

# WEEK 1 EXERCISES

**WEI WANG**

Created: 2024-02-17 Sat 22:54

# REQUIREMENTS

- Sit properly
- Use a metronome
- Set speed to 50-60, practice slowly, focusing on:
  - correct posture
  - Good left and right hand
  - smooth movements,
  - clear and clean sound.

# WARM UP

## **CHROMATIC SCALE YOU HAVE LEARNED BEFORE (2-3MIN)**

- you can play up to 8th note for this one. (two notes per beat)

## **SPIDER WALK PRACTICE WITH TWO FINGERS (2-3MIN)**

# LEFT 1 AND 2 FINGER

8

⑥ ⑥ ⑥ ⑥ ⑤ ⑤ ⑤ ⑤ ④ ④ ④ ④ ③ ③ ③ ③  
1 2 1 2 1 2 1 2 1 2 1 2 1 2

5

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

9

④ ④ ④ ④ ⑤ ⑤ ⑤ ⑤ ⑥ ⑥ ⑥ ⑥  
1 2 1 2 1 2 1 2 1 2 1 2

Detailed description: The image shows a musical exercise for the left hand, focusing on the first and second fingers. It consists of three staves of music, each starting with a measure number (8, 5, and 9) and a common time signature (C). The notes are primarily eighth and sixteenth notes, often beamed together. Fingerings are indicated by circled numbers above the notes. The exercise is divided into three sections: the first section (measures 8-11) uses fingers 6, 5, 4, and 3; the second section (measures 12-15) uses fingers 2, 1, 2, and 3; and the third section (measures 16-19) uses fingers 4, 5, 6, and 6. The notes are primarily eighth and sixteenth notes, often beamed together. The exercise is divided into three sections: the first section (measures 8-11) uses fingers 6, 5, 4, and 3; the second section (measures 12-15) uses fingers 2, 1, 2, and 3; and the third section (measures 16-19) uses fingers 4, 5, 6, and 6.

# LEFT 2 AND 3 FINGER

8

⑥ ⑥ ⑥ ⑥ ⑤ ⑤ ⑤ ⑤ ④ ④ ④ ④ ③ ③ ③ ③

2 3 2 3 2 3 2 3 2 3 2 3 2 3

5

② ② ② ② ① ① ① ① ② ② ② ② ③ ③ ③ ③

2 3 2 3 2 3 2 3 2 3 2 3 2 3

9

④ ④ ④ ④ ⑤ ⑤ ⑤ ⑤ ⑥ ⑥ ⑥ ⑥

2 3 2 3 2 3 2 3 2 3 2 3

Detailed description: This musical score is for a left-hand exercise in treble clef, 2/4 time. It consists of three staves. The first staff begins at measure 8 and contains 16 measures. The second staff begins at measure 5 and contains 16 measures. The third staff begins at measure 9 and contains 12 measures. Fingerings are indicated by circled numbers 1-5 above the notes. The notes are eighth notes, often beamed in pairs. The key signature has one sharp (F#). The exercise focuses on the second and third fingers of the left hand.

# LEFT 3 AND 4 FINGER

The image displays a musical exercise for the left hand, consisting of two staves. The top staff begins with a treble clef, a common time signature (C), and a key signature of one sharp (F#). The bottom staff begins with a treble clef, a common time signature (C), and a key signature of one sharp (F#). Both staves are marked with a '6' at the beginning and an '8' at the end, indicating the number of measures. The exercise is divided into two main sections. The first section, measures 1-4, features a sequence of eighth notes: G4, A4, B4, C5, D5, E5, F#5, G5, A5, B5, C6, D6, E6, F#6, G6, A6, B6, C7. The second section, measures 5-8, features a sequence of eighth notes: G6, A6, B6, C7, D7, E7, F#7, G7, A7, B7, C8, D8, E8, F#8, G8, A8, B8, C9. Fingerings are indicated by circled numbers 1 through 6 above the notes. The exercise is designed to improve dexterity and control for the 3rd and 4th fingers.



## OTHER FINGER COMBINATIONS

- Left 1 and 3 finger
- Left 1 and 4 finger
- Left 2 and 4 finger
- Left 3 and 4 finger

# C SCALE (5MIN)

**Scale**  
Escala



**Exercise**  
Ejercicio



(simile)



# ARPEGGIOS WITH THE THUMB AND TWO FINGERS (5MIN)

(1) Musical staff (1) in treble clef, common time. It begins with a piano (p) dynamic and an octave (8) marking. The melody features two triplet figures, each marked with 'i' and 'm' above the notes. The staff concludes with a repeat sign and a final chord.

(2) Musical staff (2) in treble clef, common time. It starts with a piano (p) dynamic and an octave (8) marking. The melody includes two triplet figures marked with 'm' and 'i'. The staff ends with a repeat sign and a final chord.

(3) Musical staff (3) in treble clef, common time. It begins with a piano (p) dynamic. The melody consists of a triplet figure marked with 'i', 'm', and 'i'. The staff concludes with a repeat sign and a final chord.

(4) Musical staff (4) in treble clef, common time. It starts with a piano (p) dynamic. The melody features a triplet figure marked with 'm', 'i', and 'm'. The staff ends with a repeat sign and a final chord.

(5) Musical staff (5) in treble clef, common time. It begins with a piano (p) dynamic. The melody includes two triplet figures marked with 'i' and 'm'. The staff concludes with a repeat sign and a final chord.

