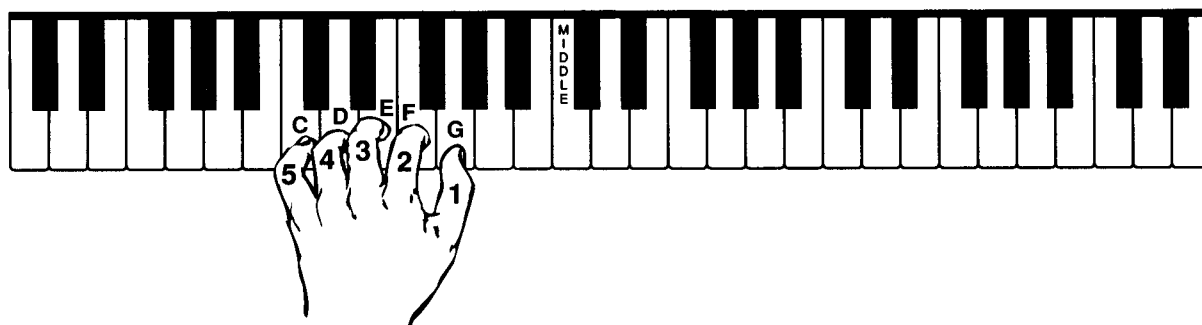


Left Hand C Position

Place the LH on the keyboard so that the **5th FINGER** falls on the **C BELOW** (to the left of) **MIDDLE C**. Let the remaining fingers fall naturally on the next 4 white keys. Keep the fingers curved and relaxed.



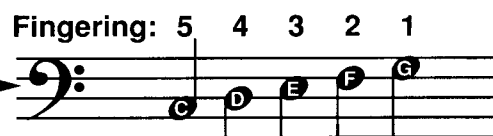
Notes for this position are written on the **BASS STAFF**.

The **BASS STAFF** also has 5 lines and 4 spaces.

The C, played by 5, is written on the second space of the staff.

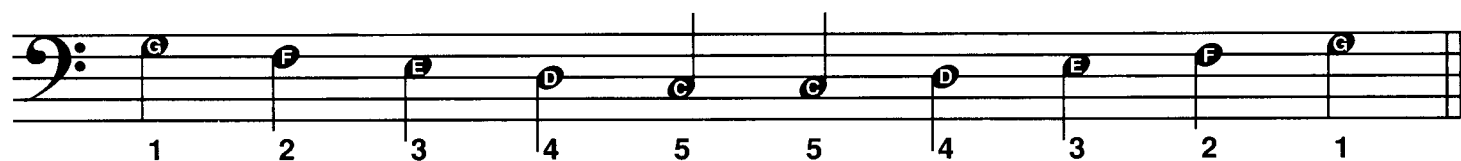
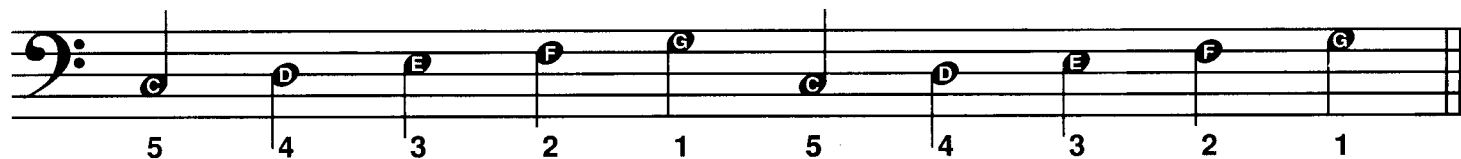
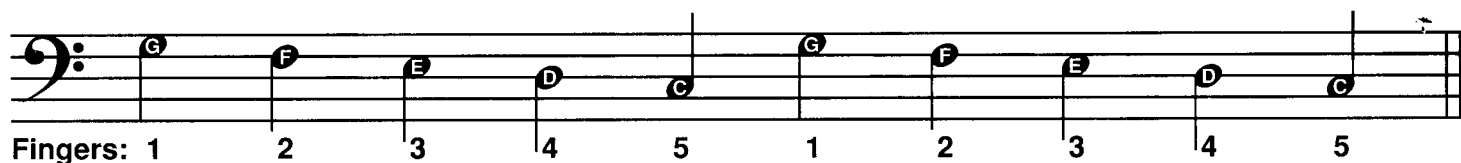
Each next higher note is written on the next higher line or space.

BASS CLEF SIGN:
used for LH notes.



LEFT HAND WARM-UP

Play the following *WARM-UP*. Say the name of each note aloud as you play. Repeat until you can play smoothly and evenly.



When notes are **BELOW** the **MIDDLE LINE** of the staff, the stems usually point **UP**.
When notes are **ON** or **ABOVE** the **MIDDLE LINE**, the stems usually point **DOWN**.

The Whole Note

Whole Note

a very long note.



COUNT: "1 - 2 - 3 - 4"
or: "Whole note hold down"

Clap (or tap) the following rhythm. Clap ONCE for each note, counting aloud.



AURA LEE

This melody was made into a popular song, "LOVE ME TENDER," sung by Elvis Presley.

1. Clap (or tap) the rhythm, counting aloud.
2. Play & sing (or say) the finger numbers.
3. Play & count.
4. Play & sing (or say) the note names.

As the black - bird in the Spring, 'neath the wil - low tree

Fingers: 5 2 3 2 1 4 1 2 3 4 3 2

sat and piped, I heard him sing, sing - ing "Au - ra Lee."

Fingers: 5 2 3 2 1 4 1 2 3 4 3 2

The Grand Staff

The **BASS STAFF** and **TREBLE STAFF**, when joined together with a **BRACE**, make up the **GRAND STAFF**.

The diagram shows a piano keyboard with keys labeled C, D, E, F, G for both the left and right hands. The grand staff below has a Treble Clef on top and a Bass Clef on the bottom, connected by a brace. The right hand part starts on middle C (C4) and goes up to G4. The left hand part starts on C3 and goes up to G3. Fingerings are indicated as 1-2-3-4-5 for the right hand and 5-4-3-2-1 for the left hand.

TIME SIGNATURE

Music has numbers at the beginning called the **TIME SIGNATURE**.



means 4 beats to each measure.

means a **QUARTER NOTE** gets one beat.

PLAYING ON THE GRAND STAFF

Only the starting finger number for each hand is given.

The following practice procedure is recommended for the rest of the pieces in this book:

1. Clap (or tap) & count.
2. Play & count.
3. Play & sing the words, if any.

The first measure of the practice piece is shown. The right hand starts on middle C (C4) with finger 1. The left hand has a whole rest. The time signature is 4/4.

This sign is a **WHOLE REST**.
LH is silent a whole measure!

RH silent a whole measure.

The second measure of the practice piece is shown. The right hand has a whole rest. The left hand continues with a sequence of notes starting on middle C (C3) with finger 5. The piece ends with a double bar line and repeat dots.

The double dots mean *repeat from the beginning.*

You are now ready to begin ADULT FINGER AEROBICS.