

## A Note to Teachers

The art of playing the piano requires three things: knowledge, musical feeling, and the physical skills to perform what is artistically intended, also known as technique. The development of technique is essential to future success at the piano. Developing technique is a result of first understanding, then practicing the correct physical movements many times.

The Technique Books of *Alfred's Premier Piano Course* give students the technical tools needed to achieve artistic performances. Each page in the Technique Book correlates with a specific page in the Lesson Book. When the Lesson, Theory, Performance and Technique books are used together, they offer a fully-integrated and unparalleled comprehensive approach to piano instruction.

In Technique Book 1A, students encounter technical skills in four areas:

### Playing Naturally

Students will always remain aware of basic relaxed body posture and hand position.

In addition, students will work on:

1. arm weight for a more beautiful sound while playing effortlessly.
2. strong fingertips for control of sound.
3. thumb position and finger independence to use all fingers equally well.
4. gentle hand rock to promote relaxed physical motion.

### Moving Freely

Students will learn to move around the keyboard with freedom and ease.

### Playing Beautifully

Students will learn to produce changes in dynamics and tone by:

1. controlling and varying the weight into the keys.
2. staying close to the key surface while playing repeated notes.

### Playing Artistically

Students will learn to play artistically by:

1. playing steadily across the bar line.
2. using dynamics to create varied colors in music.
3. moving smoothly from hand to hand while playing evenly.
4. creating moods with music.

To achieve these skills, technical principles are clearly identified and named on each page.

The technical goals are accomplished through three types of activities in *Technique Book 1A*:

**Technique Tools** clearly present the following technical goals through appealing and descriptive exercises:

1. *Relaxed Shoulders* (p. 3)
2. *Arm Weight* (p. 4)
3. *Moving Freely* (p. 5)
4. *Strong Fingertips* (p. 6)
5. *Finger Weights* (p. 8)
6. *Repeated Notes* (p. 10)
7. *Thumb Position* (p. 11)
8. *Finger Independence* (p. 13)
9. *Gentle Hand Rock* (p. 29)

These Technique Tools should always be introduced to the student during the lesson. Visit [PremierPianoCourse.com](http://PremierPianoCourse.com) to see a video demonstration of each Technique Tool.

**Patterned Exercises** provide students with the necessary repetitions to make the technique feel natural. Memorization, although optional, is suggested.

**Artistic Etudes** showcase a student's technique in an artistic musical setting, with a duet.

The overall goal of the Technique Books in *Alfred's Premier Piano Course* is to develop the physical skills needed to play artistically, expressively and effortlessly.