

# Precision & Flow Exercises

Here are a set of exercises for improving your finger, hand coordination and strengthening your technique.

Please look in the mirror and make sure there is no buckling at the joints or, sliding off keys as you move your finger.

Next, learn to feel when this happens without having to look in the mirror.

By doing these with awareness and focus, you will gain the facility and sensitivity you need for excellent technique!

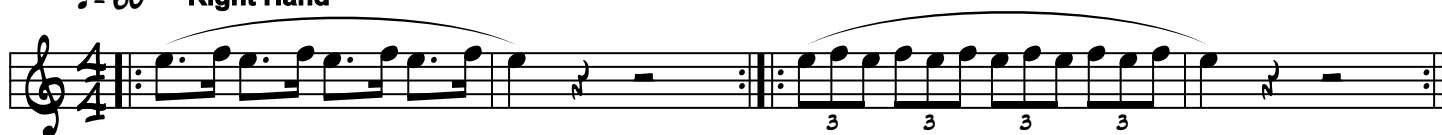
This exercise is for any two notes that you are working on to improve your technique in service of the music you are making.\*

**First time:** Quarter note is 60.

**Second time:** Double time, Quarter is 120. or think cut time.

After you are good at this octave, practice in **all three registers**.

♩ = 60 **Right Hand**

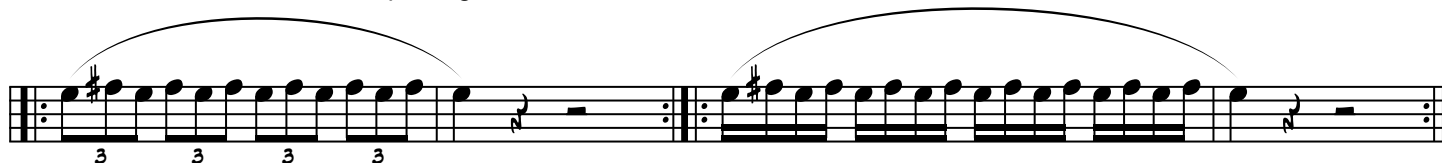


Use **the rests** to **release muscle tension, breathe, problem solve** and **choose good habits**.



5

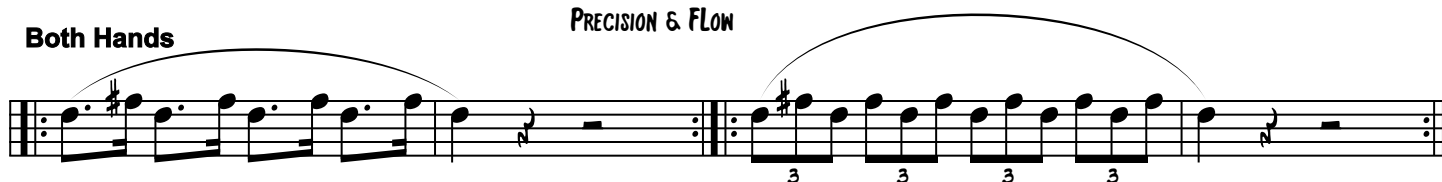
Liquid legato connections.



9

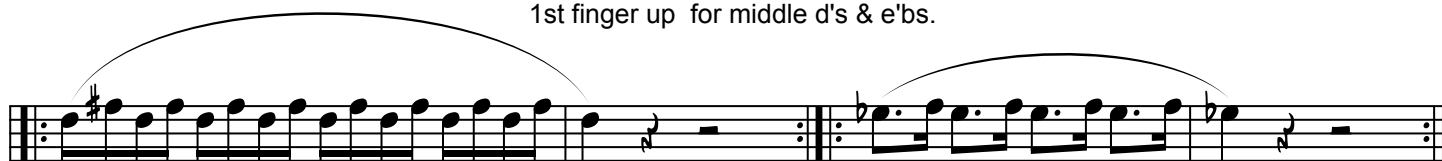
**Both Hands**

**PRECISION & FLOW**



13

1st finger up for middle d's & e's.



17

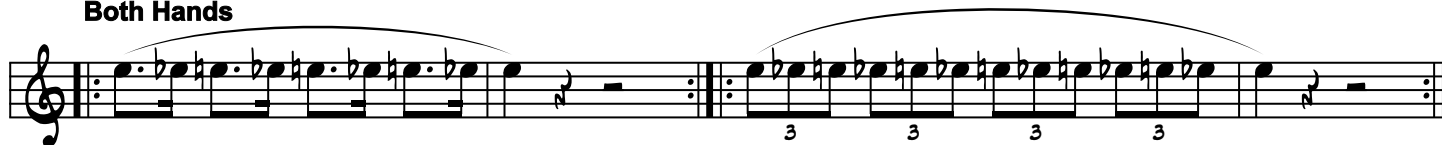
Always playing with a supported beautiful sound.



21

\* YOU MAY ALSO DO THIS EXERCISE AS AN ARTICULATION EXERCISE AND VARY THE REGISTERS AS WELL.

## Both Hands



25 1st finger up for Eb's!



29

## PRECISION &amp; FLOW



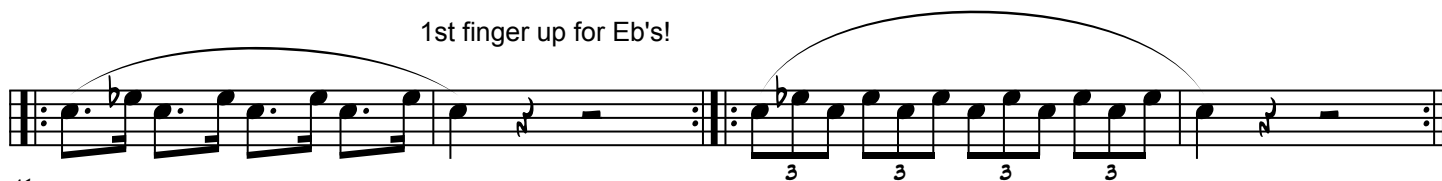
33

Never work for just technique alone!! Be in service of making music and making expressive sounds.



37

1st finger up for Eb's!



41

♩ = 60 Left Hand



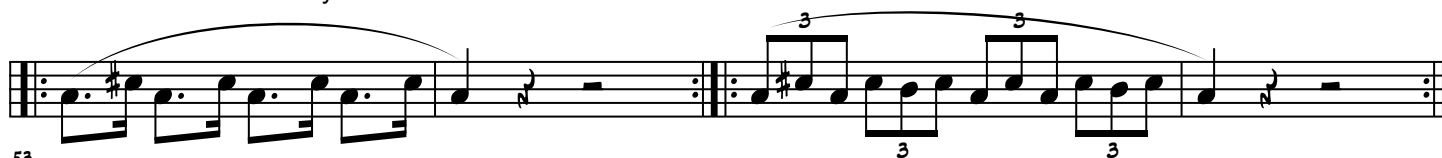
45

Relax, Breath and use good habits.



49

Check intonation on your C#'s!



53

**Both Hands**

57

Singing, spinning, speed and support of air stream = beautiful Sound.

61

**Left Hand**

65

Check for intune C#'s!

69

Relax, Breath and use good habits.

73

**PRECISION & FLOW**

**Both Hands**

77

1st finger up for D's!

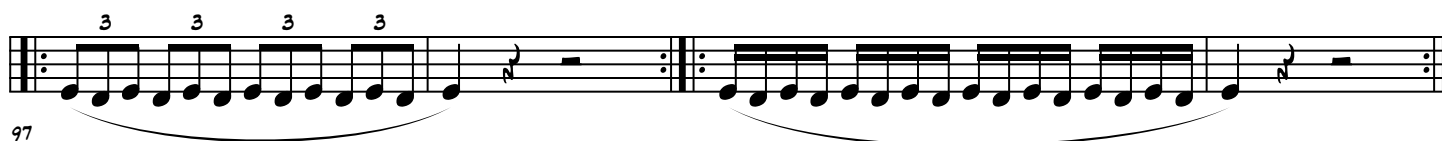
81

Listen for smooth legato connection of air and fingers.

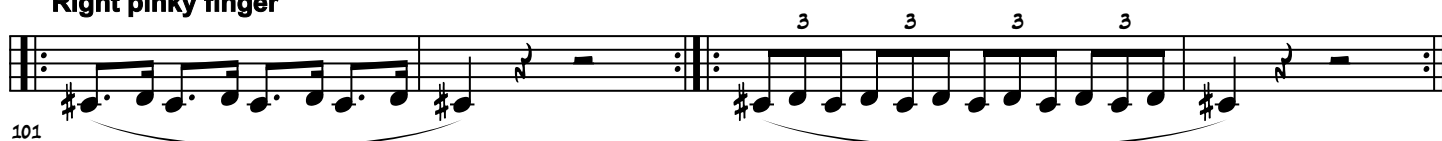
85

**Right pinky finger****Right 3rd finger and pinky**

## PRECISION &amp; FLOW



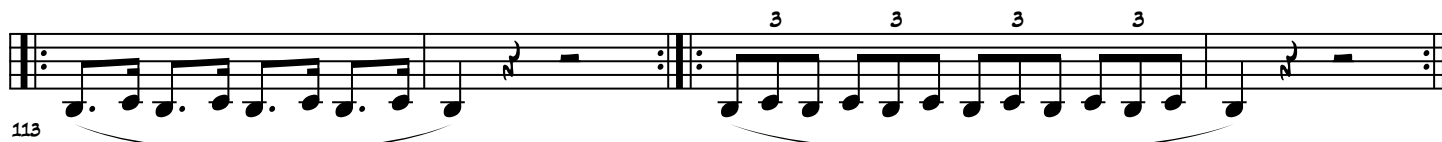
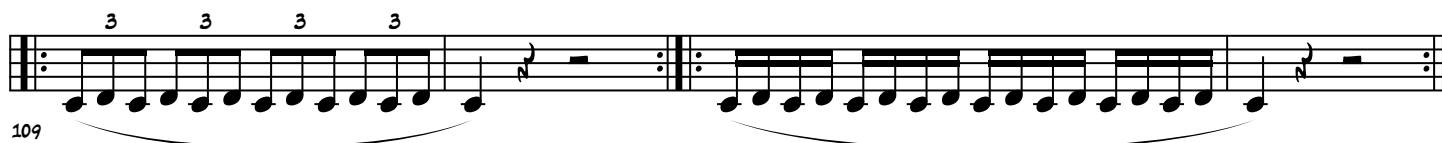
Curved pinky finger! Yes, it will get stronger if you exercise it :-)

**Right pinky finger**

Singing, spinning, speed and support of air stream = beautiful Sound.



Relax, Breath and use good habits.



Curved pinky finger! Yes, it will get stronger if you exercise it :-)

