



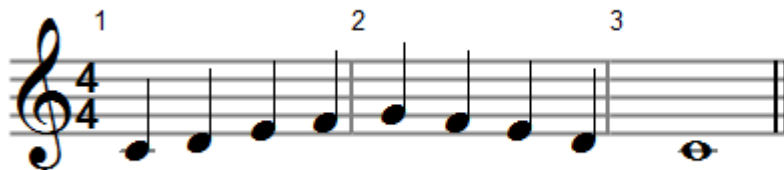
Exercise One - Right Hand

Place your thumb (finger 1) on the C note and then place the other four fingers on the neighbouring white keys up to the G note (i.e. finger 2 on D, finger 3 on E, finger 4 on F, finger 5 on G). Now play each note one by one, starting with the C and moving up to the G note, then make your way back down to the C.

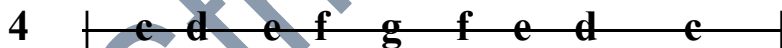
Once you are comfortable playing through these notes, the next step is to concentrate on mastering three different tasks while you play those notes.

1. Keep your back straight and shoulders level
2. Keep your wrists straight and raised slightly above and parallel to the keyboard
3. Make sure that all of your fingers remain in contact with the keys when you play through the exercise

Music



Tablature



The key to this exercise is to keep the hands as relaxed as possible. This will help them stay in contact with the keys throughout the exercise. If you start by doing this exercise very slowly then it will be easier to gain control of your fingers. This will also allow you to recognise the exact moment that your fingers want to lift off the keys and allow you to relax them to make them remain in place.