

Technic: Drop-Lift Wrist Motion: For each two-note slur, use a drop-lift wrist motion.

↓ = Drop into the key with arm weight, allowing the wrist to relax and drop down below the fingertips.

↑ = Play the key while gently rolling the wrist up and forward to release it.

Stretching Up

F. Beyer, Op. 101
Adapted

Musical score for "Stretching Up" in 4/4 time. The right hand plays a slur of two notes (F4 and G4) in the first two measures, with dynamics *mf* and *mp*. Above the notes are arrows indicating wrist motion: a downward arrow for the first note and an upward arrow for the second. This pattern repeats in the next two measures. The third and fourth measures contain the instruction "Continue the dynamics and wrist motions." The left hand has whole rests in all four measures.

Continuation of the "Stretching Up" exercise. Measure 5 is marked with a box containing the number 5. The right hand continues the slur pattern. Above the final measure, there is a box with the number 5 and a finger number 1 below it, with the instruction "Play 8va higher on repeat". The left hand has whole rests.

Stretching Down

F. Beyer, Op. 101
Adapted

Musical score for "Stretching Down" in 4/4 time. The left hand plays a slur of two notes (F4 and G4) in the first two measures, with dynamics *mf* and *mp*. Above the notes are arrows indicating wrist motion: a downward arrow for the first note and an upward arrow for the second. This pattern repeats in the next two measures. The third and fourth measures contain the instruction "Continue the dynamics and wrist motions." The right hand has whole rests in all four measures.

Continuation of the "Stretching Down" exercise. Measure 5 is marked with a box containing the number 5. The left hand continues the slur pattern. Above the final measure, there is a box with the number 5 and a finger number 1 below it, with the instruction "Play 8va lower on repeat". The right hand has whole rests.

Technic: Hand Independence - Legato versus Staccato

1. Play hands separately first.
2. Play hands together slowly, listening for a singing legato RH and a soft staccato LH.

Ceremonial Drums

Musical score for "Ceremonial Drums" in 4/4 time. The piece consists of two systems of piano accompaniment.

System 1: The right hand (RH) plays a melody with a triplet of eighth notes (marked *mf*) and a staccato eighth note. The left hand (LH) plays a bass line with a triplet of eighth notes (marked *mp*) and a staccato eighth note. A first ending bracket spans the final two measures.

System 2: The RH has a rest in the first measure, followed by a melody with a triplet of eighth notes (marked *mf*) and a staccato eighth note. The LH plays a bass line with a triplet of eighth notes (marked *mp*) and a staccato eighth note. A first ending bracket spans the final two measures. A performance instruction reads: "Play RH 8va higher on repeat".

March On!

Musical score for "March On!" in 4/4 time. The piece consists of two systems of piano accompaniment.

System 1: The RH plays a melody with a triplet of eighth notes (marked *mf*) and a staccato eighth note. The LH plays a bass line with a triplet of eighth notes (marked *p*) and a staccato eighth note. A first ending bracket spans the final two measures.

System 2: The RH plays a melody with a triplet of eighth notes (marked *mf*) and a staccato eighth note. The LH plays a bass line with a triplet of eighth notes (marked *p*) and a staccato eighth note. A first ending bracket spans the final two measures. A performance instruction reads: "Play RH 8va higher on repeat".