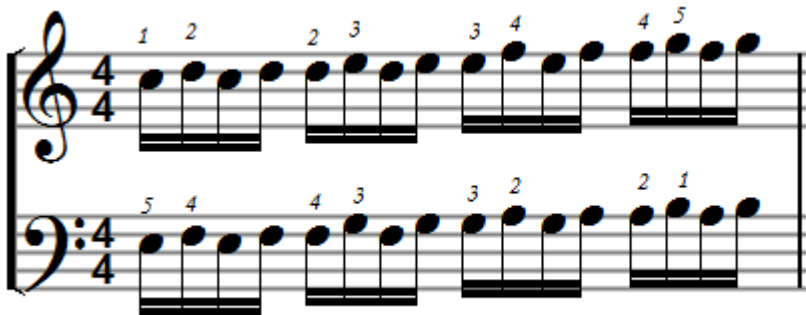


Trills

Once you are comfortable playing through these notes then we need to concentrate on mastering three different tasks while we play these 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 and are relaxed when you play through the exercise



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.