keyboard

reading | technique | performance

TECHNIQUE 2

By Devin Kelly and Rachel Yoon

Instructional Design: Rachel Yoon, Ph.D., Dean of the School of Performance Studies and Pro Tem Chair of the Keyboard Program, Musicians Institute

Edited by Joe Bergamini

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KEYBOARD TECHNIQUE 2

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Chapter 1: Review/Warm-Up

Becoming a successful performer requires substantial physical and mental technique. Physical technique focuses on the strength and dexterity of the fingers and hands. Mental technique refers to one's ability to interpret various pieces of musical information (i.e. pitches, fingerings, chord symbols, voicings and musical form) and coordinate them with proper physical technique. Formulating a warm-up routine that effectively addresses both components is crucial.

Physical Warm-Up

A successful physical warm-up routine consists of gradually engaging the muscles, tendons and ligaments of the fingers and hands in a systematic fashion. You should warm up prior to every practice session.

Keep your back straight.

Elbows relaxed and higher than keyboard.

Your fingers curved and wrists straight.

Shoulders down.

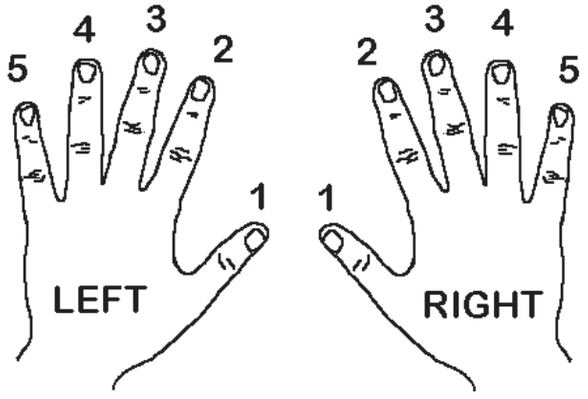
Begin by warming up one hand at a time. Start slowly with a light touch (maintaining proper physical posture: K.E.Y.S.). Don't allow your fingers to support the full weight of your arm. Rather, float your fingertips across the keys. Lift your finger off the previous key as you play the next note. Increase the volume (aka "dynamic") of each tone gradually. You may find that proper warm-up duration must vary from day to day and/or from hand to hand. When this occurs, relax and take your time.

Mental Warm-up

A clear mind is crucial for ensuring efficient practice. As with all instruments, performance ability is rarely achieved overnight. Frequent, focused practice sessions yield the best results. Before you begin, take a moment and collect your thoughts. Focus solely on the task at hand. Lapses in concentration are common. When they occur for an elapsed period of time, take a break.

The numbers *above* the treble clef are right hand fingerings. The numbers *below* the bass clef notes are left hand fingerings. Focus on achieving the smoothest, most connected sound possible. Lift your finger off the previous key as you play the next note.

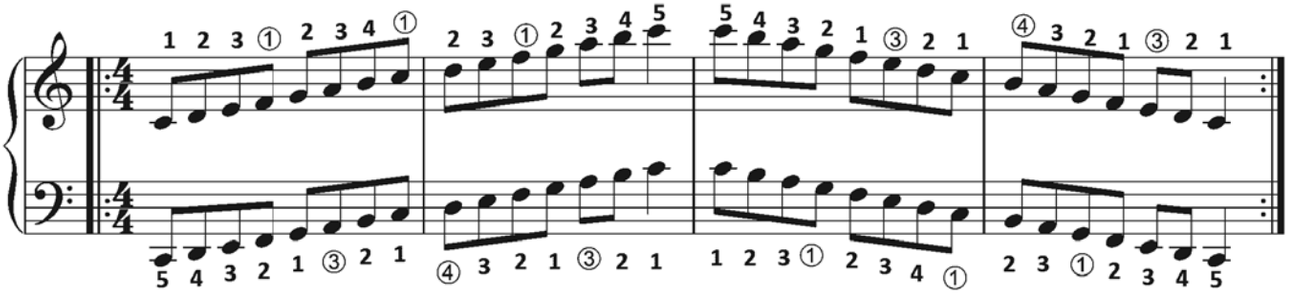
Ex. 1.1



Major Scales

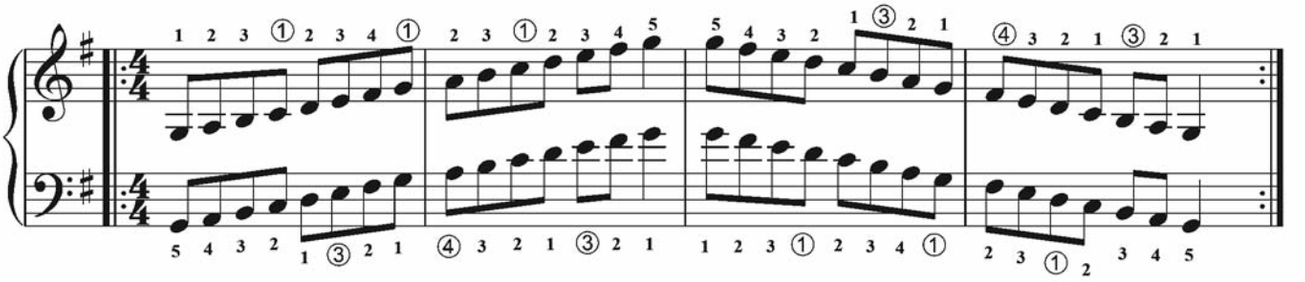
C major

Ex. 1.2



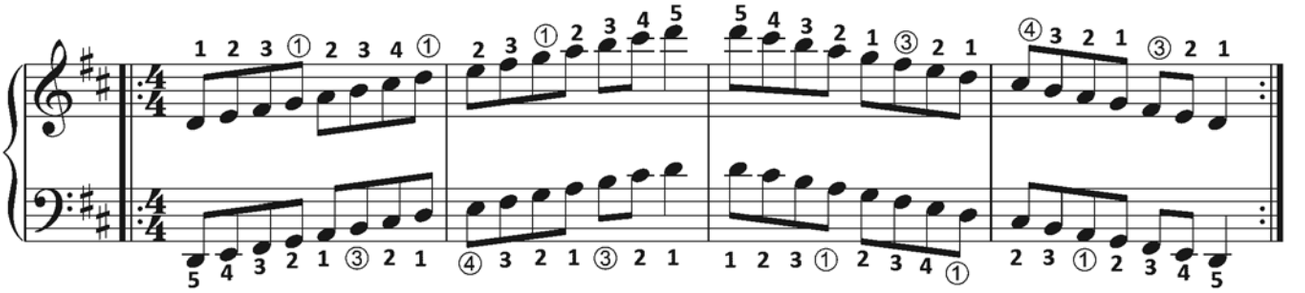
G major

Ex. 1.3



D major

Ex. 1.4



A major

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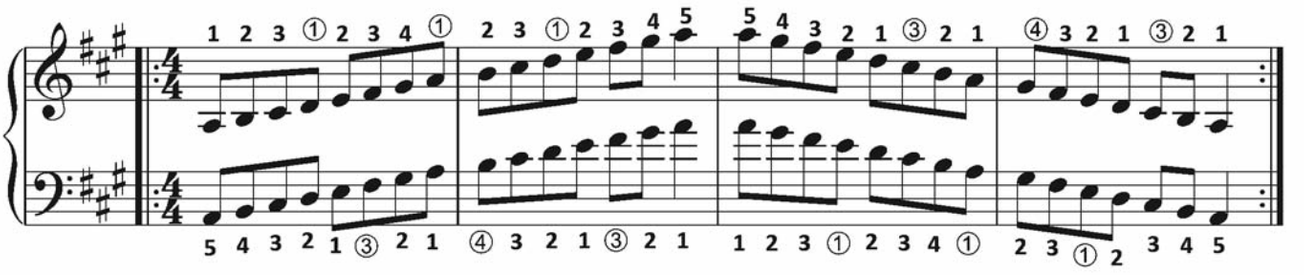
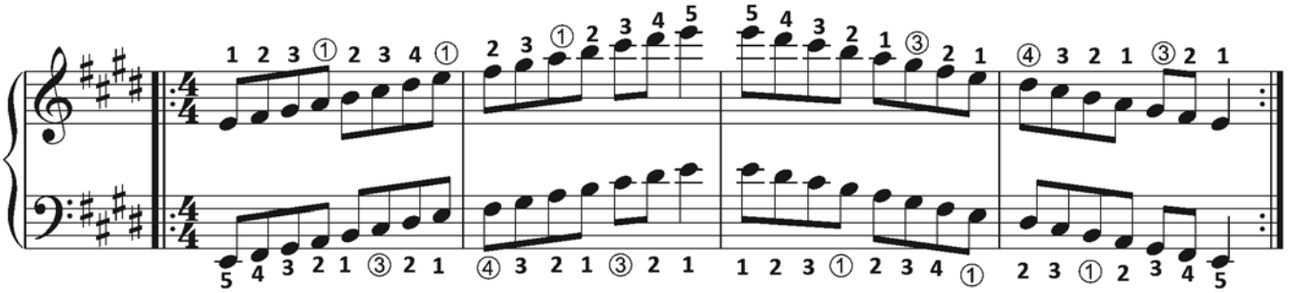


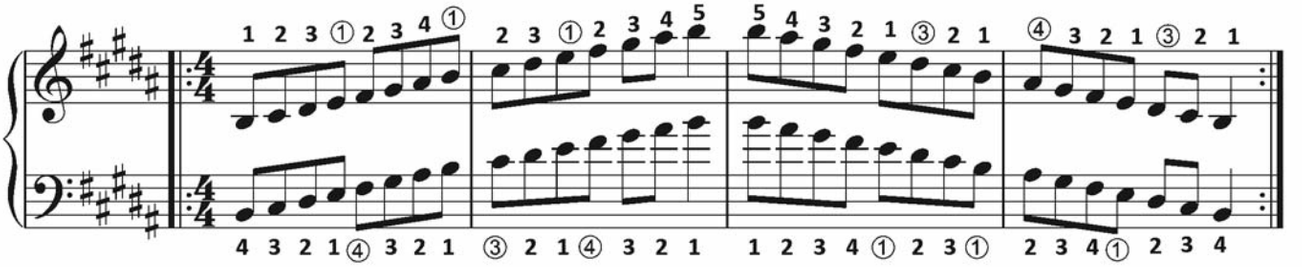
E major

Ex. 1.6



B major

Ex. 1.7



Gb major

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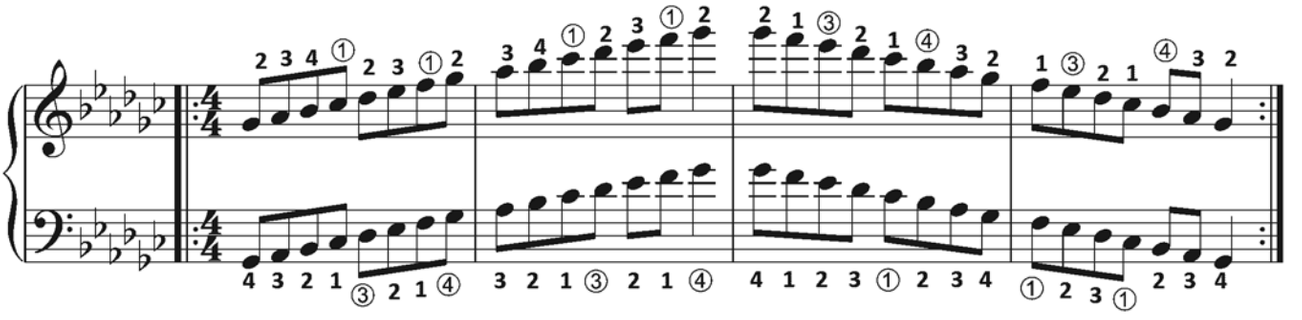

Db major

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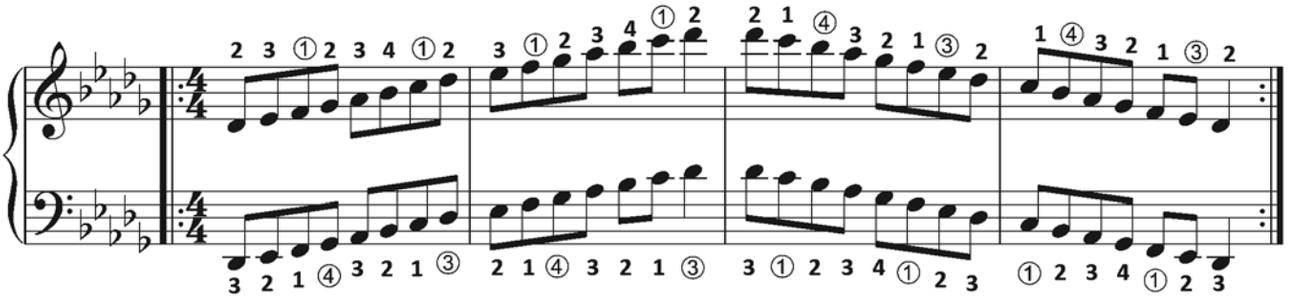

Ab major

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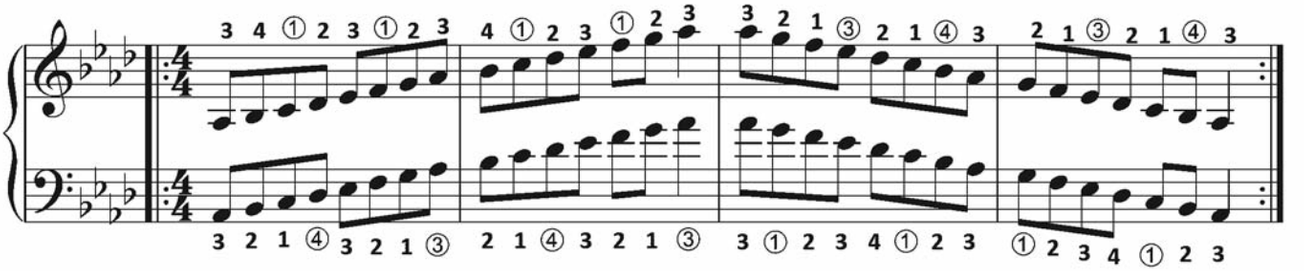

Eb major

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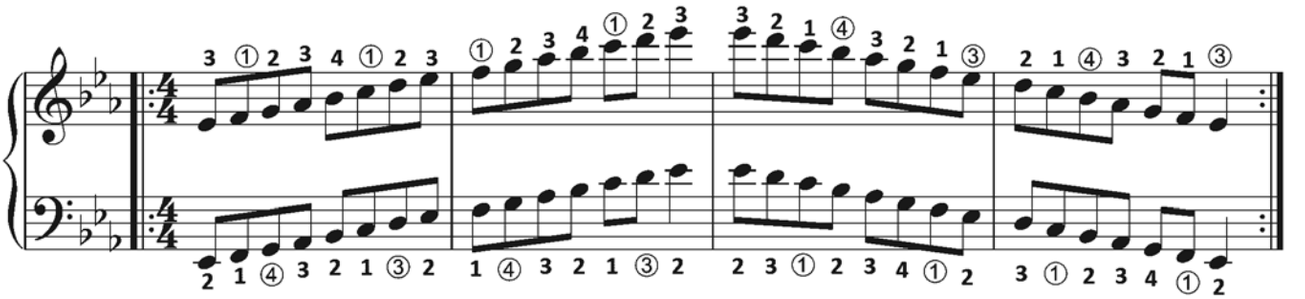
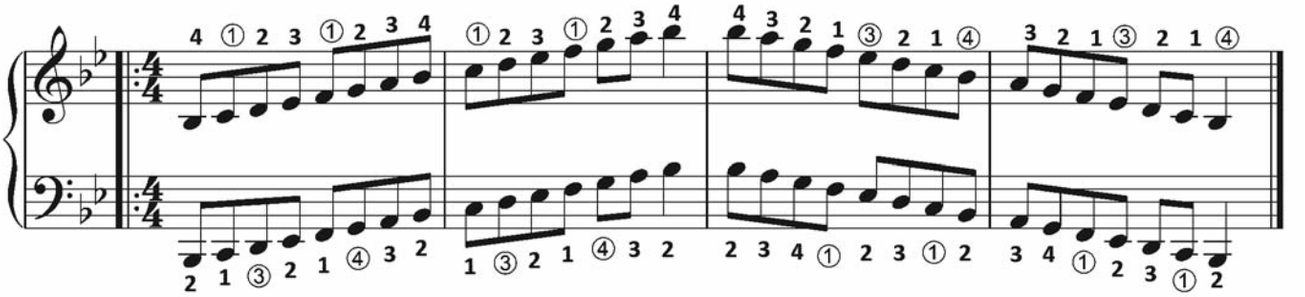


Bb major

Ex. 1.12



F major

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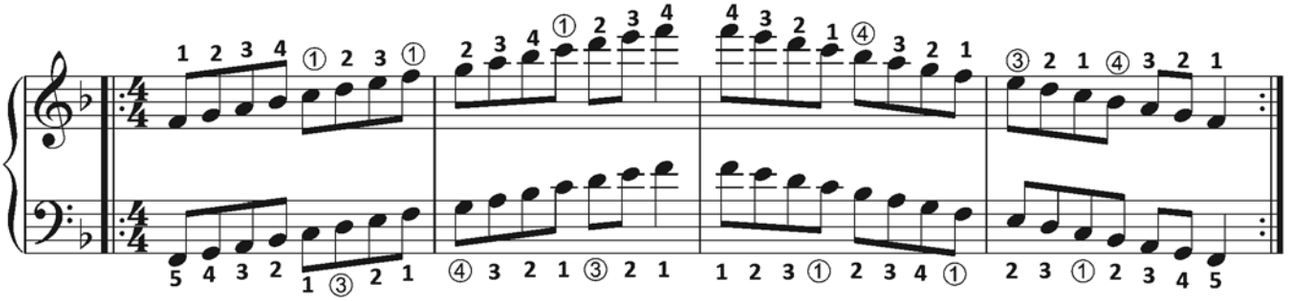
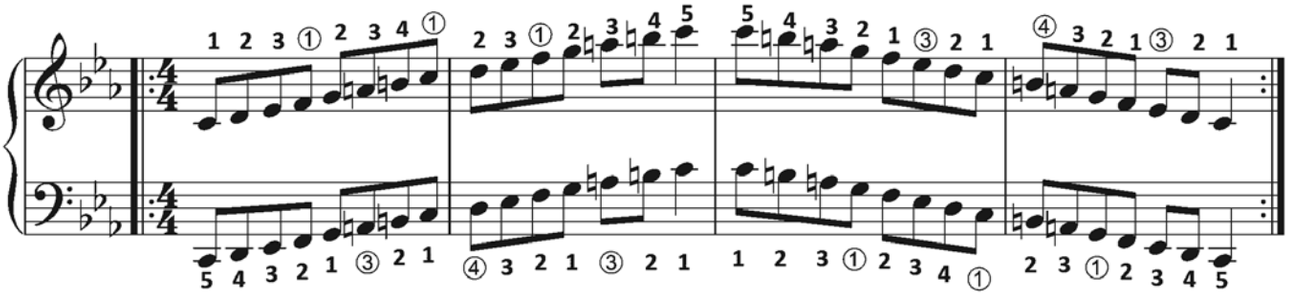


Melodic Minor Scales

C melodic minor

Ex. 1.14



G melodic minor

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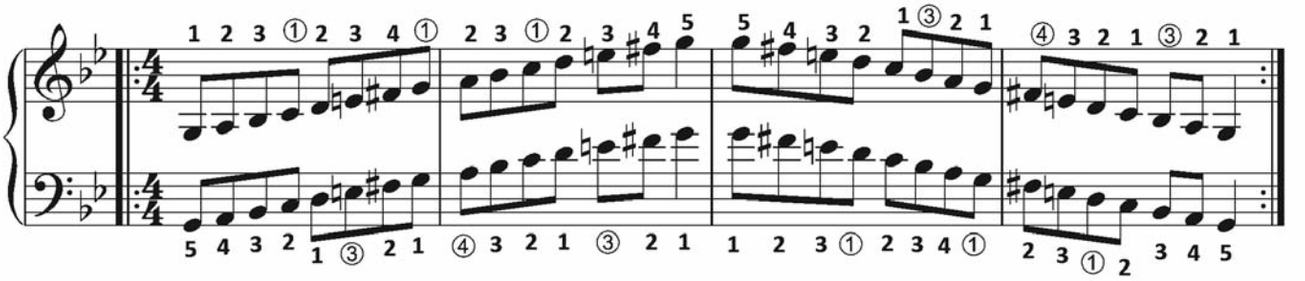

D melodic minor

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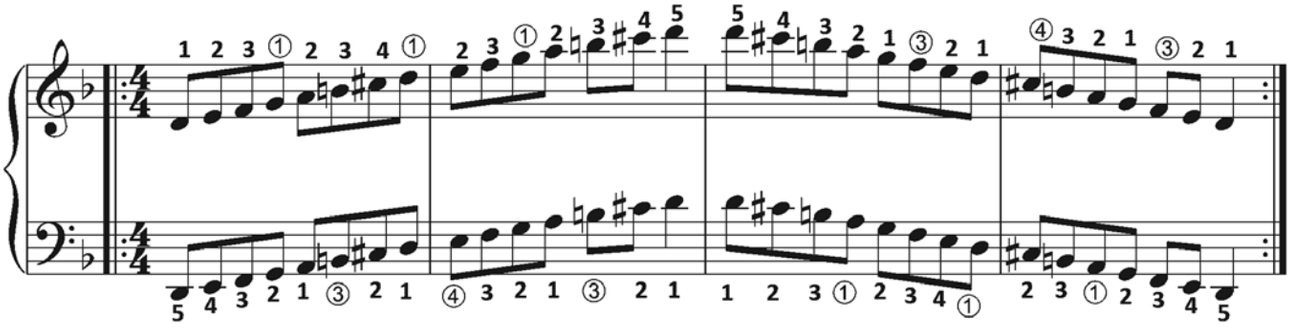

A melodic minor

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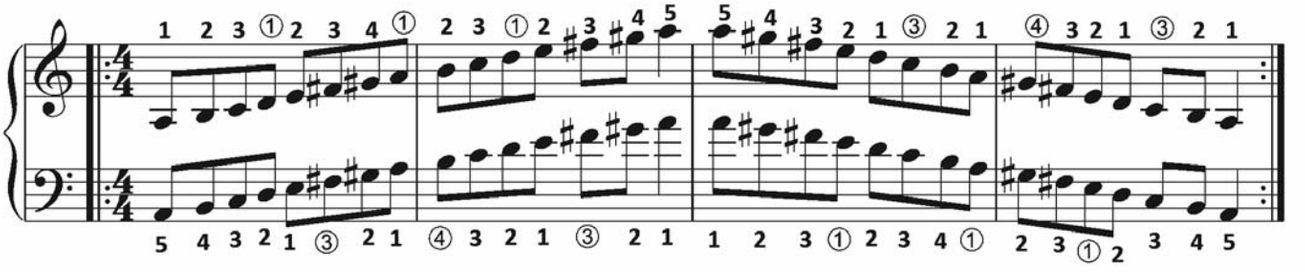

E melodic minor

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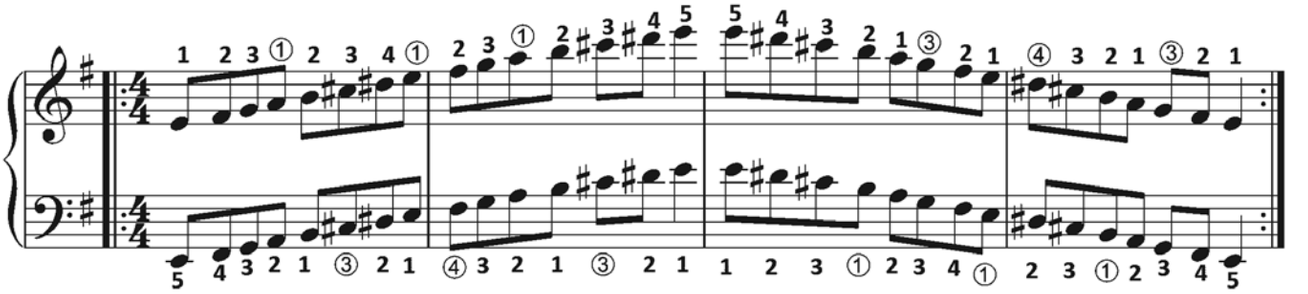
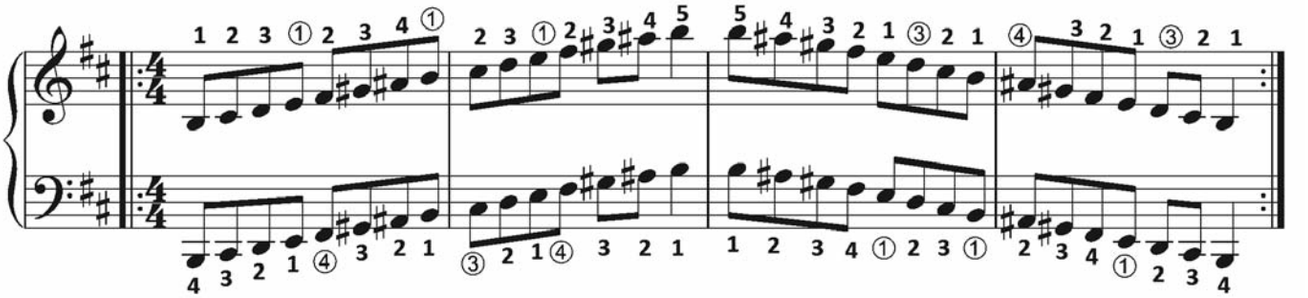


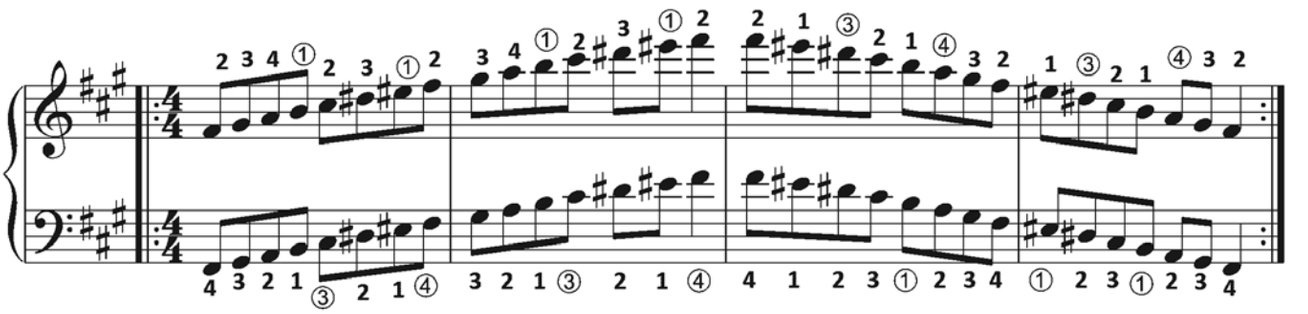
B melodic minor

Ex. 1.19



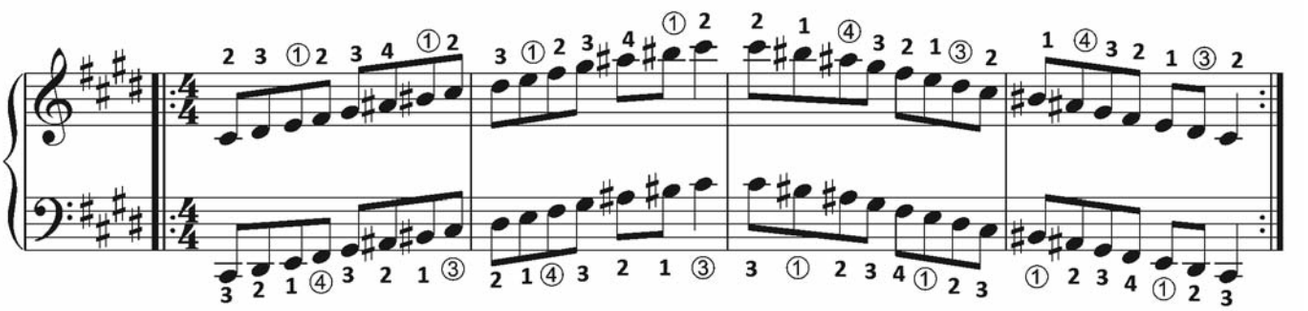
Bb major

Ex. 1.20



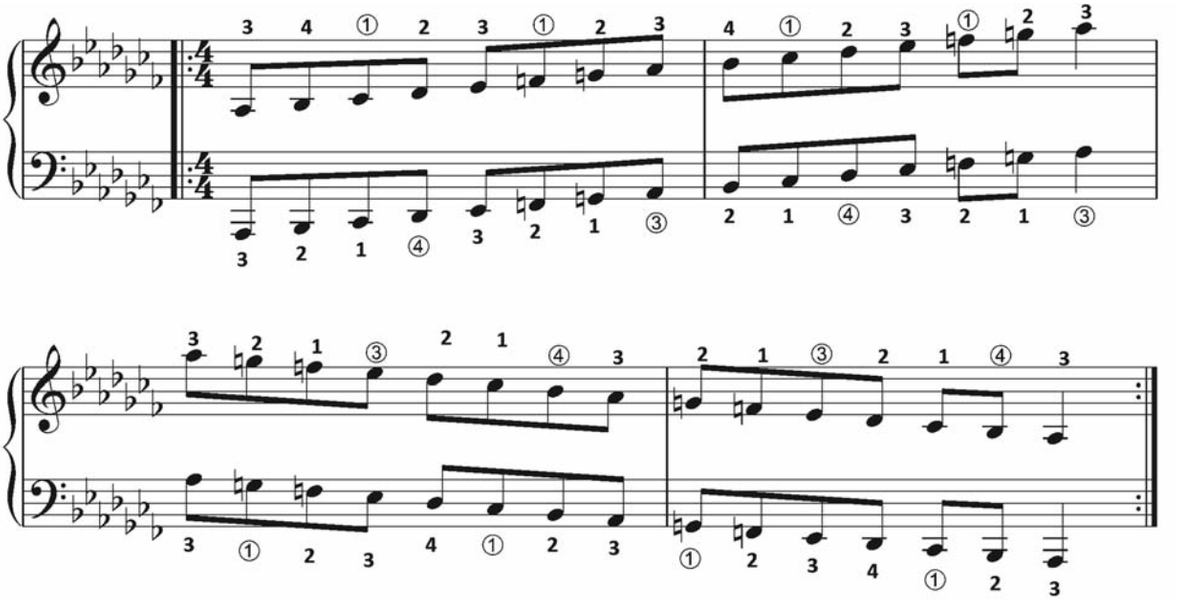
C# melodic minor

Ex. 1.21



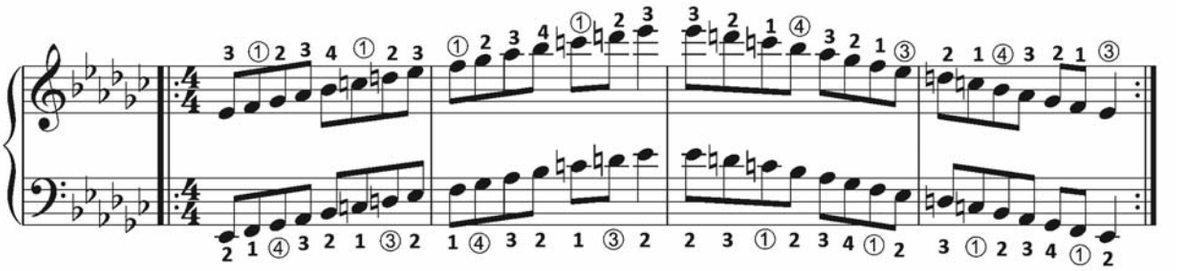
Ab melodic minor

Ex. 1.22



Eb melodic minor

Ex. 1.23



Bb melodic minor

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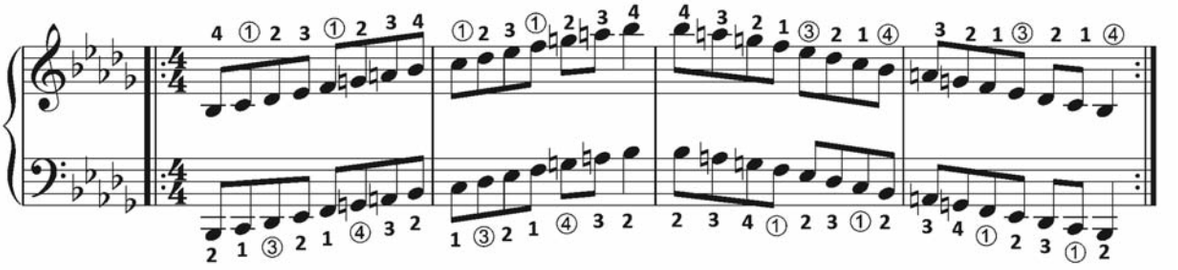
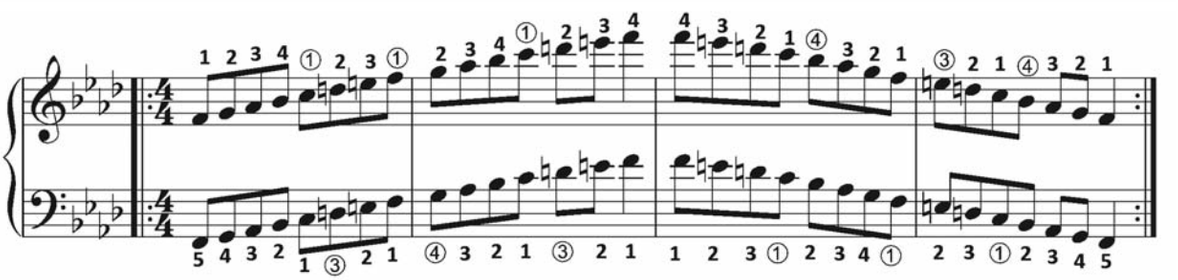


F melodic minor

Ex. 1.25