

Nancy Bachus' Daily Warm-Up Routine

Away from the Keyboard:

1. Stretch—Grab (10 times)
2. Circles: Fingers 2-1 3-1 4-1 5-1 (Firm nail-joints and “curved”) thumb
3. Thumb Motion: 5x up and down on Finger 2
4. “Time” releases: Count 1-2, 1-3, 1-4, 1-5, then 1-2. Fingertips “pull” arms.
5. “Bug” walk on leg: With relaxed wrist, fingers 5 and 1 “pull” arm forward

At the Keyboard:

POSTURE: **Shoulders loose**-shrug UP, roll FORWARD and BACKWARD. (5” each)
Support in the lower shoulder blades and lower back.
Connect feet and seat.

LOOSEN JOINTS: From Shoulder, Elbow, Wrist, and Knuckles.

‘OPEN” HAND Find the **“natural curve”** with hands hanging at sides of the body.
OPEN the **hand**—from knuckle of 5 to curved first joint of thumb
 (“Open a door-knob” to *activate palm* muscles—top of hand relaxed.)
KEEP the “open hand shape” —U-shape between fingers 1 & 2

CREATE “ARCH:”

FALL on finger 3—BALANCE finger on key with forearm/tricep
Play 1 and 5 with independent fingers—Quiet forearm and wrist
OR **Black-Key Exercise** (Fingers 2-3-4 on black keys/1 & 5 adjacent)

THUMB BALANCE Shift forearm-hand as a unit (keeping the wrist joint loose).

FINGERS 1 AND 5: Find **5th finger muscle** (Play 5— “fall” from upper arm--no hand tension)
Play 5-3-4 **RH-Up** (C-B-C D-C-D) **LH Down** (C-D-C B-C-B)
Play 1-3-2 **RH-Down** (C-D-C B-C-B) **LH-Up** (C-B-C D-C-D)

5-FINGER EXERCISES 3 Rhythms (quarters, eighths, 16ths—doubling speed with even tone)
1. Any Major or Minor 5-finger pattern
2. Little Pischna
3. Hanon--at least 5 exercises each day
TRANSPOSE Hanon exercises to technic key of the week.

TOUCHES: **Slur (2-3-note and larger groups)** **Staccato Exercise:** (wrist, finger)

DYNAMICS: Play a 1-octave scale with **perfect cresc. to the top** and **dim. down**.
(Use leverage, not pressure to accelerate the hammer.)

6 Basic Patterns found in Keyboard Literature

(As students advance—add patterns in one key each week)

1. **Scales:** Major, Minor (Harmonic and Melodic), Chromatic
2. **Chords:** Triads and Inversions, Cadences in All Inversions, 4-note Chords

3. **Arpeggios:** Hand-over-Hand, then one hand Major, Minor, Dim. 7, Dom. 7
4. **Trills and Ornaments:**
5. **Double Notes:** Double 3rds, then Double 6ths
6. **Octaves:** Play Scales with Finger, Wrist, and Forearm Technique