

TECHNIQUE 2

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Layout by Rick Gratton

Music engraving by Willie Rose

MI Curriculum Series

Series Sponsor: Jon Clayden, Vice President of Academic Affairs

Creative Director & Executive Editor: Donny Gruendler, Vice President of Instruction and Curricular Development

Managing Editor: Joe Bergamini

Published for MI by WBH MusicWorks LLC

Executive Producers: Rob Wallis, Joe Bergamini, Mike Hoff

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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.

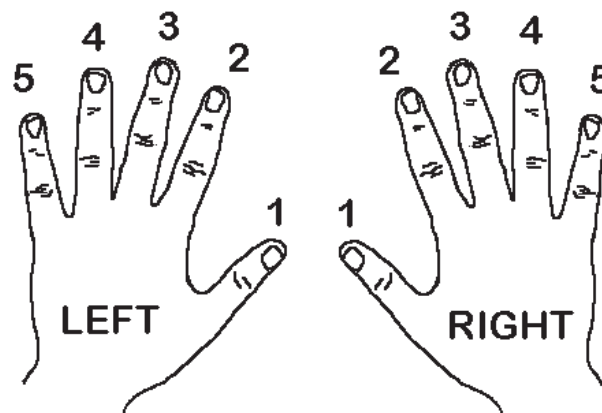
Begin by warming up one hand at a time. Start slowly with a light touch (maintaining proper physical posture: K.E.Y.S.). Don't allow your fingers to support the full weight of your arm. Rather, float your fingertips across the keys. Lift your finger off the previous key as you play the next note. Increase 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

Musical score for C major scale in 4/4 time. The score consists of two staves: a treble clef staff and a bass clef staff. The key signature is C major (no sharps or flats). The time signature is 4/4. The piece is divided into four measures. The first measure shows the ascending scale with fingering: 1 2 3 ① 2 3 4 ①. The second measure shows the ascending scale with fingering: 2 3 ① 2 3 4 5. The third measure shows the descending scale with fingering: 5 4 3 2 1 ③ 2 1. The fourth measure shows the descending scale with fingering: ④ 3 2 1 ③ 2 1. Below the bass staff, the descending scale is written with fingering: 5 4 3 2 1 ③ 2 1, ④ 3 2 1 ③ 2 1, 1 2 3 ① 2 3 4 ①, and 2 3 ① 2 3 4 5.

G major

Ex. 1.3

Musical score for G major scale in 4/4 time. The score consists of two staves: a treble clef staff and a bass clef staff. The key signature is G major (one sharp, F#). The time signature is 4/4. The piece is divided into four measures. The first measure shows the ascending scale with fingering: 1 2 3 ① 2 3 4 ①. The second measure shows the ascending scale with fingering: 2 3 ① 2 3 4 5. The third measure shows the descending scale with fingering: 5 4 3 2 1 ③ 2 1. The fourth measure shows the descending scale with fingering: ④ 3 2 1 ③ 2 1. Below the bass staff, the descending scale is written with fingering: 5 4 3 2 1 ③ 2 1, ④ 3 2 1 ③ 2 1, 1 2 3 ① 2 3 4 ①, and 2 3 ① 2 3 4 5.

D major

Ex. 1.4

Musical score for D major scale in 4/4 time. The score consists of two staves: a treble clef staff and a bass clef staff. The key signature is D major (two sharps, F# and C#). The time signature is 4/4. The piece is divided into four measures. The first measure shows the ascending scale with fingering: 1 2 3 ① 2 3 4 ①. The second measure shows the ascending scale with fingering: 2 3 ① 2 3 4 5. The third measure shows the descending scale with fingering: 5 4 3 2 1 ③ 2 1. The fourth measure shows the descending scale with fingering: ④ 3 2 1 ③ 2 1. Below the bass staff, the descending scale is written with fingering: 5 4 3 2 1 ③ 2 1, ④ 3 2 1 ③ 2 1, 1 2 3 ① 2 3 4 ①, and 2 3 ① 2 3 4 5.

A major

Ex. 1.5

Musical score for A major scale in 4/4 time. The score consists of two staves: a treble clef staff and a bass clef staff. The key signature is A major (three sharps, F#, C#, and G#). The time signature is 4/4. The piece is divided into four measures. The first measure shows the ascending scale with fingering: 1 2 3 ① 2 3 4 ①. The second measure shows the ascending scale with fingering: 2 3 ① 2 3 4 5. The third measure shows the descending scale with fingering: 5 4 3 2 1 ③ 2 1. The fourth measure shows the descending scale with fingering: ④ 3 2 1 ③ 2 1. Below the bass staff, the descending scale is written with fingering: 5 4 3 2 1 ③ 2 1, ④ 3 2 1 ③ 2 1, 1 2 3 ① 2 3 4 ①, and 2 3 ① 2 3 4 5.

E major

Ex. 1.6

Musical score for E major, Exercise 1.6. The score is in 4/4 time and consists of two staves: a treble clef staff and a bass clef staff. The key signature has three sharps (F#, C#, G#). The piece is divided into four measures. Fingerings are indicated by circled numbers 1-5 above or below notes. The first measure has a treble staff starting on E4 and a bass staff starting on E2. The second measure starts on F#4 and F#2. The third measure starts on G#4 and G#2. The fourth measure starts on A4 and A2. The piece ends with a repeat sign.

B major

Ex. 1.7

Musical score for B major, Exercise 1.7. The score is in 4/4 time and consists of two staves: a treble clef staff and a bass clef staff. The key signature has two sharps (F#, C#). The piece is divided into four measures. Fingerings are indicated by circled numbers 1-5 above or below notes. The first measure has a treble staff starting on B4 and a bass staff starting on B2. The second measure starts on C#5 and C#3. The third measure starts on D#5 and D#3. The fourth measure starts on E5 and E3. The piece ends with a repeat sign.

Gb major

Ex. 1.8

Musical score for Gb major, Exercise 1.8. The score is in 4/4 time and consists of two staves: a treble clef staff and a bass clef staff. The key signature has two flats (Bb, Eb). The piece is divided into four measures. Fingerings are indicated by circled numbers 1-5 above or below notes. The first measure has a treble staff starting on Gb4 and a bass staff starting on Gb2. The second measure starts on Ab5 and Ab3. The third measure starts on Bb5 and Bb3. The fourth measure starts on Cb5 and Cb3. The piece ends with a repeat sign.

Db major

Ex. 1.9

Musical score for Db major, Exercise 1.9. The score is in 4/4 time and consists of two staves: a treble clef staff and a bass clef staff. The key signature has three flats (Bb, Eb, Ab). The piece is divided into four measures. Fingerings are indicated by circled numbers 1-5 above or below notes. The first measure has a treble staff starting on Db4 and a bass staff starting on Db2. The second measure starts on Eb5 and Eb3. The third measure starts on Fb5 and Fb3. The fourth measure starts on Gb5 and Gb3. The piece ends with a repeat sign.

Ab major

Ex. 1.10

3 4 ① 2 3 ① 2 3 4 ① 2 3 ① 2 3 3 2 1 ③ 2 1 ④ 3 2 1 ③ 2 1 ④ 3

3 2 1 ④ 3 2 1 ③ 2 1 ④ 3 2 1 ③ 3 ① 2 3 4 ① 2 3 ① 2 3 4 ① 2 3

Eb major

Ex. 1.11

3 ① 2 3 4 ① 2 3 ① 2 3 4 ① 2 3 3 2 1 ④ 3 2 1 ③ 2 1 ④ 3 2 1 ③

2 1 ④ 3 2 1 ③ 2 1 ④ 3 2 1 ③ 2 2 3 ① 2 3 4 ① 2 3 ① 2 3 4 ① 2

Bb major

Ex. 1.12

4 ① 2 3 ① 2 3 4 ① 2 3 ① 2 3 4 4 3 2 1 ③ 2 1 ④ 3 2 1 ③ 2 1 ④

2 1 ③ 2 1 ④ 3 2 1 ③ 2 1 ④ 3 2 2 3 4 ① 2 3 ① 2 3 4 ① 2 3 ① 2

F major

Ex. 1.13

1 2 3 4 ① 2 3 ① 2 3 4 ① 2 3 4 4 3 2 1 ④ 3 2 1 ③ 2 1 ④ 3 2 1

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

Melodic Minor Scales

C melodic minor

Ex. 1.14

G melodic minor

Ex. 1.15

D melodic minor

Ex. 1.16

A melodic minor

Ex. 1.17

E melodic minor

Ex. 1.18

B melodic minor

Ex. 1.19

Bb major

Ex. 1.20

C# melodic minor

Ex. 1.21

