

Piano

The Classical Piano Method

Finger Fitness 1

Heumann



ED 13551

 SCHOTT

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Finger Fitness 1

HANS-GÜNTER HEUMANN

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British Library Cataloguing-in-Publication Data.
A catalogue record for this book is available
from the British Library

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Cover design by www.adamhaystudio.com
Cover photography: iStockphoto

Music setting and layout by Wega Verlag GmbH
S&Co.8898

FIVE TOP PRACTICE TIPS

1. Establishing a good playing posture is a great start on the road to developing a good technique and sound. Firstly sit in an upright, but relaxed position at the centre of the keyboard, and towards the front edge of the stool. Your hands should comfortably reach the keys. Make sure your arms are relaxed and the shoulders are not raised. Your fingers should be positioned so that the forearm, wrist and backs of the hands form a straight line. Also your fingers should be softly curved as if holding a ball. Make sure to adjust your stool to the correct height! Too high and your back will arch, too low and your shoulders will rise. You should sit so that the upper body is balanced and stable. Certain muscle groups, such as those in the neck and shoulders should be consciously relaxed.
2. Practice as slowly as you need to play without mistakes or hesitation, then gradually increase the tempo.
3. Practice first with each hand separately, then with both hands together.
4. You will learn more quickly if you practice in small sections or passages. Study the piece, looking for repetitions and similarities. Problem passages should always be practiced on their own, and repeated many times. After that, it is important to practice them in context. Additionally, through practicing in this way you can learn to play the pieces from memory.
5. From time to time, play or think through the pieces and hear the music in your head. In your mind's eye, imagine either the score itself or the fingers with which you play the notes.

Hans-Günter Heumann

CONTENTS

MIDDLE C POSITION

1. Repetition	6
2. Steps / Two-Finger Legato	7
3. Steps / Three-Finger Legato	8
4. Steps / Four-Finger Legato	10
5. Steps / Five-Finger Legato	12
6. Two Notes Joined with a Slur	13
7. Skips	14
8. Alternating Hands / Tied Notes	15
9. Playing with Hands Together / Contrary Motion	16
10. Preparatory Legato / Staccato Exercise	17
11. Exercise with Legato and Staccato	18
12. Parallel / Contrary / Lateral Motion	20
13. Sharps and Flats	22
14. Chromatic Study	23
15. Quarter Notes (Crotchets) and Eighth Notes (Quavers)	24
16. Melodic Etude for Five Fingers	25

C MAJOR 5-NOTE PATTERN

17. Playing in Unison	26
18. Playing in Contrary Motion	27
19. Playing in Lateral Motion	28
20. Little Melodic Study	29
21. Finger Strength and Equalization of all Fingers: 1 (F. Le Couppey)	30
22. Intervals from a Second to a Fifth	32
23. Right and Left Hand Melody	33
24. Evenness of all Fingers	34
25. The Little Pianist Op. 823, No. 13 (C. Czerny)	35

G MAJOR 5-NOTE PATTERN

26. Imitation Study	36
27. Triad Exercise	37
28. Easy Exercise Op. 139, No. 3 (C. Czerny)	38

CHANGING POSITIONS

29. Walking Fingers	39
30. Ostinato Study	40
31. Finger Strength and Equalization of all Fingers: 2 (F. Le Couppey)	42
32. The Young Pianist's First Steps Op. 82, No. 27 (C. Gurlitt)	43

D MAJOR 5-NOTE PATTERN

33. Evenness and Articulation Study: 1	44
--	----

CHANGING POSITIONS

34. Accuracy	45
------------------------	----

F MAJOR 5-NOTE PATTERN

35. Broken Chord Exercise	47
36. Preparatory Exercise for No. 37	48
37. Evenness and Articulation Study: 2	49

A MINOR 5-NOTE PATTERN

38. First Instructor Op. 599, No. 3 (C. Czerny)	50
39. Bordun Exercise	51
40. Finger Strength Study: 1	52
41. Sustaining Fingers	53

E MINOR 5-NOTE PATTERN

42. Preparatory Exercise for No. 43	54
43. Finger Strength Study: 2	55

D MINOR 5-NOTE PATTERN

44. Rhythmic Articulation Exercise	56
--	----

CHANGING POSITIONS

45. Cross Hand Etude	57
46. Changes between Two Neighbouring Keys	58
47. Evenness Study / Alternating Hands	59
48. Block Chords and Broken Chords / The Right Pedal	60
49. Skips with Block Chords	62
50. Skips with Broken Chords	63

1. Repetition

 $\text{♩} = 100$

Hans-Günter Heumann

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1

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9

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13

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