

Play these exercises in every pentascale, with right and left hands separately. Be sure to curve your fingers, and keep your wrists level. After you learn each exercise, play it again with your eyes closed. Focus on the feel of the keys, the sounds of the notes, and listen for a steady, even rhythm.

BASIC HAND STRENGTHENING EXERCISES

Exercise #1

major triad

C RH (Right Hand) fingering

LH (Left Hand) fingering

A major triad consists of the 1st, 3rd, and 5th notes of the pentascale, played together

G

Continue to use this LH and RH fingering for the rest of Exercise #1

D

A

E

B