

First Lessons with SCALERAIL Ideas for Teachers 1 Beginning to work with SCALERAIL Five-Finger Exercises

Whichever Piano Course your students are following, within the first couple of lessons they will come across a five-finger exercise.

Often this will be disguised as a simple tune for the student to play – but in a good piano method it will also have a more serious purpose, especially if it has an element of sequential repetition.

Five-finger tunes and exercises are the primary means by which the student begins to gain control and independence of the fingers, and this early stage of the student's development is an excellent time to introduce the SCALERAIL into lessons. It helps the student to gain confidence in independent finger movement without resorting to the arm or hand to compensate for lack of finger movement. It also ensures that the correct hand position feels comfortable right from the beginning.

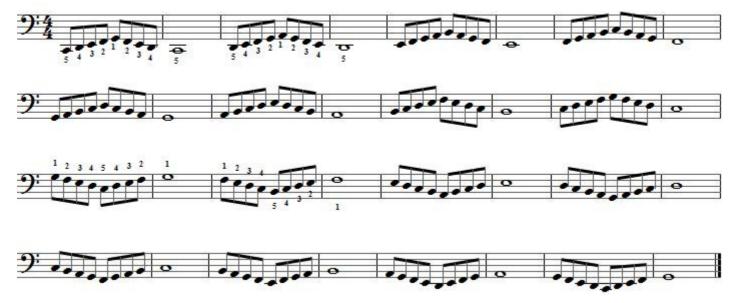
Here are some examples of simple five-finger exercises that can be used to introduce the student to SCALERAIL. You can use them to supplement material already found in the tutor book you are using. The exercises should be introduced one at a time and practised for a short time each day (no more than 5-10 minutes to begin with). Remember – short regular practise sessions are more beneficial than longer sessions at irregular intervals.



Exercise 2 Right Hand



Exercise 2 Left Hand



Exercise 3 Right hand



Exercise 3 Left Hand



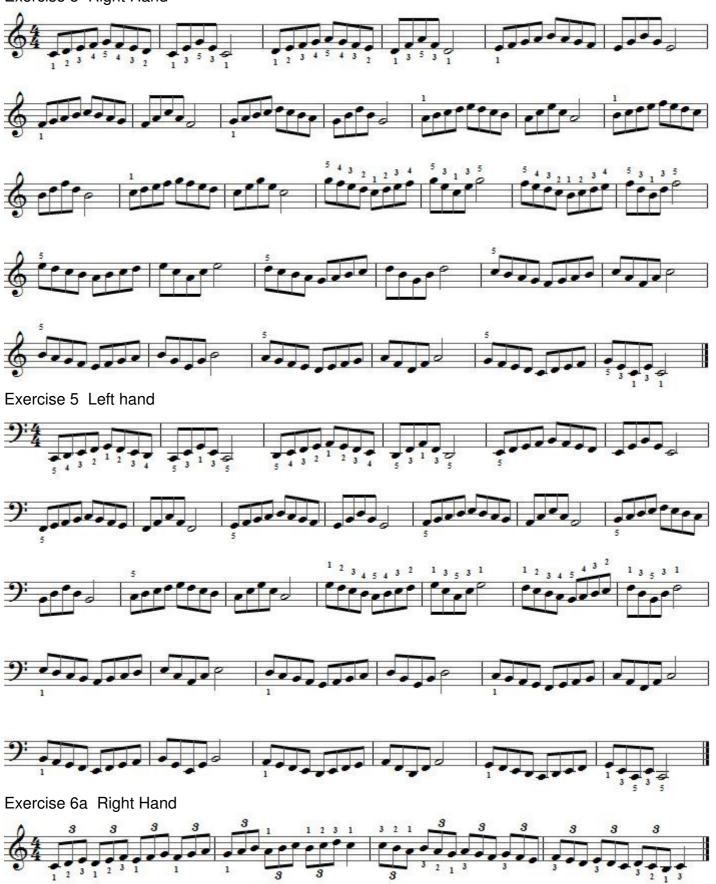
Exercise 4 Right Hand

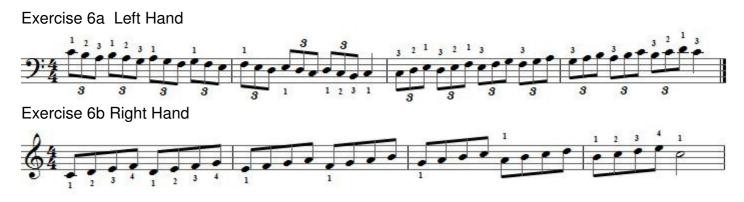


Exercise 4 Left Hand



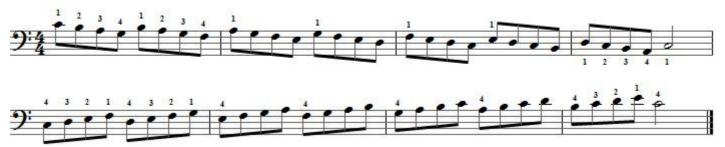
Exercise 5 Right Hand



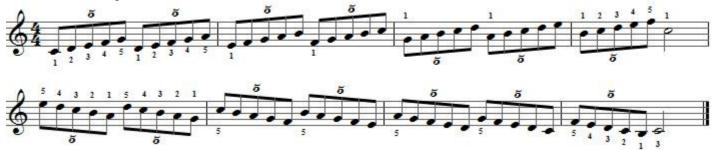




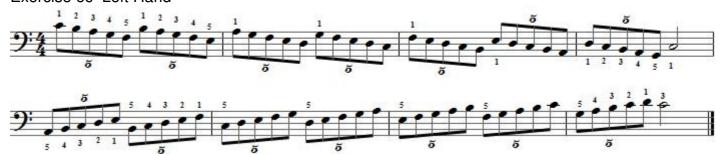
Exercise 6b Left Hand



Exercise 6c Right Hand



Exercise 6c Left Hand





Teachers – make sure that you have read the SCALERAIL Handbook and have practised with SCALERAIL yourself, before introducing it to your students.

Encourage students to use SCALERAIL when they practise these