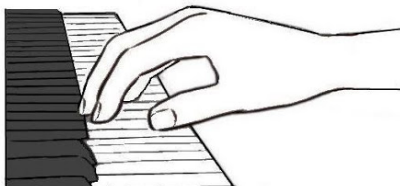


Keyboard Basics

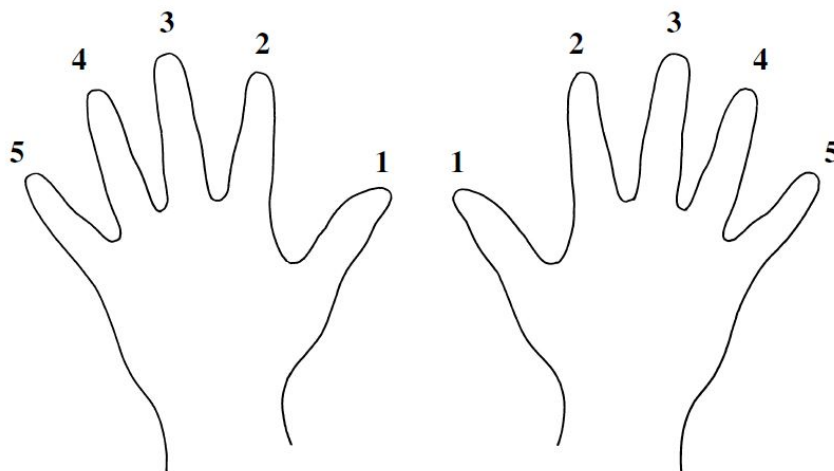
Lesson One: Getting to Know the Keyboard

Technique:

- Eight Guidelines of Proper Piano Position:
 1. Feet flat on the floor
 2. Sit on the edge of the bench
 3. Sit far enough away from the keyboard that your knees go slightly under the edge of your keyboard
 4. Sit with your back straight
 5. Shoulders down and relaxed
 6. Elbows held slightly out, away from body—think water balloon under arm
 7. Wrist straight, not bending down or up
 8. Fingers curved round with firm ends—think bridges

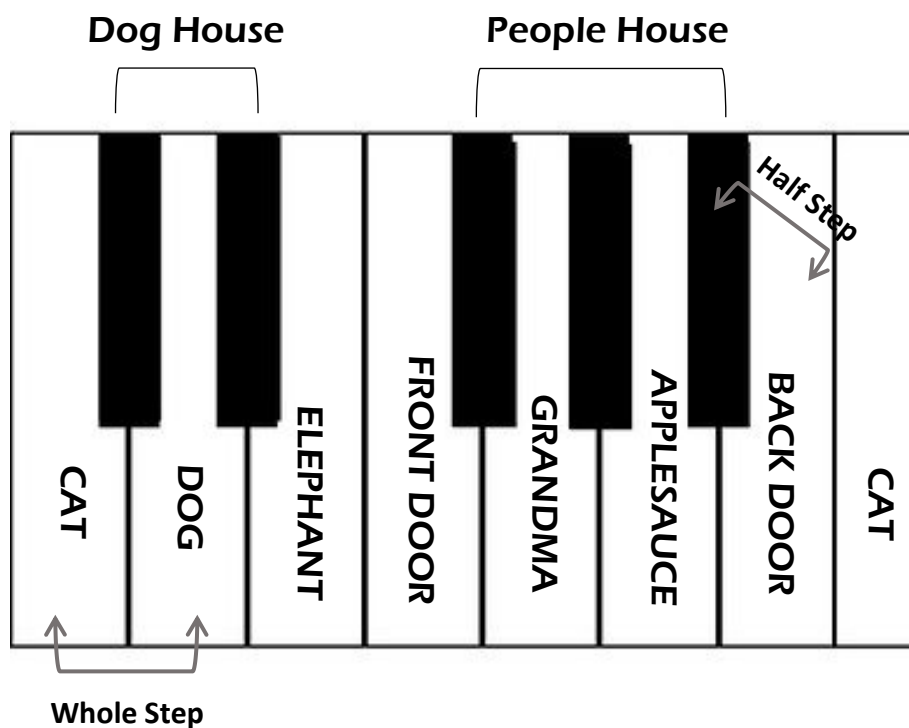


- Finger Numbers: LH 54321 RH 12345
 - Play Hand Game as done in recorded lesson



- Practice playing high, middle, low pitches on the keyboard. Try to match the pitch with your voice
 - High – pitches on the right of the keyboard (typically played with Right Hand)
 - Middle – pitches in the middle of the keyboard (play with both Right and Left Hands)
 - Low – pitches on the left side of the keyboard (typically played with Left Hand)

- Music Alphabet: ABCDEFG
 - Play all notes starting at the lowest note of the piano (A) with a strong middle finger (3) saying each note out loud. Begin with LH on the lower end of the keyboard and use RH from the middle going up. Do wrist bounces/circles on each note
- Dog House notes together. Fingers to use: LH 32 RH 23. Play from lowest group on the piano keys to highest group on the piano keys
- Play People House notes together. Fingers to use: LH 432 RH 234. Play from lowest group on the piano keys to highest group on the piano keys
- Musical Alphabet: Play from lowest notes on piano keys to highest notes on piano keys bouncing wrist loosely on each note: Cat, Dog, Elephant, Front Door, Grandma, Applesauce, Back Door. Watch position
- Whole Steps and Half Steps
 - Whole: Skips one note
 - Half: Steps chromatically (the very next note)



Reading:

- Note Values:
 - Quarter Note – Count one beat. Say “Walk” or “Quarter” or “One”
 - Half Note – Count two beats. Say “Half Note”
 - Whole Note – Count four beats. Say “Hold that whole note”
 - Eighth Note – Count ½ beat. Say “run-ning” or “two eighths” for two. Say “eighth” for one
- “Mary Had a Little Lamb” with black notes. Sing with it. Use document to read
- “Peter, Peter” - Practice as shown in recording. Start slowly, then gradually speed up