

BASIC HAND STRENGTHENING EXERCISES

The Basic Hand Strengthening Exercises in APPENDIX i-v are the cornerstone of the *Upper Hands Piano* method. They will strengthen your arms and hands, increase your finger control and agility, and will help you to learn all of the basic 3-note chords, called *triads*. To help you find the keys, **cut out the letter strip (near the back of the book)**, and place it behind the black keys on your keyboard, so that the letters C, D, and E line up with middle C-D-E as shown in the photo below.

Exercise #1

“RH” indicates the right hand fingering, and “LH” indicates the left hand fingering.

RH	1	2	3	4	5	4	3	2	1	3	5	3	1	5 3 1	G E C	C major triad
	C	D	E	F	G	F	E	D	C	E	G	E	C			
LH	5	4	3	2	1	2	3	4	5	3	1	3	5			

Playing Exercise #1 beginning on C:

With your RIGHT HAND 1-finger (thumb) on middle C₄, and your LEFT HAND 5-finger (pinkie) on C₃, place your fingers on C D E F G, as shown. Play Exercise #1, one hand at a time, SLOWLY and EVENLY, like the ticking of a clock, keeping your fingers gently curved and wrists level.



Exercise #1 ends with a *major triad*, which is a chord constructed from the 1st, 3rd and 5th notes of the pentascale, played together. It will feel awkward playing the exercise at first, (especially the triad), but stick with it and it will get easier! You will make quick progress if you play Exercise #1 in two to three new pentascale positions each week, while reviewing the ones you have already played.

**Begin playing BASIC HAND STRENGTHENING EXERCISE #1 in APPENDIX i-ii now!
Then flip back to p.13 to learn more about how music is organized on the staff.**

*Please Note: Learning all 12 pentascales will give you the skills to play chords in songs very quickly, which is really fun! Since you haven't yet learned to read music notes, you will find the letter names next to, or instead of notes in these exercises. But don't worry, your note-reading skills will eventually catch up to your chord playing skills!