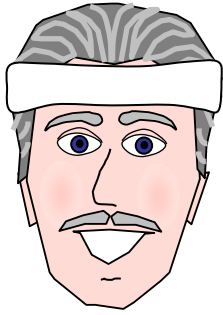
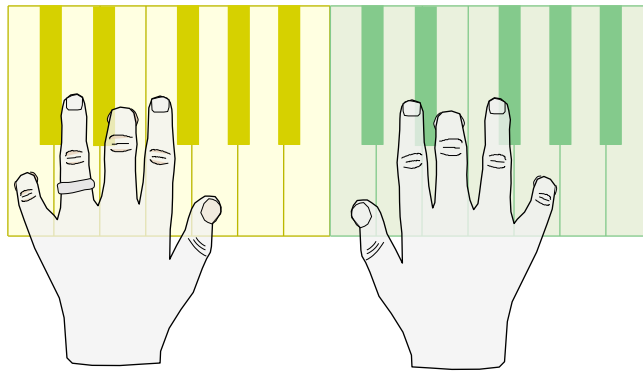


# WARMUPS



*A.C. Player*

This lesson contains basic finger movements that occur in many songs. If you already play piano, you will likely find these warmups to be easy, so work on your precision and timing. If you're new to piano, you may find the warmups to be quite challenging. However, in time these movements will become second nature and prepare you to play actual songs.



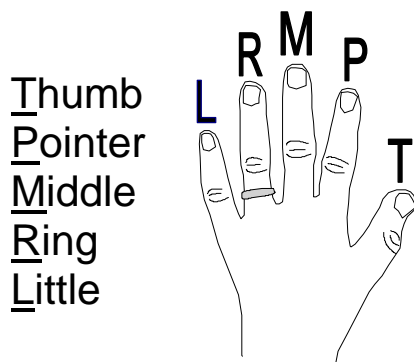
## Allcanplay Finger Notation

Standard music notation uses numbers to indicate fingering for both hands:  
1=Thumb, 2=Pointer/Index, 3=Middle, 4=Ring, 5=Little

But numbers are also used for timing, so Allcanplay uses letters for fingering, which is also more intuitive.

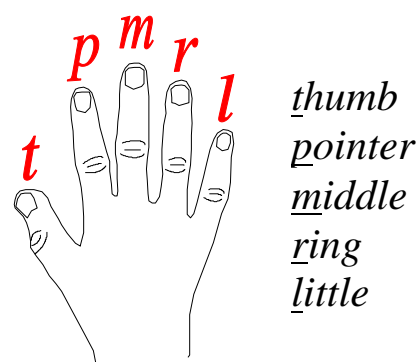
### LEFT HAND

LARGE BLACK BLOCK LETTERS



### Right Hand

wRitten Red italicized letters



# Five-Finger Position

In Five-Finger Position, your fingers cover any five adjacent *white* keys that lie next to each other. Songs or portions of songs in Five-Finger Position are easier to play, because you never have to look at or move your hands. You simply press down the appropriate fingers when indicated. This allows you to focus on the written music or on your other hand if it has to move.

**Playing Tips & Traps:** Curve your hand as if it were holding a ball, and play on the pads or tips of your fingers. Play one finger at a time slowly and deliberately to avoid having non-playing fingers “pop up.” Avoid “hitchhiking” by keeping your thumb on its key even when it’s not playing. If you have trouble with either, imagine a light coating of glue on each fingertip so that it doesn’t drift off its key. Eventually, you’ll want your fingers hovering slightly over the keys so you can take advantage of gravity and downward momentum. For more information, with illustrations, see “Hands & Fingers” at [www.maxlearning.net/Piano/KeyboardsKeys.pdf](http://www.maxlearning.net/Piano/KeyboardsKeys.pdf)

## Right Hand Up

With your right thumb on Middle C, place each of your remaining fingers on the adjacent white keys as shown below.

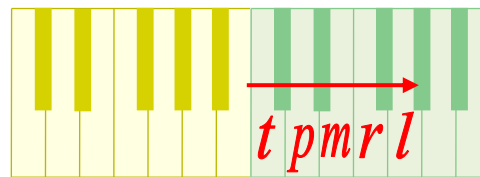
### 1. FingerCall

Say the finger names as you play them in order: *thumb, pointer, middle, ring, little.*

### 2. TimeCount

Count time as you press each key: *1 and, 2 and, 3 and, 4 and, 5 and.*

Follow the arrow *up* from left to right.



1+2+3+4+5+

### 3. KeyCall

Say the key names as you play them in order: *C D E F G*

### 4. BlindPlay

Close your eyes and play the keys one by one in order.

## Right Hand Down

Reverse the previous procedure.

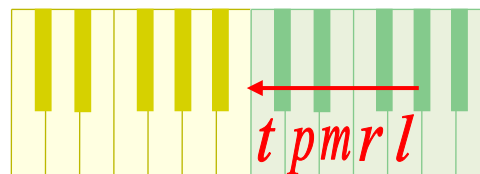
### 1. FingerCall

Say the finger names as you play them in order: *little, ring, middle, pointer, thumb.*

### 2. TimeCount

Count time as you press each key: *5 and, 4 and, 3 and, 2 and, 1 and.*

Follow the arrow *down* from right to left.



1+2+3+4+5+

### 3. KeyCall

Say the key names as you play them in order: *G F E D C*

### 4. BlindPlay

Close your eyes and play the keys one by one in order.

## Left Hand Up

With your left little finger on the C below Middle C, place each of your remaining fingers on the adjacent white keys.

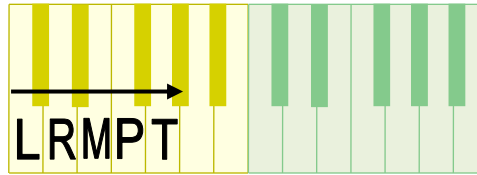
### 1. FingerCall

Say the finger names as you play them in order:  
*Little, Ring, Middle, Pointer, Thumb.*

### 2. TimeCount

Count time as you press each key: *1 and, 2 and, 3 and, 4 and, 5 and.*

Follow the arrow *up* from left to right.



1+2+3+4+5+

### 3. KeyCall

Say the key names as you play them in order:  
*C D E F G*

### 4. BlindPlay

Close your eyes and play the keys one by one in order.

## Left Hand Down

Reverse the previous procedure.

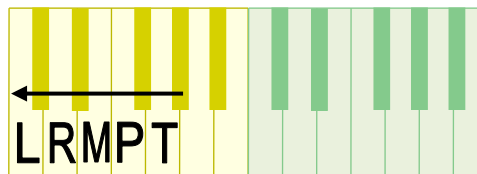
### 1. FingerCall

Say the finger names as you play them in order:  
*Thumb, Pointer, Middle, Ring, Little.*

### 2. TimeCount

Count time as you press each key: *5 and, 4 and, 3 and, 2 and, 1 and.*

Follow the arrow *down* from right to left.



1+2+3+4+5+

### 3. KeyCall

Say the key names as you play them in order:  
*G F E D C*

### 4. BlindPlay

Close your eyes and play the keys one by one in order.



## Take It Easy!

If your hands and fingers feel tired or cramped, stop playing and take a moment to rest. Let your arms hang from your sides so blood flows to your hands. Then lift your hands and gently shake them to increase circulation.

If you're a beginner, even seemingly simple warmups can wear you out. Playing piano is not a natural process – it takes total concentration and coordination. But with time, you'll play these warmups effortlessly.

# Both Hands

Playing piano with one hand is relatively easy for most. The real challenge comes when playing with both hands. Not only are your hands mirror images of each other, your *right* hand is controlled by the *left* side of your brain, and your *left* hand is controlled by the *right* side of your brain.

So it's easy to get brain signals to the fingers mixed up, especially if each hand is playing different notes and rhythms. It's like trying to pat your head while rubbing your belly. The good news is that the more you do it, the easier it gets.

## Parallel Motion

Hands play keys in the *same* direction.

Start with the Left Little and Right Thumb and play up then back down without pausing.

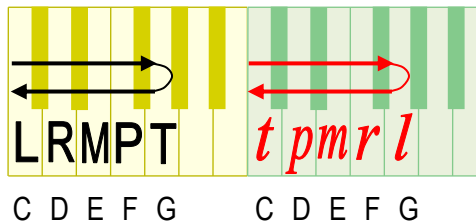
### KeyCall

Say as you play:

C D E F  
G  
F E D C

Do *not* play the Gs twice.

Follow the arrows *up* one key at a time then *down* one key at a time.



### Whisper

Focus on your Right Hand (RH) and *whisper* to your Left Hand (LH) to follow along. For example, when your RH moves up or down one key, the LH should too.

Both Middle fingers play Es at the same time.

## Contrary Motion

Hands play keys in the *opposite* direction.

Start with both Littles and play in towards Thumbs then back out without pausing.

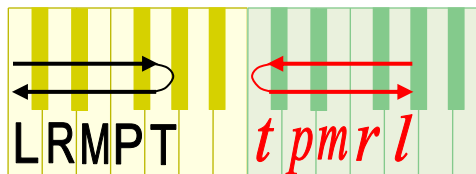
### FingerCall

Say as you play:

Little, Ring, Middle, Pointer  
Thumb  
Pointer, Middle, Ring, Little

Do *not* play the Thumbs twice.

Follow the arrows *in* one key at a time then *out* one key at a time.



### Play Both

Tell your hands to play both Little fingers, then both Pointer fingers, then both Middle fingers, etc.

## Which motion was easier for you?

Parallel Motion requires *more* brain signals: Left Little + Right Thumb, Left Ring + Right Pointer, etc.

Contrary Motion requires *fewer* brain signals: Both Littles, Both Rings, Both Middles, etc.

Most people find Contrary Motion easier to play, but some favor Parallel Motion.

# Groups of Keys

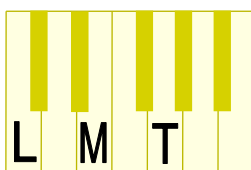
So far you have played key by key, pressing one finger down at a time. To play a group of keys, also known as a chord, *lock* the desired fingers in place and press your entire *hand* down.

## Three-Two

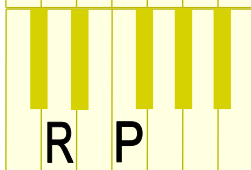
The Three-part is a standard chord. The Two-part is often more challenging.

### LEFT HAND

Press Little/Middle/Thumb down together.



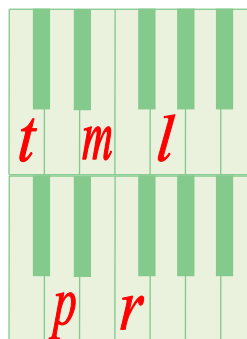
Press Ring/Pointer down together.



Lock fingers and press hand down.

Alternate pressing 3 keys then 2 keys several times.

Try both hands together.



### RIGHT HAND

Press thumb/middle/little down together.

Press pointer/ring down together.

### One at a Time

If you find that all five fingers want to press down together, try playing **C** alone, then **E** alone, then **G** alone to send a brain signal to your Thumb, Middle, and Little fingers. Then press all three together.

### Which Hand is Easier?

Surprisingly for most people, even those who are right-handed, the Three-Two is easier to play with the *left* hand. This works out well since most chords are played with the left hand.

## Two-Two-Two

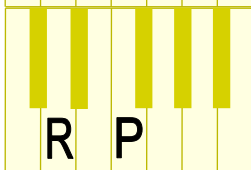
This warmup really challenges finger coordination, so play it very slowly at first.

### LEFT HAND

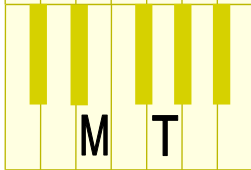
Press Little/Middle, down together.



Press Ring/Pointer down together.



Press Middle/Thumb down together.

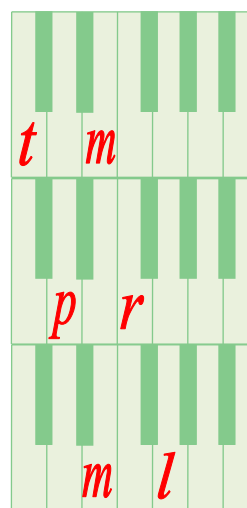


Lock desired fingers and press hand down.

Try playing the sequence in reverse order.

Try playing the Two's in random order.

Try both hands together.



### RIGHT HAND

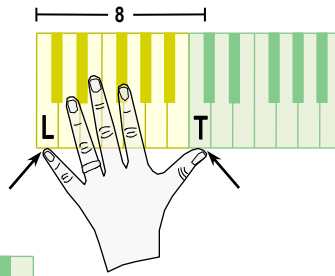
Press thumb/middle, down together.

Press pointer/ring down together.

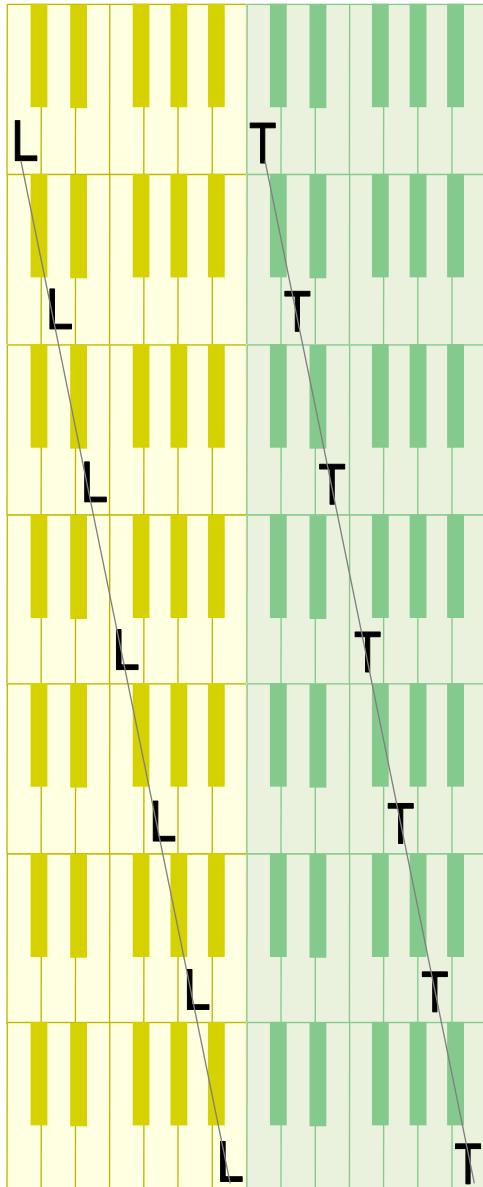
Press middle/little down together.

# Octave Spans

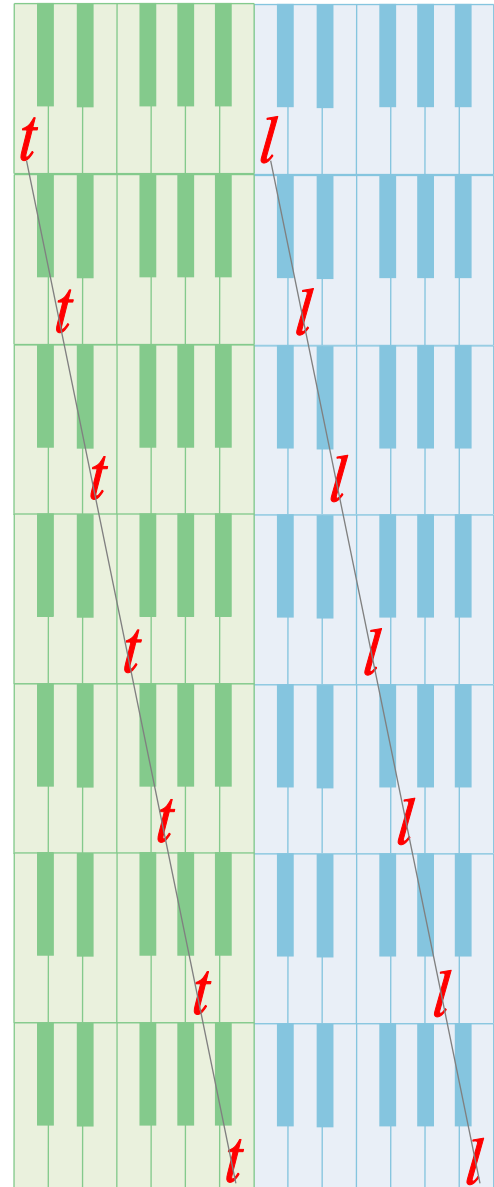
A keyboard is composed of octaves, which are repeating groups of white and black keys. Many intermediate and advanced songs require you to stretch your hand from a key in one octave to the same key in the adjacent octave.



**LEFT HAND**



**RIGHT HAND**



If you can't quite reach the octave keys without pressing the keys inside of them, come from the front and below with just the *tips* of your little finger and thumb. In time, your hand span will stretch.

Play each octave span slowly.

You'll hear the "Do Re Mi Fa So La Ti" scale song. You can add the upper C-span (not shown) to complete the scale on "Do."

Try playing in reverse order, down the scale.

Try playing black key octave spans. Remember, you're playing the *same* key an octave apart.

Try playing octave spans in random order.