

LESSON ONE:

*** Please keep in mind that this page is only about actually “playing” the piano. Talk about black-white keys, piano as instrument, high – low-up-down, etc. etc

However: DON'T ALLOW to bang the keys with straight fingers –show **how we are going to use the arm** to play piano and move on to the exercise #1. Show how YOU are using your hand. **FOCUS on the motion and PRAISE the effort.**

Exercise No. 1. Arm Roll–Drops: click for [Music Sheet PDF](#)

Exercise Video Demonstration:

- [Right Hand](#)
- [Left Hand](#)
- [Both Hands](#)

Student's performances video: Arm Rolls

- RIGHT (arm rolls forward): <http://www.youtube.com/watch?v=0V95T4z06X8>
<http://www.youtube.com/watch?v=7gVN-UXwPDY&feature=related>
<http://www.youtube.com/watch?v=U1gpR4xu6Oc&feature=related>
- WRONG (pressing down instead of arm rolls): <http://www.youtube.com/watch?v=d7riORn8Yz0&feature=related>
<http://www.youtube.com/watch?v=NG-Mskbil94&feature=related> - no feet support, no arm weight on the key
- BRILLIANT: Perfectly taught hand choreography! (*Talented girl, but would not get that far without this level of teaching shown in her movement*): <http://www.youtube.com/watch?v=JbjXyoAgeiQ&feature=related>

Lesson Format: HOW TO INTRODUCE “Arm Rolls”

Student will only pay as much attention to correct movement as the teacher does. Insist on it – and they all learn it.

1. Watch the “**Flower Hand Position**” demo: [Skill #Prep](#), and practice it with the student at the class.
Teach Hand RELAXATION FIRST before showing the exercises:
“When hand is relaxed it looks like a flower with soft petals – as you open each finger – it curls back IF finger is relaxed indeed. “
2. Watch the **Lesson on “Arm Rolls”** [Skill #1](#), and practice it with the student at the class.
 - Ask student to watch this “**Arm Rolls**” demo: [Skill #1](#) & practice this motion at home at the tabletop.
3. Watch the **Lesson on “1st and 5th Finger Motion”** Lesson on [Skill #2\(a-b\)](#), and practice with the student at the class.
 - Ask student to watch this “**1st Finger Motion**” demo: [Skill #2\(a\)](#)
 - Ask student to watch this “**5th Finger Motion**” demo: [Skill #2 \(b\)](#)
4. Continue to remind about **Elbow Out position** –see demo: [Skill #3](#)

PIECES for practicing ARM ROLLS:

L. Fletcher No. 1-3 from L. Fletcher Piano Course Book 1

Pieces Video Demonstration:

Ask students to watch videos and pay attention to the hand-arm motion and full ringing tone of each note

- [No. 1](#)
- [No. 2](#)
- [No. 3](#)

