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Daily exercise by Judy Loman

Arm exercise

- 1) Sit down, arm down on side, relax arm in natural position
 - 2) Swing arm up, pivot with shoulder, do not raise shoulder, do not turn arm
 - 3) Form a fist, 4 fingers touch palm (flat, do not curve knuckle), thumb in naturally, do not curve knuckle
 - 4) Bring arm in, pivot with elbow, until thumb is at the string that it will play
 - 5) Open thumb and place on string
 - 6) Open rest of fingers and place on string
- * keep space open between thumb and 2nd finger, for thumb, keep knuckle at natural position, do not force to curve

Daily Routine

- 1) Arm exercise
- 2) Place 4 fingers as scale
Finger: 4 4 3 3 2 2 1 1 2 2 3 3 4 4 1 1
Count: 1 2 3 4 1 2 3 4
- 3) Drop arm
- 4) Repeat for other arm

- 1) Arm exercise
- 2) Place 4 fingers as scale
Finger: 4 3 place repeat
Count: 1 2 3 4
Place 4 fingers as scale
Finger: 4 3 2 place repeat
Count: 1 2 3 4
- 3) Drop arm
- 4) Repeat for other arm

- 1) Arm exercise
- 2) Place 4 fingers as scale
Finger: 1 hover place repeat
Count: 1 2 3 4
Place 4 fingers as scale
Finger: 1 2 place repeat
Count: 1 2 3 4
Finger: 1 2 3 place repeat
Count: 1 2 3 4
- 3) Drop arm
- 4) Repeat for other arm

- 1) Arm exercise
- 2) Place 4 fingers as scale
 - Finger: 3 4 place repeat
 - Count: 1 2 3 4
 - Place 4 fingers as scale
 - Finger: 2 3 4 place repeat
 - Count: 1 2 3 4
- 3) Drop arm
- 4) Repeat for other arm

- 1) Arm exercise
- 2) Place 4 fingers as scale
 - Finger: 4 3 2 1 place repeat
 - Count: 1 2 3 4 5
 - Place 4 fingers as scale
 - Finger: 1 2 3 4 place repeat
 - Count: 1 2 3 4 5
- 3) Drop arm
- 4) Repeat for other arm

For exercise, play Salzedo sliding exercise, hand separate and alternate, each time alternate, replace hand with the arm exercise, always place thumb first, and then remove thumb before playing. This is to make sure hand position is right and open.

Triads and 4 finger chords (place thumb on the 7th)

- 1) practice closing and opening of hand on lap
 - place both hands on lap, close all fingers quickly and notice arm would naturally lift up
 - then open up fingers as arm drops
- 2) practice on harp, triads first then 4 finger chords

Practice for 4 fingers scale pattern

- 1) place all 4 fingers as scale position
- 2) keep 4th finger on string
- 3) remove 3, 2, 1 (just hover and stay relax)
- 4) play 4th finger, and close all fingers together, and lift arm naturally

Repeat for 3, 2, 1 fingers,

When play with particular finger, always place all fingers at the same time, keep that finger on, and then remove the rest, and when play that finger, close all fingers together.

Scales - going up with cross under

- 1) play 4, 3
- 2) out and relax 4, 3
- 3) play 2 and make sure it closes, 3 should stay relax and out
- 4) move 4 under and place, 3 still stay relax and out

5) place 3 2 1, 3 should already be at the next string

Scale - going down

1) thumb should loosen after 2nd finger played