

# Finger independence exercises

Richard Beauchamp

## Notes on practising:

Hold down the sustained chord first and then play the semiquavers while it is being held

The sustained chord should be held securely but not heavily or forcefully

The semiquavers should be played around mezzo forte to forte. Lift the fingers to no more than a comfortable height and bring them down firmly without transferring any tension to the rest of the hand.

Do not draw the fingertips towards you but allow the upper middle joints of the fingers (proximal interphalangeal joints) to open out slightly as the key goes down. This opening out can be so small as to be almost invisible, but it is important that there is no 'claw' action here. This coordination is a guarantee that you are using the intrinsic muscles of the hand which are completely independent from each other.

**Never lift the 4th finger while the 3rd and 5th are being held down** as this could cause injury to the complex system of interconnections between the extensor tendons of these three fingers. The exercises have been designed avoid that problem. Basically the 4th finger needs to have one of the fingers next to it free so that they can help it to lift.

Take time to practice these - first of all just in the small sections indicated by the double bars.

Be sure that you are always consciously aware of what each finger is doing.

Speed is not the aim - but rather being 'in your hand' and being aware of what it feels like to play comfortably and without tension.

**Note that the left hand plays exactly the same patterns as the right hand, but in mirror image.**

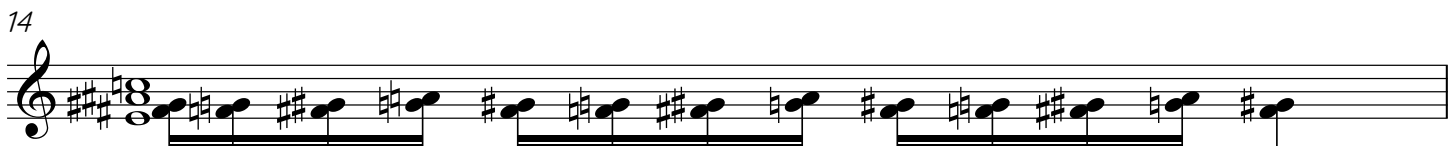
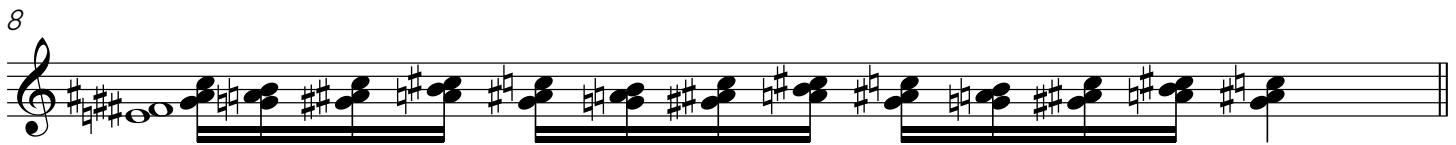
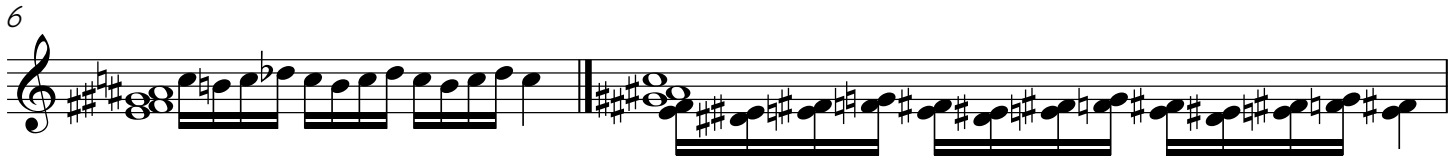
# Finger Independence Exercises

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The semibreves should be held down securely but lightly throughout each bar and the semiquavers should be played firmly but without any tension being transferred to the rest of the hand.

Check that the middle knuckle (proximal interphalangeal joint) of the active finger(s) always opens out slightly as the key goes down.

**Never try to lift the 4th finger while the 3rd and 5th fingers are being held down as this could cause injury.**



4 3  
2 1

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