

## PREPARATORY EXERCISES FOR THE PLACEMENT OF THE HANDS

### *Exercise for hand relaxation:*

“Water Hose” – Relax your entire arm from your shoulder to your fingertips and allow it to hang freely.

### *Exercise to strengthen the muscles and speed of the hand:*

“Catching the Flies” – Quickly clench your fingers into a fist and then spread them out slowly.

### *Exercises for finger dexterity:*

“Rhythmic Fingers” – Imagine that you are holding an orange between your palms. Touch the fingertips of your left hand to the fingertips of your right hand. Then, one pair at a time, apply pressure on your fingertips, while avoiding squeezing the imaginary orange.

“Loops” – One after another touch your thumb with fingertip of other fingers forming a loop.

“Knees for keys” – Place your right palm on your right knee. Move each finger up and down several times. Ask your teacher to call out a random number of a finger, from one to five. Move the finger corresponding to the number called by your teacher. Repeat the practice for the left hand.

### *Exercise for hand relaxation and keyboard placement:*

“Blossoming Flower” – Find a cluster of three black keys on the keyboard. Place your loose fist on the three black keys. Slowly spread your fingers over the cluster, like the petals of a blossoming flower. Repeat several times, and then repeat the exercise using your other hand.

### *Exercise for finger dexterity and keyboard placement:*

“Touch the Nose” – Choose any black key on the keyboard. Slightly touch the outer sides of a black key with your first and third fingers. You will find that your second finger rests on the top of the black key. Tap the top of the black key several times with your second finger. On your last repeat press harder on the key to push it all the way to the bottom of the keystroke to produce the sound.

### *Exercise for developing flexibility in the wrist:*

“Rocking Chair” – Form a loose fist over a cluster of three black keys. Rock your fist back and forth on the keys, first going higher in pitch, then going lower in pitch. Repeat the exercise with your other hand.

