

ELBOW MOTION EXERCISES

On a tabletop — (Eyes Open)

- Watch your wrist and elbow as you move, using the reference images for guidance.
- Observe how the elbow leads the forearm, not the other way around.
- Move with a wide, relaxed motion, allowing the fingertips to stay lightly in contact with the surface, gliding gently back and forth.
- Focus on how the movement originates from the upper arm and elbow, allowing the forearm to follow effortlessly.

On a tabletop — (Eyes Closed)

- Imagine your elbow as a paintbrush, drawing smooth, flowing strokes through space.
- Let go of the idea of fingers or keys—allow the elbow to guide the motion freely, as if painting in the air.

At the Piano — Without Pressing Keys (Eyes Open or Closed)

- Practice the movement with lightness and ease, using a smooth, fluid amplitude—regardless of how large or small the interval is.
- Keep the hands soft, light, and empty. Let the fingertips gently glide across the surface of the keys between notes.
- Focus on allowing the relaxed upper arm and elbow to guide the movement, while the forearm follows naturally—never the other way around.

At the Piano — Pressing Random Keys (Eyes Open)

- Let go of the idea of fingers and keys.
- Allow your hand to move freely, gently pressing random keys with *the same finger*, without effort or control—just following the motion with ease.

At the Piano — With Structured Exercises (Eyes Open)

Practice the following exercises at three different tempos, using the illustrations as a guide.

- Practice with each finger individually.
- Start with separate hands, then combine them.
- To feel the motion more clearly, begin with larger intervals and gradually work your way down to smaller ones. This allows the sensation of elbow movement to become more distinct and grounded.

WRIST AND ELBOW COORDINATION

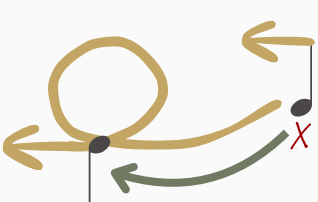
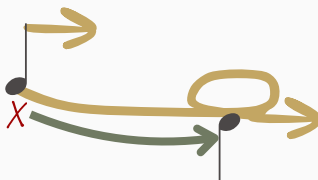
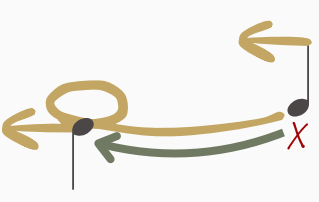
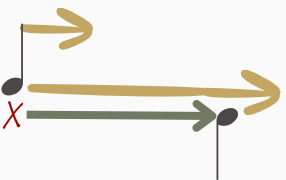
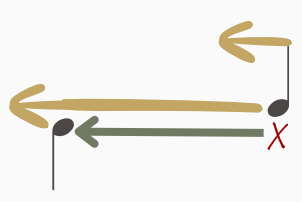
SAME DIRECTION MOTION

→ 2D wrist motion

3D 'roll' wrist motion

elbow motion

X point of releasing the key

Slow tempo one note a second	Faster tempo two notes a second	Fast tempo four notes a second
<i>circular, rounder motion 'roll'</i>	<i>flatter, elliptical 'roll'</i>	<i>2D motion</i>
 C → D C → E C → F C → G C → A C → B C → C  B ← C A ← C G ← C F ← C E ← C D ← C C ← C	 C → D C → E C → F C → G C → A C → B C → C  B ← C A ← C G ← C F ← C E ← C D ← C C ← C	 C → D C → E C → F C → G C → A C → B C → C  B ← C A ← C G ← C F ← C E ← C D ← C C ← C

OPPOSITE DIRECTION MOTION

'Double Swing'



Move your wrist with the 1st 'swing' (U).
Release the key as soon as you start the
elbow motion.

Play the next note at 6 o'clock with the
2nd 'swing' (U).



2D wrist motion



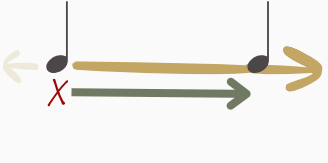
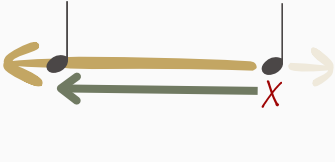
3D 'double swing' (W)



elbow motion



point of releasing the key

Slow tempo one note a second	Faster tempo two notes a second	Fast tempo four notes a second
<i>deep 3D 'double swing'</i>	<i>flatter 3D 'double swing' with more lateral 2D wrist motion</i>	<i>2D motion with barely noticeable first wrist motion</i>
 ← C D ← C E ← C F ← C G ← C A ← C B ← C C	 ← C D ← C E ← C F ← C G ← C A ← C B ← C C	 ← C D ← C E ← C F ← C G ← C A ← C B ← C C
 B C → A C → G C → F C → E C → D C → C C →	 B C → A C → G C → F C → E C → D C → C C →	 B C → A C → G C → F C → E C → D C → C C →