

ARM WEIGHT

The Nature of Arm Weight

Arm weight refers to the sensation of free, flowing energy within your body—not to be confused with heaviness, pressure, or tension.

True arm weight is light and effortless.

One way to test this quality of relaxation is by speaking. If your jaw, tongue and throat are fully relaxed, your speech will sound soft or slightly inarticulate—this reflects the presence of free energy in the body.

Arm weight exercises should always be practiced with a relaxed tongue, jaw, and throat, allowing that freedom to carry through into the hands.

The Role of Arm Weight in Piano Playing

In vocal intonation, arm weight adds a three-dimensional depth to the sensation in your vocal cords, connecting the voice more directly to breath and diaphragm support.

This way, arm weight supports powerful tone in forte playing and gives you finer control over tone in softer dynamics like piano.

It allows your hands to remain relaxed and tension-free, even when playing technically demanding or fast passages.

Most importantly, arm weight allows you to express natural waves of energy within phrasing and across the larger musical form, bringing a sense of breath, flow, and inner motion to your playing.

