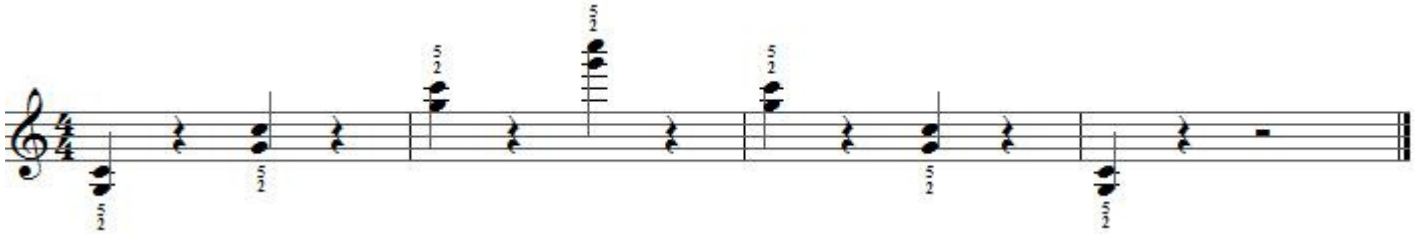


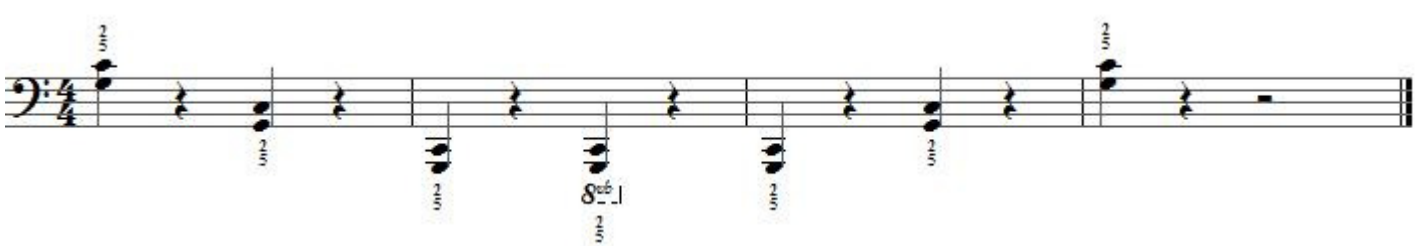
First Lessons with SCALERAIL Ideas for Teachers 2 Moving up and down the keyboard

The following exercises use SCALERAIL to allow the hands to move freely up and down the keyboard. As each hand travels away from the body and back again make sure that it maintains its forward-facing position. The lateral movement of the hand and arm should be smooth and even between each new hand position. SCALERAIL will make this easy!

Exercise 1 Right Hand

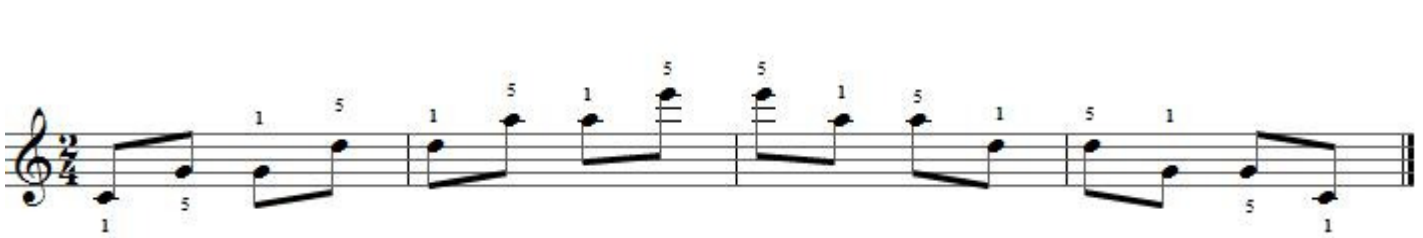


Exercise 1 Left Hand

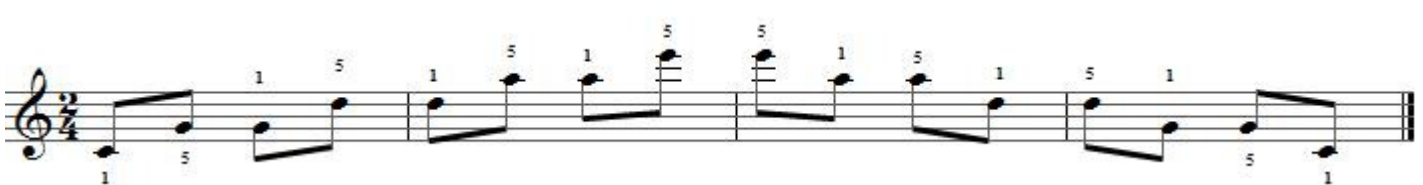


In exercises 2 – 5 rather than lift the whole hand to each new position, allow the hand to **contract** as the thumb moves towards the 5th finger (RH ascending, LH descending) or the 5th finger moves towards the thumb (RH descending, LH ascending) - then let the hand **expand** again to play the next note or group of notes.

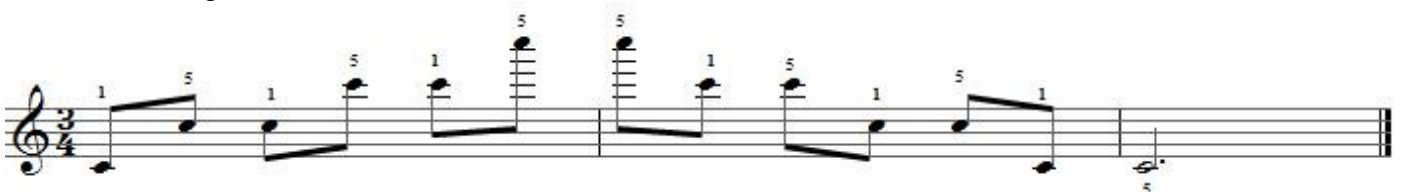
Exercise 2 Right Hand



Exercise 2 Left Hand



Exercise 3 Right Hand



Exercise 3 Left Hand

Musical notation for Exercise 3 Left Hand in 3/4 time. The exercise consists of two measures. The first measure contains a triplet of eighth notes (G2, F2, E2) with fingerings 5, 1, 5. The second measure contains a triplet of eighth notes (D2, C2, B1) with fingerings 1, 5, 1. The piece concludes with a final note (G1) with fingering 1. Octave markers (8^{va}) are shown below the first and last notes.

Exercise 4 Right Hand

Musical notation for Exercise 4 Right Hand in 3/4 time. The exercise consists of two measures. The first measure contains a triplet of eighth notes (G4, F4, E4) with fingerings 1, 2, 5. The second measure contains a triplet of eighth notes (D4, C4, B3) with fingerings 5, 1, 2. The piece concludes with a final note (G3) with fingering 5. Octave markers (8^{va}) are shown below the first and last notes.

Exercise 4 Left Hand

Musical notation for Exercise 4 Left Hand in 3/4 time. The exercise consists of two measures. The first measure contains a triplet of eighth notes (G2, F2, E2) with fingerings 5, 4, 1. The second measure contains a triplet of eighth notes (D2, C2, B1) with fingerings 5, 4, 1. The piece concludes with a final note (G1) with fingering 1. Octave markers (8^{va}) are shown below the first and last notes.

Exercise 5 Right Hand

Musical notation for Exercise 5 Right Hand in 3/4 time. The exercise consists of two measures. The first measure contains a triplet of eighth notes (G4, F4, E4) with fingerings 1, 3, 5. The second measure contains a triplet of eighth notes (D4, C4, B3) with fingerings 5, 1, 3. The piece concludes with a final note (G3) with fingering 5. Octave markers (8^{va}) are shown below the first and last notes.

Exercise 5 Left Hand

Musical notation for Exercise 5 Left Hand in 3/4 time. The exercise consists of two measures. The first measure contains a triplet of eighth notes (G2, F2, E2) with fingerings 5, 2, 1. The second measure contains a triplet of eighth notes (D2, C2, B1) with fingerings 5, 2, 1. The piece concludes with a final note (G1) with fingering 1. Octave markers (8^{va}) are shown below the first and last notes.



Try playing these exercises at different dynamic levels ranging from *pp* to *ff*.

Start slowly, and use a metronome to help you gradually increase the speed of each exercise.