TAUBMAN & ALEXANDER  
Overviews and Pedagogical Applications  
by  
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**Basic Ideas**

- Focuses on recovery/prevention, proper alignment, fostering self-awareness
- Heavily rooted in the study of anatomy
- Reduces tension
- Instructor is necessary, individualized instruction

**Taubman Approach**

- A piano technique developed by pianists and pedagogue, Dorothy Taubman (1917-2013)
- Specific to pianists/piano
- Perspective: natural alignment is intrinsically known
- Instructor is a pianist - Lessons take place at a piano

**Alexander Method**

- A postural re-education approach created by actor, Frederick Matthias Alexander (1869-1955)
- Holistic – applicable to anyone
- Perspective: natural alignment is not intrinsically known
- Instructor may or may not be a pianist/musician – First lessons, away from instrument

**Basic Ideas**

- Coordination Motion Theory (8 parts)
- Proper alignment & balance: includes thumb position, arm weight
- Efficiency of movement
  - Walking hand & arm: straight alignment of fingers/hand/arm behind each other
  - Forearm rotation: allowing freedom of movement, the motion needed for turning a doorknob
  - In-and-Out motion: motion toward or away from the fallboard to compensate for differing finger lengths on the hand, especially on black keys
  - Shaping: movements that control attack, release, and other dynamic elements
- Conscientious control: continual refinement of awareness needed to foster good use
- Inhibition (as defined by Alexander): one must inhibit poor habits that resurface, lifelong process
- Recognizing the force of a habit: knowledge of the origin and force behind an established habit in order to re-educate oneself
- Faulty Sensory Awareness: students are not able to intrinsically know good & bad use & need instructor

**Pedagogical Applications Examples:**

- “Heavy Wet Ropes” & “Thumb Perch” (Technique and Artistry, Primer Level, 2nd ed., p. 5)
- “Gymnastics” (Technique and Artistry, Level 1, 2nd ed., p. 28)
- “Around The World” (Technique and Artistry, Level 2a, 2nd ed., p. 20)

**Sources**


**Additional Resources**

- Taubman-Tapes.com & YouTube Channel – by The Golandsky Institute
- MTNA’s website & Bibliography - [http://www.mtna.org/member-resources/wellness-resources/](http://www.mtna.org/member-resources/wellness-resources/)
- Keyboard Wellness Seminar - [keyboardwellnessseminar.com](http://keyboardwellnessseminar.com)

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