. Baby Steps



A stick figure with a speech bubble pointing to a musical score. The score consists of two staves: a treble staff and a bass staff. The treble staff has a treble clef, a key signature of one sharp, and a common time signature. The bass staff has a bass clef, a key signature of one sharp, and a common time signature. The music is divided into measures by vertical bar lines. Above the treble staff, there are three sets of numbers: 3-4, 2-3, and 1-2, with the word "legato—staccato" written between the first two sets. Below the bass staff, there are three sets of numbers: 2-1, 3-2, and 4-3. The stick figure is pointing its right hand towards the music.

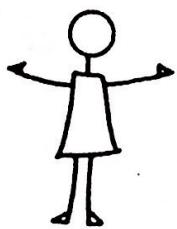
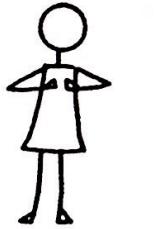
9. Giant Steps

23



10. Flinging Arms Out and Back

legato—staccato



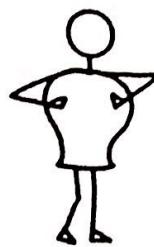
11. Standing on Head



12. Fit as a Fiddle and Ready To Go



Group V
1. Deep Breathing



2/4

3/4

5 3 1 5 2 1 5 3 1

1 3 5 1 2 3 5

4 5

2. Touching Toes



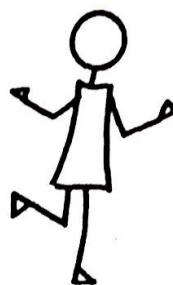
4/4

4/4

8vb... 8vb... 8vb... 8vb... 8vb... 8vb... 8vb...

8vb... 8vb... 8vb... 8vb... 8vb... 8vb... 8vb...

3. Hopping



1

2

3

4

5

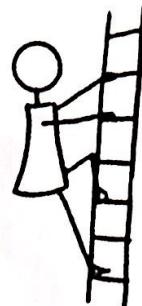
6

7

8

9

4. Climbing a Ladder



legato—staccato

5. Jumping Rope (Slow, and “Red Pepper”)

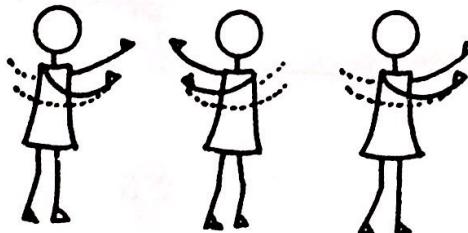


Slow

“Red Pepper”

A musical score for two staves. The top staff is the Treble clef, and the bottom staff is the Bass clef. Both staves are in 4/4 time. The Treble staff has a key signature of one sharp. The Bass staff has a key signature of one sharp. The music consists of two measures. In the first measure, the Treble staff has a eighth-note pattern: eighth note, sixteenth note, eighth note, sixteenth note. The Bass staff has a eighth-note pattern: eighth note, sixteenth note, eighth note, sixteenth note. In the second measure, the Treble staff has a eighth-note pattern: eighth note, sixteenth note, eighth note, sixteenth note. The Bass staff has a eighth-note pattern: eighth note, sixteenth note, eighth note, sixteenth note. A vertical bar line separates the two measures.

6. Swinging Arms



legato—staccato

7. Hand Springs

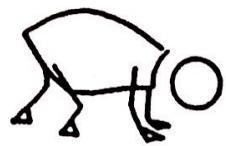


Sheet music for piano, Treble and Bass staves, 4/4 time. The music consists of two systems. The first system starts with a rest, followed by a measure with a 'R.H.' instruction above the Treble staff. The Treble staff has a 3-note cluster (5, 3, 1) with a bracket, and the Bass staff has a 3-note cluster (5, 3) with a bracket. The second system starts with a rest, followed by a measure with a 'R.H.' instruction above the Treble staff. The Treble staff has a 3-note cluster (5, 3, 1) with a bracket, and the Bass staff has a 3-note cluster (5, 3) with a bracket. The music concludes with a repeat sign and the instruction '8va -' above the Treble staff.

8. Walking Like a Duck



9. Bear Walk



A musical score for two staves. The top staff is in treble clef and 4/4 time. It has four measures with notes labeled 2 1, 5 3, 2 1, and 5 3. The bottom staff is in bass clef and 4/4 time. It has four measures, each with a single note marked with a dash.

A continuation of the musical score. The top staff has a note labeled 4 2. The bottom staff has four measures with notes labeled 3 5, 1 2, 3 5, 1 2, and 3 5.

A continuation of the musical score. The top staff has a note labeled 2 1. The bottom staff has three measures with notes labeled 1 3, 3 5, and 1 2.

A continuation of the musical score, identical to the previous page. It consists of two staves: treble and bass, both in 4/4 time. The notes are identical to the previous page.

10. Sliding Down the Bannister



11. A Hard Trick

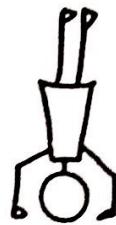
Practice this first:

legato—staccato

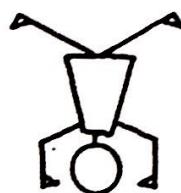
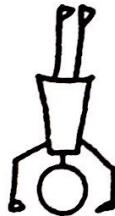
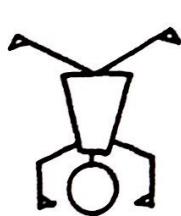
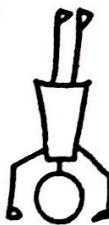
Now practice this:

legato—staccato

Now do the whole trick:



legato—staccato

12. Fit as a Fiddle and Ready To Go



legato—staccato

1 8 1 8 5 8 5 8