



SCORE

C. Schafer
Sight Reading Exercises
Book 1, Op. 45

Open Score →



PRACTICE

Work through five
pages in the book



Practice in 4-bar sections

HANDS SEPARATE

Play slowly at 50-60 bpm a note. Give each note the same duration, without applying rhythm, dynamics or articulations.

Remind yourself that when you play with gentle, relaxed hands, the natural tone will also stay soft and free of tension—resulting in a naturally quiet dynamic (*piano*). While the goal is not specifically to play at a *piano* dynamic, pay close attention to the tone and ensure it remains soft and relaxed throughout your practice.

Elbow Motion Markings

- Mark fingering and position-change notes in the score where necessary.
- Using the sustain pedal while practicing with intonation—especially in the early stages—can interfere with sensing the distance between notes through glissando and resistance. For now, avoid using the pedal.

Hand Motion Playing

50 bpm a note

- Play using 3D wrist and elbow motion, gently releasing the fingers on circled notes if they appear in the score.

Intonation Singing

- Sing each bar out loud with intonation: with clear sound movement, glissando, and resistance. Pause to breathe after each bar. Sing without rhythm, avoiding staying on any note too long.
- Sing all 4 bars internally with intonation.
- No hand movement is necessary—focus entirely on the inner sensation of intonation.

Intonation Playing

30 bpm a note

- Play with 3D motion and intonation.
- Keep your hands relaxed, loose, light, empty, and weak throughout your playing. Let the hands remain soft and weightless, simply channeling the energy of intonation.
- Remind yourself that at this slow tempo, the amplitude of ‘rolls and swings’ will be naturally more pronounced.

Intonation Energy

30 bpm a note

- Play with 3D motion and intonation, infusing intonation with the energy of your needs / dreams.

Practice in 4-bar sections

HANDS TOGETHER

Play at a slow tempo, this time incorporating rhythm. Play without dynamics or articulations.

Hand Motion Playing

- Play using 3D wrist and elbow motion, gently releasing the fingers on circled notes if they appear in the score.
- If wrist tension arises when holding long notes in one hand, gently add “ghost rolls” on the sustained notes. This prevents static energy and keeps the motion fluid.

Intonation Playing

Play at a very slow tempo

- Play with 3D motion and intonation.
- Remind yourself that when combining both hands with inner singing, it's completely natural to feel only about half of the usual resistance and glissando in your intonation.
- While playing, keep your hands relaxed, loose, and light.
- At this slower tempo, the amplitude of ‘rolls and swings’ will feel more pronounced—allow that fullness of motion to support your free expression.

Intonation Energy

Play at a very slow tempo

- Play with 3D motion and intonation, infusing intonation with the energy of your dreams.