



Lessons with SCALERAIL Ideas for Teachers 6 Lateral Movement Up and Down the Keyboard

The following exercises are designed to promote smooth lateral movement up and down the keyboard. As your right hand moves towards the top of the keyboard or your left hand moves towards the bottom of the keyboard it should retain its forward-facing position. Notice how the wrist joint facilitates this by allowing the hand to move laterally, retaining its forward-facing position as it travels up or down.

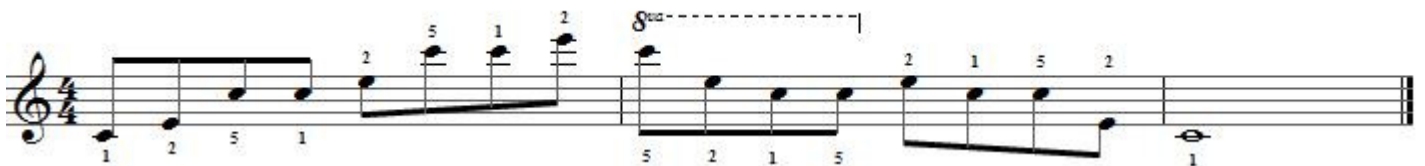
SCALERAIL guides the hands as they make this journey, and it becomes easy to feel and see when the hands deviate from this position.

Allow the hand to contract as the thumb moves towards the 5th finger and then to expand from the thumb in order to cover the next group of notes. This contracting and expanding movement should be smooth, fluent and relaxed as the hand travels up and down the keyboard.

Play the exercises slowly at first to establish the correct pattern of movements and then gradually increase the speed. A metronome can be useful when doing this. It not only ensures that an even tempo is maintained within each individual exercise, but that as the tempo of the exercises is gradually increased this happens by measurable increments. It is also an accurate way of recording the tempo at which the exercise was last practised.

It is important that the tempo is increased gradually and that playing remains fluent, accurate and without stiffness in the arm. Allow SCALERAIL to guide the arm smoothly as the hand contracts and expands. The teacher should set an initial tempo for each individual student.

Exercise 1a Right Hand



Exercise 1b Right Hand



Exercise 1c Right Hand



Exercise 2c Right Hand

Musical notation for Exercise 2c Right Hand in 4/4 time. The first measure contains a quarter note G4 (finger 1), a quarter note Bb4 (finger 3), a quarter note D5 (finger 5), and a quarter note G4 (finger 1). The second measure contains a quarter note Bb4 (finger 3), a quarter note D5 (finger 5), a quarter note E5 (finger 1), and a quarter note G5 (finger 3). A dashed line labeled '8va' spans the second and third measures. The third measure contains a quarter note G5 (finger 3), a quarter note Bb5 (finger 1), a quarter note D6 (finger 5), and a quarter note G5 (finger 3). The fourth measure contains a whole note G4 (finger 1).

Exercise 2d Right Hand

Musical notation for Exercise 2d Right Hand in 4/4 time. The first measure contains a quarter note G4 (finger 1), a quarter note Bb4 (finger 4), a quarter note D5 (finger 5), and a quarter note G4 (finger 1). The second measure contains a quarter note Bb4 (finger 4), a quarter note D5 (finger 5), a quarter note E5 (finger 1), and a quarter note G5 (finger 4). A dashed line labeled '8va' spans the second and third measures. The third measure contains a quarter note G5 (finger 4), a quarter note Bb5 (finger 1), a quarter note D6 (finger 5), and a quarter note G5 (finger 4). The fourth measure contains a whole note G4 (finger 1).

Exercise 2a Left Hand

Musical notation for Exercise 2a Left Hand in 4/4 time. The first measure contains a quarter note G3 (finger 1), a quarter note Bb3 (finger 2), a quarter note D4 (finger 5), and a quarter note G3 (finger 1). The second measure contains a quarter note Bb3 (finger 2), a quarter note D4 (finger 5), a quarter note E4 (finger 1), and a quarter note G4 (finger 2). A dashed line labeled '8vb' spans the second and third measures. The third measure contains a quarter note G4 (finger 2), a quarter note Bb4 (finger 1), a quarter note D5 (finger 5), and a quarter note G4 (finger 2). The fourth measure contains a whole note G3 (finger 1).

Exercise 2b Left Hand

Musical notation for Exercise 2b Left Hand in 4/4 time. The first measure contains a quarter note G3 (finger 1), a quarter note Bb3 (finger 2), a quarter note D4 (finger 5), and a quarter note G3 (finger 1). The second measure contains a quarter note Bb3 (finger 2), a quarter note D4 (finger 5), a quarter note E4 (finger 1), and a quarter note G4 (finger 2). A dashed line labeled '8vb' spans the second and third measures. The third measure contains a quarter note G4 (finger 2), a quarter note Bb4 (finger 1), a quarter note D5 (finger 5), and a quarter note G4 (finger 2). The fourth measure contains a whole note G3 (finger 1).

Exercise 2c Left Hand

Musical notation for Exercise 2c Left Hand in 4/4 time. The first measure contains a quarter note G3 (finger 1), a quarter note Bb3 (finger 3), a quarter note D4 (finger 5), and a quarter note G3 (finger 1). The second measure contains a quarter note Bb3 (finger 3), a quarter note D4 (finger 5), a quarter note E4 (finger 1), and a quarter note G4 (finger 3). A dashed line labeled '8vb' spans the second and third measures. The third measure contains a quarter note G4 (finger 3), a quarter note Bb4 (finger 1), a quarter note D5 (finger 5), and a quarter note G4 (finger 3). The fourth measure contains a whole note G3 (finger 1).

Exercise 2d Left Hand

Musical notation for Exercise 2d Left Hand in 4/4 time. The first measure contains a quarter note G3 (finger 1), a quarter note Bb3 (finger 4), a quarter note D4 (finger 5), and a quarter note G3 (finger 1). The second measure contains a quarter note Bb3 (finger 4), a quarter note D4 (finger 5), a quarter note E4 (finger 1), and a quarter note G4 (finger 4). A dashed line labeled '8vb' spans the second and third measures. The third measure contains a quarter note G4 (finger 4), a quarter note Bb4 (finger 1), a quarter note D5 (finger 5), and a quarter note G4 (finger 4). The fourth measure contains a whole note G3 (finger 1).



Allow SCALERAIL to guide the arm smoothly as the hand contracts and expands.