

The true artist is not proud.

He knows that art has no limits.

...

- Ludwig van Beethoven

1770 - 1827

—INTRODUCTION—

You have in your hands the best

little self-starter piano book in the world!

Although learning to play the piano is challenging, it is not as hard as it seems.

It is a lot like learning to master the

coordination trick of rubbing your belly with one hand while patting the top of your head with the other hand at the same time.

Over time your mind can successfully train your muscles to do it but playing the piano is SO much more FUN!

So dive right in and see what happens!



Just for fun! No pressure!
Based on an idea from Paul Hindemith's *Elementary Training for Musicians*,
this timing book is the only beginner piano book you'll ever need!!

Go through all of section one before moving on to Section II,
and so on: I. pages 2-5, II. 6-8, III. 9-11, IV. 12-17, V. 18-25,
VI. 26-28, VII. 29-30, VIII. 31-41.

For younger children, ages 3 and up, the adult should facilitate
the timing exercises, not the child whose only job is to pay attention.
(Maybe give them an extra bedtime story at night in exchange for their
efforts to pay attention.) But only go over the first section once or
twice and then leave the child alone. Never pressure a child or tell a
child to "practice your piano." Let the child decide for him or her-
self whether to continue or not.

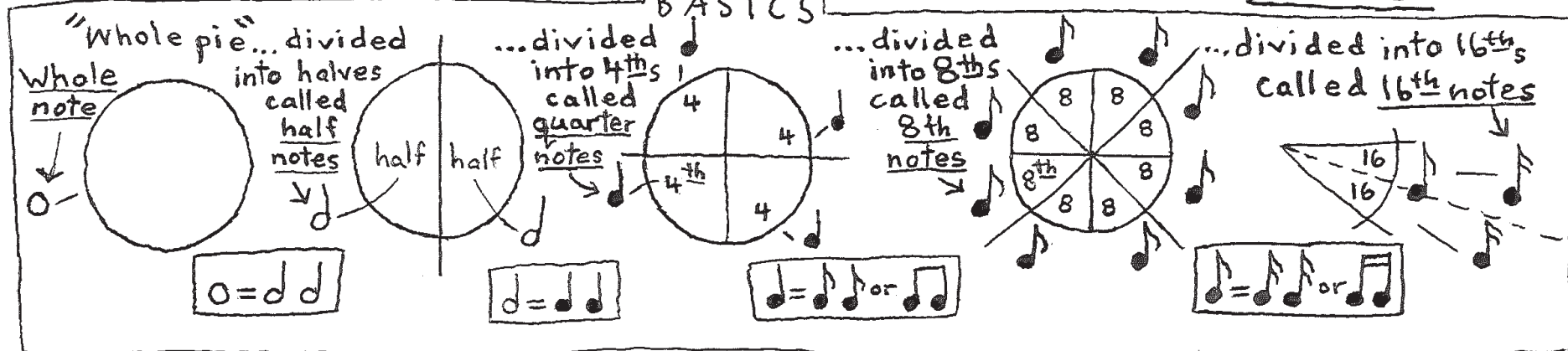
Always aim to incorporate relaxation into your muscle-memory
training. We learn from our mistakes. So if you feel yourself
getting tense from trying to get the notes right, slow down the tempo
until you can get the notes right-while staying relaxed! Once you get
through all the hard parts in a relaxed state, playing the piano
gets easier, and is additive too, because it is so much FUN.

Credentials: I got my certification in music theory and piano
from the Associated Board of the Royal Schools of Music:
REF C89 026758 02, REF A90 214837 02, REF C90 282539 01, REF C90 282540 01.

Timing is the heartbeat of music.

QUICK BASICS

The "bird's-eye-view" KEY page



While counting evenly and slowly, point to each of the notes.
Stay pointed to the note you're on until it is time for the next note.

DO NOT POINT TO THE COUNTING NUMBERS!

GO SLOW!!

4 beats per bar

hold down for 4 quarter beats

bar

hold down for 2 quarter beats

bar

1 2 3 4 1 2 3 4

1 and 2 and 3 and 4 and

1-n-and-a 2-oo-and-a 3-ee-and-a 4-r-and-a 1 and 2 and 3 and 4 and

1 2 3 4 1 2 3 4

NEXT. page 2 is a lot easier and more fun.

I. Tap your feet/or heels while counting out loud or in your head.

4 quarter beats per bar

Counting evenly and slowly

THEN

Point a pen (or imaginary pen) at each note. DO NOT POINT TO the counting numbers!

4th beats

1 2 3 4 1 2 3 4 1 2 3 4 1 2 3 4 1 2 3 4

1 2 3 4 1 2 3 4 1 2 3 4 1 2 3 4 1 2 3 4

1 2 3 4 1 2 3 4 1 2 3 4 1 2 3 4 1 2 3 4 1 2 3 4

4th beats

1 2 3 4 1 2 3 4 1 2 3 4 1 2 3 4 1 2 3 4

1 2 3 4 1 2 3 4 1 2 3 4 1 2 3 4 1 2 3 4 1 2 3 4

1 2 3 4 1 2 3 4 1 2 3 4 1 2 3 4 1 2 3 4 1 2 3 4

Stay pointed to the note you're on until it is time for the next note.

same thing for page 3

Lie back on the couch and drill each page as often as you want to.

Tap your feet to the counting numbers only, while counting evenly and slowly.

4 quarter beats per bar

whole note

half notes

quarter notes

8th notes

1 2 3 4 1 2 3 4 1 2 3 4

1 and 2 and 3 and 4 and (and) (and) (and) (and) (and) (and) (and) (etc.)

1 2 3 4 1 2 3 4 1 and 2 and 3 4

1 2 3 and 4 and 1 2 and 3 and 4 1 and 2 3 4 and

1 and 2 and 3 and 4 and 1 2 and 3 4 1 and 2 and 3 4 and

1 2 3 and 4 1 2 and 3 4 and 1 2 3 4

Double line signifies the end

"off"

— Counting evenly and slowly —

RESTS:

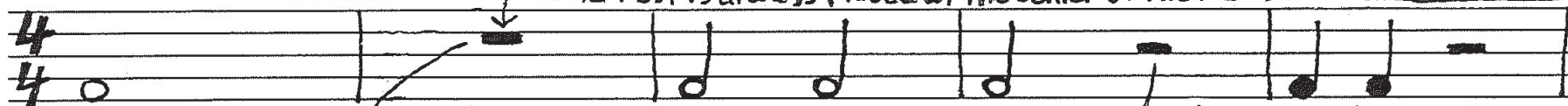
whole	half	quarter/4th
		
note / rest	note / rest	note / rest

While pointing at the notes, lift off the page to indicate the rests.

rest means silence

"per bar" means the same thing as "per measure".
whole rest is always placed at the center of the measure.

A measure is the space between two bars.



four silent quarter beats

two silent quarter beats

1 2 3 4 1 2 3 4 1 2 3 4 1 2 3 4 1 2 3 4



one silent quarter beat

1 2 3 4 1 2 3 4 1 2 3 4 1 2 3 4 1 2 3 4



1 2 3 4 1 2 3 4 1 2 3 4 1 2 3 4 1 2 3 4



1 2 3 4 1 2 3 4 1 2 3 4 1 2 3 4 1 2 3 4



1 2 3 4 1 2 3 4 1 2 3 4 1 2 3 4 1 2 3 4

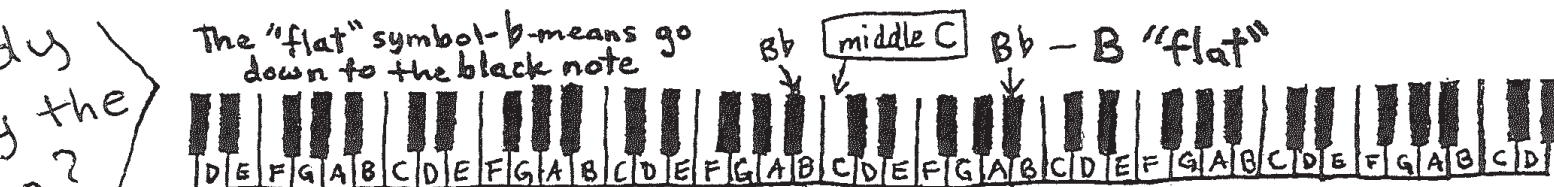
"off"

Think of it as a muscle-memory puzzle for your fingers and your hearing.
Like putting together a puzzle, but with "puzzle pieces" of sound.

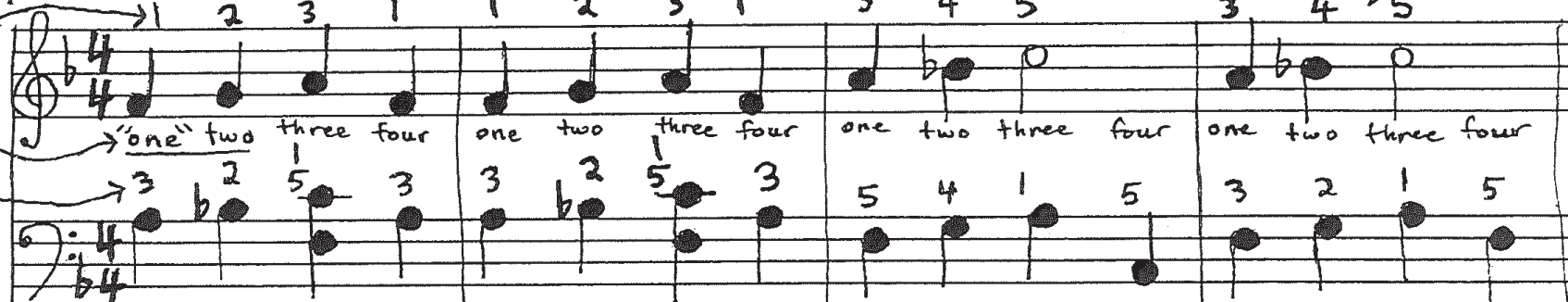
Ready
to try the
piano?

Or use this as
another
timing exercise

and just
sing the
count

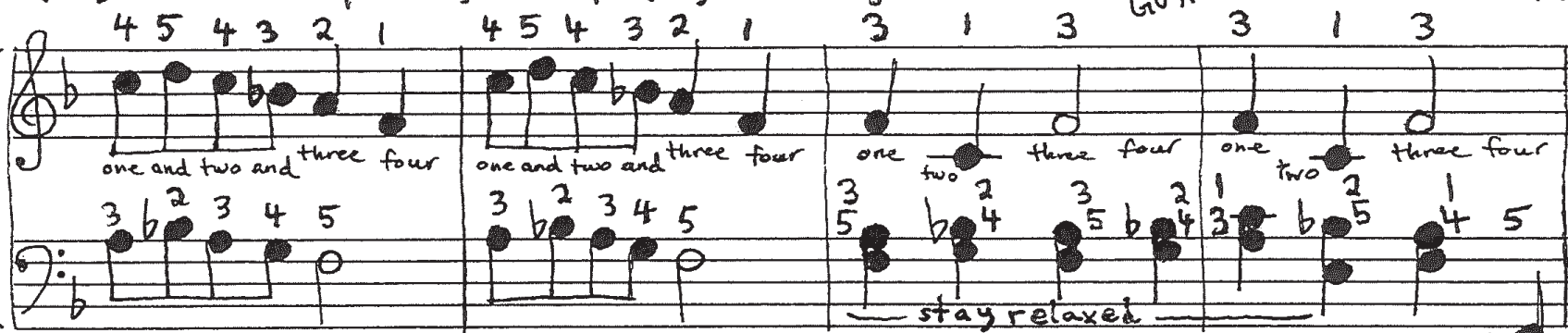


Numbers are finger placement suggestions for left and right hands.



— play each hand separately before playing hands together —

GO AS SLOW AS YOU NEED TO GO.



ALWAYS AIM to KEEP YOUR HANDS, WRISTS, AND FINGERS relaxed & curved downward as often as you can remember. Use the tips of your fingers closest to your fingernails, without letting your fingernails touch the piano. (thumbs play on their side, of course)

AND
KEEP
YOUR
SHOULDERS
DOWN

— public domain music —

II.

MORE
RESTS:

whole

no room for the whole note in $\frac{2}{4}$ time because the whole note has 4 beats and $\frac{2}{4}$ time only has enough room for 2 beats per bar.

half	quarter or $\frac{1}{4}$ th beat	$\frac{1}{8}$ th beat	$\frac{1}{16}$ th beat
------	----------------------------------	-----------------------	------------------------

half

quarter or
4th beat

8th beat

16th beat

~~note rest~~

note	rest
------	------

note/rest

note / rest

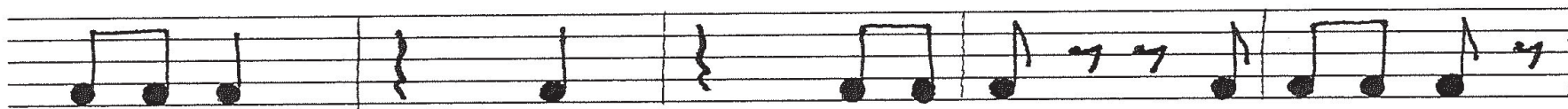
note/rest

If it feels too fast, then
start again at a slower tempo.

2 quarter beats per bar



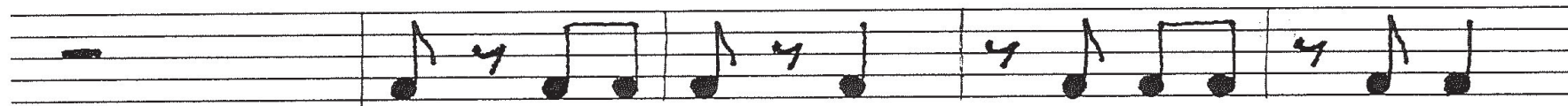
1 and 2 and 1 and 2 and 1 and 2 and 1 and 2 and 1 and 2 and



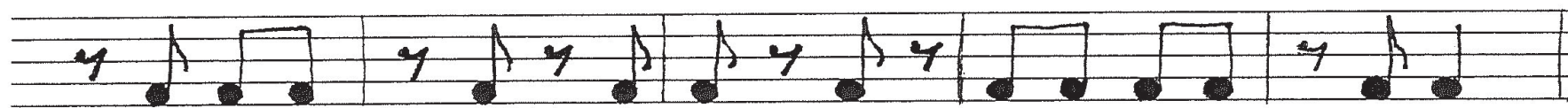
1 and 2 and 1 and 2 and 1 and 2 and 1 and 2 and 1 and 2 and



1 and 2 and 1 and 2 and 1 and 2 and 1 and 2 and 1 and 2 and



1 and 2 and 1 and 2 and 1 and 2 and 1 and 2 and 1 and 2 and



1 and 2 and 1 and 2 and 1 and 2 and 1 and 2 and 1 and 2 and

"off"

Counting evenly and slowly, point a pen or imaginary pen to each of the notes. Stay pointed to the note you're on until it is time for the next note or rest.
- DO NOT POINT TO THE COUNTING NUMBERS -

2 quarter beats per bar (but do tap your feet to the counting numbers)

much slower

16th notes

half note

quarter notes

8th notes

same thing for page 9

1 (and) 2 (and) 1 (and) 2 (and) 1 and 2 and

1 - n - and - a 2 - oo - and - a 1 and 2 and 1 (and) 2 (etc.)

1 2 1 2 and 1 - n - and - a 2 and

1 and 2 - oo - and - a 1 and 2 (-oo) - and - a 1 - n - and - a 2 and - a

1 and - a 2 and - a 1 - n - and - a 2 and 1 - n - and (-a) 2 - oo - and

1 and - a 2 - oo - and 1 - n - and 2 - oo - and 1 - n - and - a 2 and

"off"

III. — Counting evenly and slowly —

half note d = 
dotted half note d. = 
whole note o = 

3 quarter beats per bar



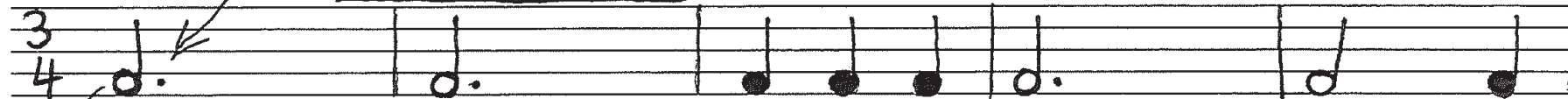
1 2 3 1 2 3 1 2 3 1 2 3 1 2 3



"off"

dotted half note:  = 

1 2 3 1 2 3 1 2 3



1 2 3 1 2 3 1 2 3 1 2 3 1 2 3

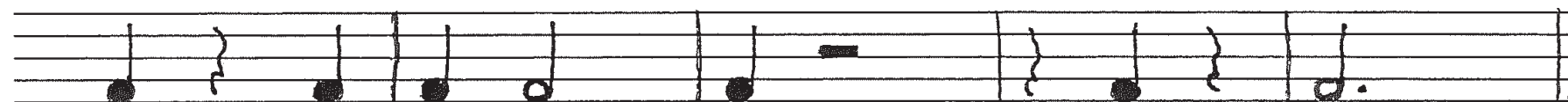
hold down for 3 quarter beats



1 2 3 1 2 3 1 2 3 1 2 3 1 2 3



1 2 3 1 2 3 1 2 3 1 2 3 1 2 3



1 2 3 1 2 3 1 2 3 1 2 3 1 2 3

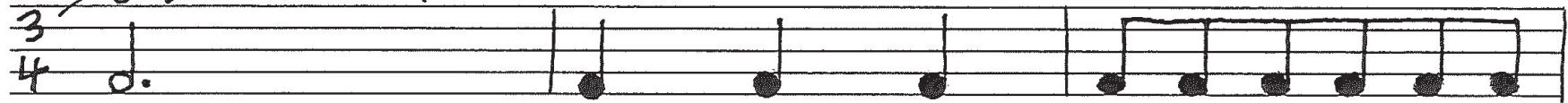
"off"

Stay pointed to the note you're on until it is time for the next note or rest.

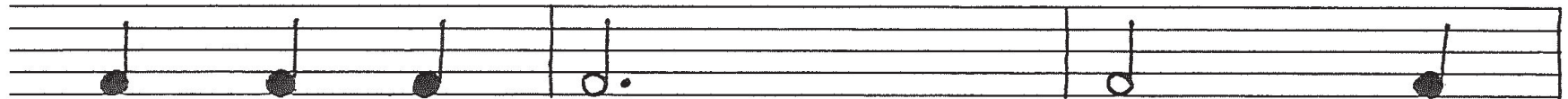
— Counting evenly and slowly —

3 quarter beats per bar

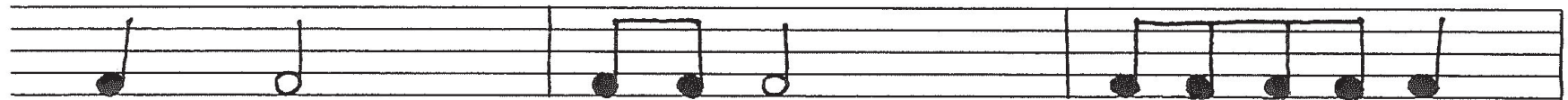
slower >



1 2 3 1 2 3 1 and 2 and 3 and



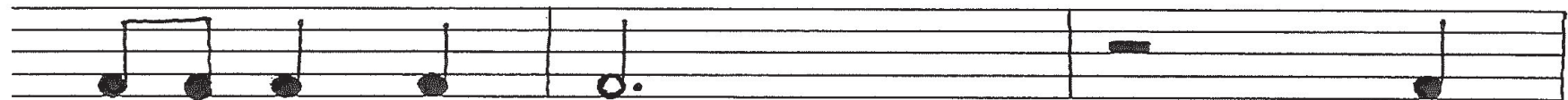
1 2 3 1 2 3 1 2 3



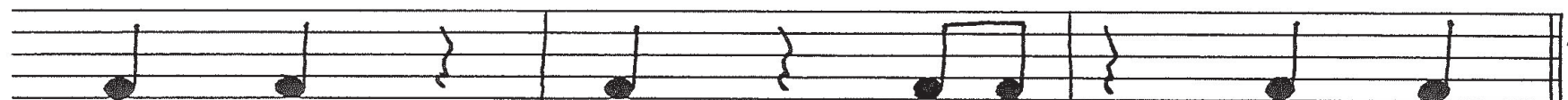
1 2 3 1 and 2 3 1 and 2 and 3



1 2 3 and 1 2 and 3 1 2 and 3 and



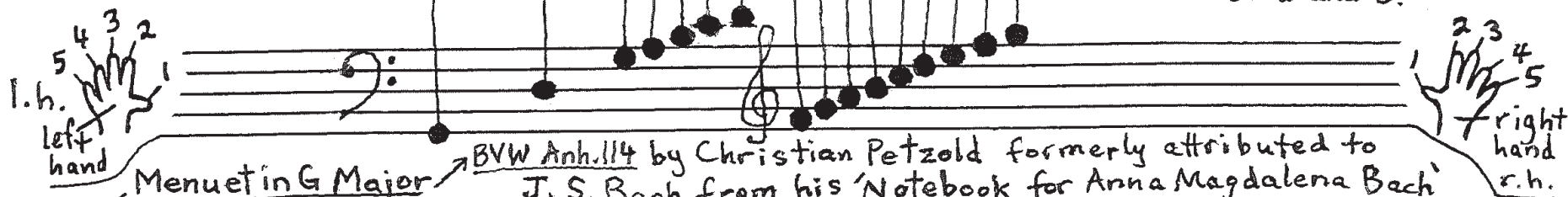
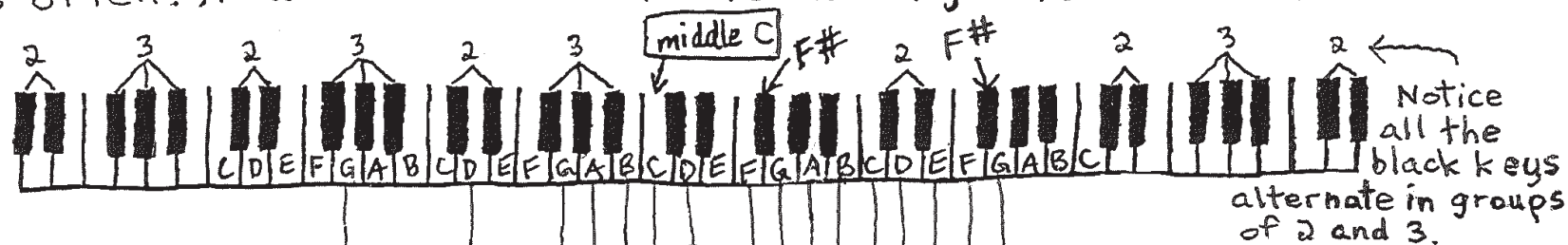
1 and 2 3 1 2 3 1 2 3



1 2 3 1 2 3 and 1 2 3

"off"

Concentration on piano takes A LOT of energy, so remember to take breaks often! And come back to it later when you feel more refreshed.



Menuet in G Major *BVW Anh. 114* by Christian Petzold formerly attributed to J. S. Bach, from his 'Notebook for Anna Magdalena Bach'

Bars 1-6 and 15-16 only

Another exercise to try away from the piano:

Practice naming the notes while picturing in your mind where they are on the piano.

(Sometimes it is easier not to play thumbs on the black keys.)

Handwritten musical notation for the first system of the Minuet in G Major, showing the right hand (r.h.) and left hand (l.h.) parts. The right hand part includes fingerings (1, 2, 3, 4, 5) and a note about alternating groups of 2 and 3. The left hand part includes fingerings (1, 2, 3) and a note about alternating groups of 2 and 3.

Handwritten musical notation for the second system of the Minuet in G Major, showing the right hand (r.h.) and left hand (l.h.) parts. The right hand part includes fingerings (1, 2, 3, 4, 5) and a note about alternating groups of 2 and 3. The left hand part includes fingerings (1, 2, 3) and a note about alternating groups of 2 and 3.

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IV. - Counting evenly and slowly -

quarter note = 
 dotted quarter note = 
 half note = 

six 8th beats per bar

dotted quarter note:



hold down for three 8th beats

Handwritten musical notation on a single staff, divided into measures by vertical bar lines. The notation includes various note values (quarter, dotted quarter, eighth, and half notes) and rests. Below the staff, the measures are numbered 1 through 6, repeated for each measure. The notation is as follows:

- Measure 1: Quarter note, dotted quarter note, eighth note, eighth note, quarter note, quarter note.
- Measure 2: Quarter note, dotted quarter note, eighth note, eighth note, quarter note, quarter note.
- Measure 3: Quarter note, dotted quarter note, eighth note, eighth note, quarter note, quarter note.
- Measure 4: Quarter note, dotted quarter note, eighth note, eighth note, quarter note, quarter note.
- Measure 5: Quarter note, dotted quarter note, eighth note, eighth note, quarter note, quarter note.
- Measure 6: Quarter note, dotted quarter note, eighth note, eighth note, quarter note, quarter note.

The notation is repeated for three more measures, with the final measure ending with a double bar line and the word "off" written to the right.

"off"

Wherever you make the most mistakes and have the most trouble getting it right, just work on those parts only, and slow down the tempo until you can get the notes right while staying relaxed! Don't speed up until you can play it slowly without mistakes, and you'll be surprised at what you can do.

Hand Positioning:

- l.h. left hand:** Fingers 1-5 are shown in a relaxed, curved position.
- r.h. right hand:** Fingers 1-5 are shown in a relaxed, curved position.

Keyboard Diagram:

Notes: C D E F G A B C D E F G A B C D E F G A B C D E F G A B C

Accidentals: C# F# middle C F#

First System (Measures 1-6):

- Measure 1:** Row, row, row, row, row, row. (Notes: C4, D4, E4, F4, G4, A4)
- Measure 2:** one two three four five six. (Notes: B4, C5, D5, E5, F5, G5)
- Measure 3:** row your boat, (Notes: G5, F5, E5, D5, C5, B4)
- Measure 4:** Gent - ly down the (Notes: A4, G4, F4, E4, D4, C4)
- Measure 5:** stream. (Notes: B3, A3, G3, F3, E3, D3)
- Measure 6:** playing next note with same hand. (Notes: C4, D4, E4, F4, G4, A4)

Second System (Measures 7-10):

- Measure 7:** Mer - ri - ly, mer - ri - ly, (Notes: C4, D4, E4, F4, G4, A4)
- Measure 8:** mer - ri - ly, mer - ri - ly, (Notes: B4, C5, D5, E5, F5, G5)
- Measure 9:** Life is but a (Notes: G5, F5, E5, D5, C5, B4)
- Measure 10:** dream. (Notes: A4, G4, F4, E4, D4, C4)

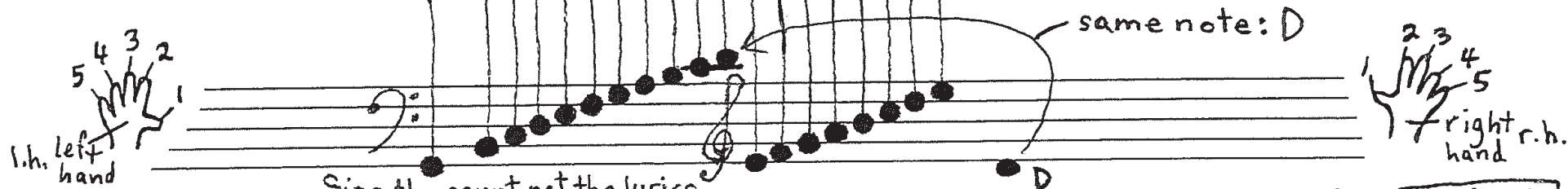
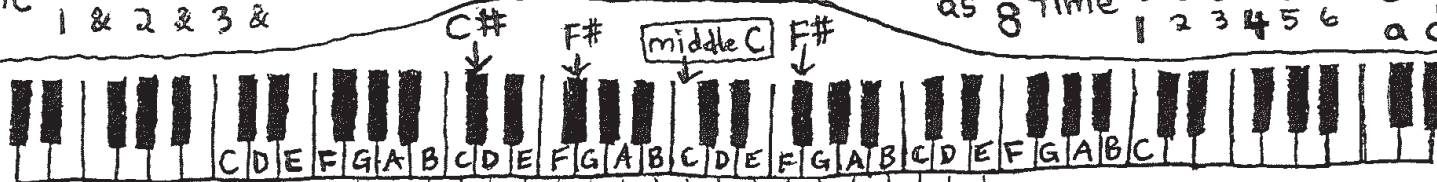
Instructions:

- Sing the count, not the lyrics.
- hold down while playing next note with same hand
- stay relaxed!
- Play each hand separately before playing hands together

Public domain music

(see top right of page 10)

3 time 1 & 2 3 & has the same number of 8th beats as 6 time 1 2 3 4 5 6 except the emphasis is on a different count.



Sing the count, not the lyrics.

Moderately

public domain music

r.h. 1 1 1 4 3 1 1 1 4 3 2 2 2 5 4 3

one two three four five six

Lit-tle Jack Horn - er

sat in a cor - ner,

Eat-ing a Christ-mas

pie; He

one two three four

1 2 4 5 five six

l.h. *mf* 1 2 5 4 3 1 5 5 4 3 1 5 5 4 3

d = ♩ + ♩

— play each hand separately before playing hands together —

1 1 1 4 3 1 1 1 4 3 1 5 4 3 2 3

one two three four five six

put in his thumb, and

pulled out a plum, And

said "what a good boy am

I."

one two three four

1 2 4 5 five six

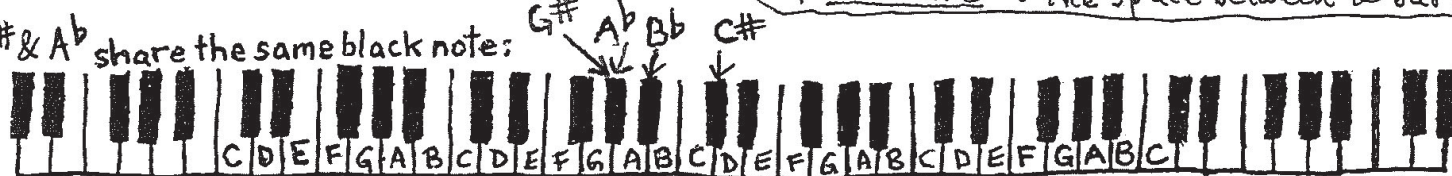
l.h. 1 2 5 4 3 1 5 5 4 3 1 5 2 3 1 2

d = ♩ + ♩

* A "tie" between the SAME NOTE means hold down 1st note until the end of 2nd note - don't play it twice. It means the time values of the two notes are added together so they become one continuous note.

A measure is the space between 2 bars.

G# & A^b share the same black notes: G# A^b B^b C#



Not too fast

same note

- Middle C



right hand

Sing the count, not the lyrics

2nd - Up Jack got and off did trot as fast as he could ca - per
1st Jack and Jill went up the hill, To fetch a pail of wa - ter;

mf

— Play each hand separately before playing hands together —

1 1 5 2 1 1 5 2 1 5 4 1 3 2

2nd Went to bed to mend his head with vinegar and brown pa - per
 1st Jack fell down and broke his crown, And Jill came tumb - ling af - ter

p 1 2 1 2 3 4 1 2 ♮ 3 1 2 3 4 1 2 5 3 2 1 5 4 3 2

The "natural" symbol - ♮ - means go back to the original white note.

hold down while playing next two notes with the same hand

The "natural" symbol - $\natural$ - means go back to the original white note.

— public domain music —

Remember to incorporate relaxation into all your muscle-memory training.

Lively 3 4 3 2 1 2 2 2 4 3 1 2

Sing the count, not the lyrics.

one two three four five six
Hick-or - y, Dick-or - y, Dock! The mouse ran up the clock. The

p 3 2 1 2 3 5 1 2 5 1 3 1 2 5 1 2 5 1

— Play each hand separately before playing hands together —

one two three four five six
clock struck one, The mouse ran down, Hick-or - y, Dick-or - y, Dock.

mp 1 2 1 2 3 1 5 1 5 1 5 1 5 1 5 1

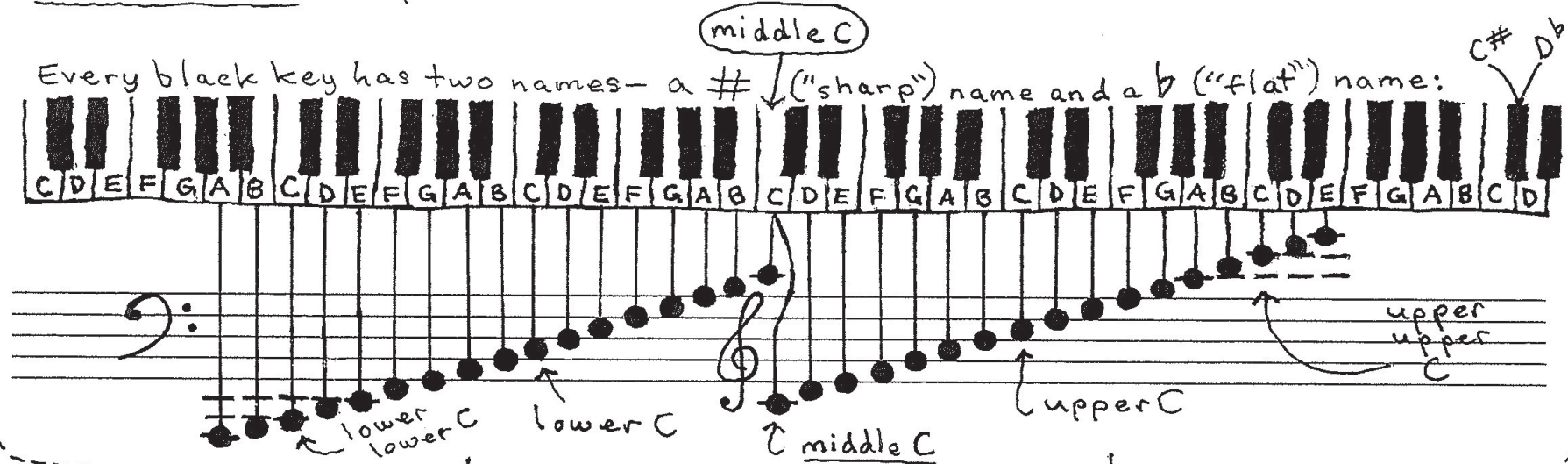
4 - "natural" symbol means play the original white note.

hold down while playing next two notes with same hand
5th finger

Please photocopy
this page — then take the photocopy and
cut around the dotted line
and then laminate!!!!

MEMORY AID for piano notation

— Please hook onto the top of your sheet music. —



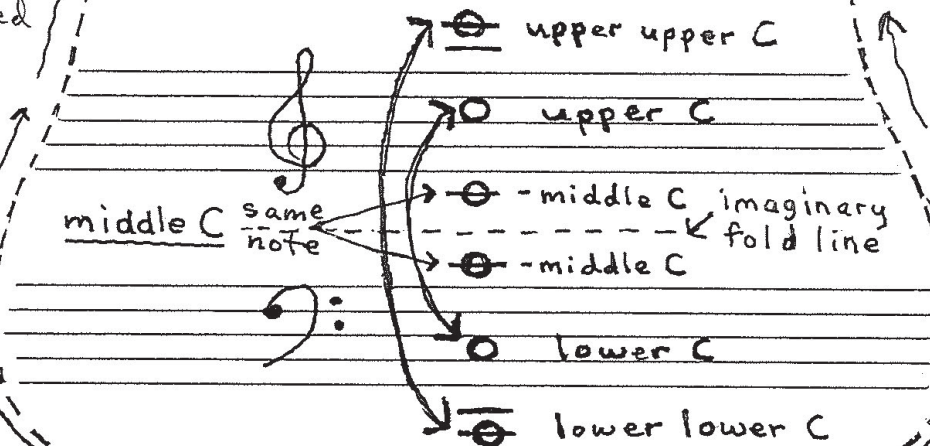
— FRONT FLAP —

Make sure both front
flaps of the laminated
copy are

See-through!



The C note is the only note
with the mirror image in
the treble and bass clefs:



— FRONT FLAP —

After laminating
cut front flaps
here - and on the
left side.

Be sure both
front flaps are

See-through!!



back flap is in the
middle

cut
here
and
here

and
cut
here