



Creative,

A huge welcome to this quick-fire guide sheet to accompany our video lesson - Do These 3 Exercises Every Morning For 7 Days.

A few quick thoughts on hand coordination.

Hand coordination is by far the biggest pain point my students have. I've taught for a long time now and getting those hands to behave is a long and steady process.

But we can do it. I've seen tremendous progress irrespective of age. And we can practice coordination in fun, melodic and interesting ways rather than just bland and repetitive exercises that make you want to "HULK SMASH" that piano out of the window.

And I hope this video lesson proves this to you.

STRUCTURE

I've called this lesson "Do These 3 Exercises Every Morning For 7 Days".

There is flexibility here. You can go longer than 7 days. You can tweak the difficulty of the exercises to suit your stage.

However the main point I'm trying to make is that we can make coordination a core focus for a short period of time to really hone in on it. This way we can make some real progress.

So I do ask you commit to a period of time (7 days minimum). And do them everyday so we can build up momentum and track that progress.

I recommend mornings as that is when our brains are in the most receptive state for learning, but any time is better than no time.

You **MUST** be in a focused state when you do this. Don't drift off. Look at your hands and be present. This is vital for the adult brain to be receptive to learning new skills.

Aim for 10 minutes minimum. Longer if possible.

Time your exercises so you do each exercise for an equal length of time and have a quick break between each.



Do These 3 Exercises Every Morning For 7 Days



Creative, you can time this however you want but an example for a 10 minute session would look something like this...

EXERCISE 1	3 MINUTES
BREAK	20 SECONDS
EXERCISE 2	3 MINUTES
BREAK	20 SECONDS
EXERCISE 3	3 MINUTES
BREAK	20 SECONDS

Done.

One last thing I want you to think about is make a mental note (or even write your thoughts down) on day 1 for how difficult you find the exercises. Any sticking points etc.

Then after day 7, revisit your notes and compare how you feel now to how you felt before.

Do you feel you've made progress? In what ways? Don't expect miracles, but even if you find you are able to play that sticky rhythm with just a little less rigidity. It feels a little more autonomic, then thats a huge win and a massive step along the journey of hand coordination.



SEE THE EXERCISES BELOW.

♩ = 75

Exercise 1
Example 1

♩ = 75

Example 2

♩ = 75

Example 3



♩ = 75

Exercise 2 Example 1



Musical score for Exercise 2 Example 1. It consists of two staves in 4/4 time. The right hand plays a sequence of chords: C major (C-E-G), F major (F-A-C), C major (C-E-G), F major (F-A-C), C major (C-E-G), F major (F-A-C), C major (C-E-G), F major (F-A-C). The left hand plays a sequence of chords: C major (C-E-G), F major (F-A-C), C major (C-E-G), F major (F-A-C), C major (C-E-G), F major (F-A-C), C major (C-E-G), F major (F-A-C). The piece ends with a repeat sign and a fermata.

♩ = 75

Example 2



Musical score for Exercise 2 Example 2. It consists of two staves in 4/4 time. The right hand plays a sequence of chords: C major (C-E-G), F major (F-A-C), C major (C-E-G), F major (F-A-C), C major (C-E-G), F major (F-A-C), C major (C-E-G), F major (F-A-C). The left hand plays a sequence of chords: C major (C-E-G), F major (F-A-C), C major (C-E-G), F major (F-A-C), C major (C-E-G), F major (F-A-C), C major (C-E-G), F major (F-A-C). The piece ends with a repeat sign and a fermata.

♩ = 75

Example 3



Musical score for Exercise 2 Example 3. It consists of two staves in 4/4 time. The right hand plays a sequence of chords: C major (C-E-G), F major (F-A-C), C major (C-E-G), F major (F-A-C), C major (C-E-G), F major (F-A-C), C major (C-E-G), F major (F-A-C). The left hand plays a sequence of chords: C major (C-E-G), F major (F-A-C), C major (C-E-G), F major (F-A-C), C major (C-E-G), F major (F-A-C), C major (C-E-G), F major (F-A-C). The piece ends with a repeat sign and a fermata.



Do These 3 Exercises Every
Morning For 7 Days



Exercise 3

Example 1

$\text{♩} = 75$
C

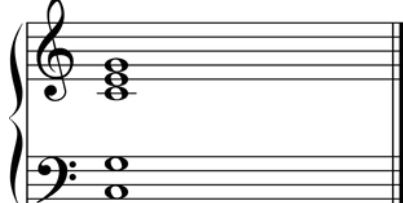


ped. *pedal simile*

C Am



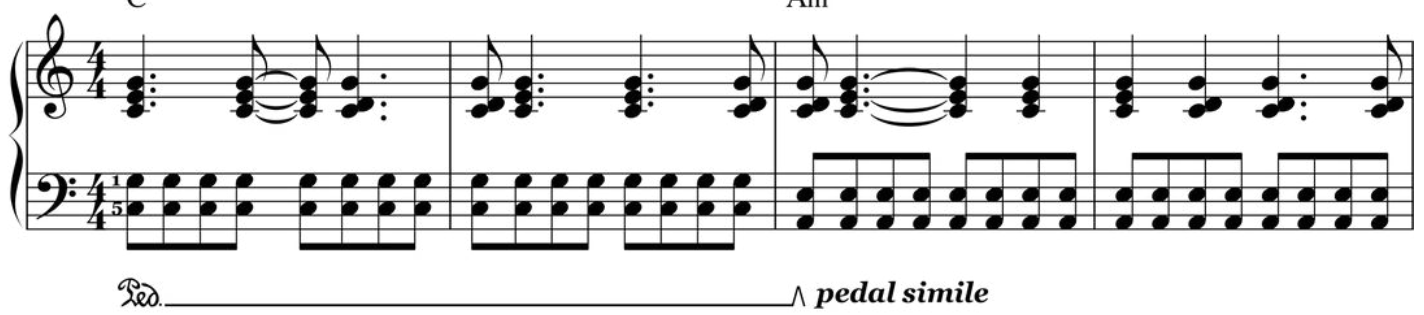
C





$\text{♩} = 75$ Example 2

C Am



ped. \wedge *pedal simile*

C Am



C





Do These 3 Exercises Every
Morning For 7 Days



♩ = 75

Example 3

C Am

ped. \wedge *pedal simile*

C Am

C

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