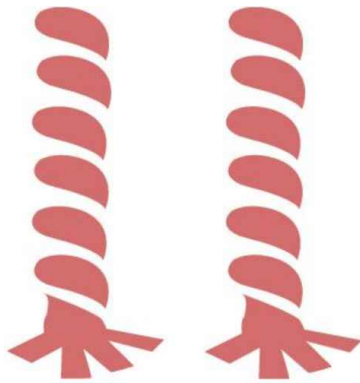
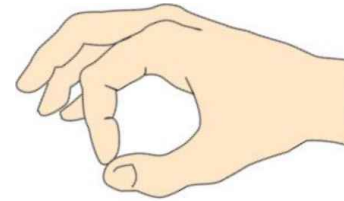


3. The third secret is **FIRM FINGERTIPS.**

Making O's

- Gently press the tip of your R.H. 2nd finger against the tip of the thumb. Look for a round “O.”
- Now do the same for fingers 1 and 3, 1 and 4, and 1 and 5.
- Repeat using your left hand. Then try hands together.



4. The fourth secret is **ARM WEIGHT.**

Heavy Wet Ropes

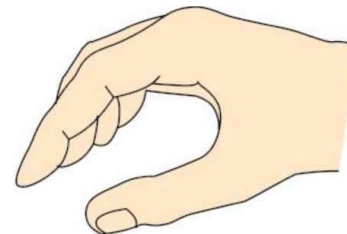
- Sitting at the piano, let your arms dangle straight down from your shoulders. *Let them feel like heavy wet ropes!*
- In s-l-o-w m-o-t-i-o-n, bring your arms up. Your arms should continue to feel heavy. When your hands reach the height of the keyboard, let your arms drop *completely relaxed* into your lap.
- Do this exercise 2 times in slow motion.

5. The fifth secret is **CORRECT THUMB POSITION.**

Thumb Perch

The thumb should play on the **side tip** of the fingernail.

- Do a “thumb perch” by silently placing your right hand on the white keys with the thumb “**perching**” on the **side tip**. Your other fingers should rest gently on the keys.
- Then do a “thumb perch” with your left hand.



Note to Teacher: Finding the correct thumb position also eliminates a sagging wrist.