

SINGING EXERCISES

The Right Moment to Integrate Posture

We have chosen not to introduce posture earlier in the program for a simple reason: to keep your focus free from elements that do not yet directly support the development of mental practice, inner singing, and hand motion. These are complex, intricate and deeply layered skills that require full concentration. Adding posture too soon would only create unnecessary weight and mental tension. Now that the abilities of sound imagination, inner singing, and arm weight have become second nature, your mind has the space and clarity to include a new focus — posture.

As mentioned earlier, the lack of connection between the physical sensations of correct posture and the musical elements of playing often leads to a divided focus. When posture and musical expression are not integrated, focusing on one can easily distract from the other.

In the following exercises, we will explore how to connect the physical sensations of posture with inner singing (intonation) and arm weight. Since intonation and arm weight now form the foundation of tone production, linking them to posture will ensure that a balanced, natural alignment becomes part of your playing — without losing control over tone or inner singing.

Later, when working on musical elements such as tone color and phrasing, your posture will remain naturally in place — without the need for additional corrections.

Step 1:

Sit in front of the piano with your hands resting on your lap, close to your knees.

Bring your attention to your posture.

- Sit in a relaxed, slightly slouched position that feels steady and grounded.
 - Imagine an invisible thread gently pulling the crown of your head upward — allowing the torso to lengthen and open naturally, while the chin remains slightly lowered, as if you were reading a book.
 - Keep your thighs, shoulders, and upper arms soft and open.
 - A gentle shake of these areas can help release any tension.
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- From this posture, lean forward about 20° as you exhale, allowing the area around your throat, jaw, tongue, and neck to soften. Feel the free energy grounded in your feet.

Step 2

- As you inhale, move slightly backward.
- Notice how the energy moves upward, flowing through your legs, hips, and back, rising into your shoulders.

Step 3:

Remain in your current posture without leaning forward.

- As you exhale, allow the sensation of free energy to flow through your arms, gently down to your knees.
- Begin singing the first note of the interval.

Transition to the next note with glissando and resistance, remaining in the same position.

- Between the notes, bring your attention to your overall posture — to the stillness and ease of your back, and the relaxation of your neck, shoulders, upper arms, and thighs.
- While singing, you may shake your shoulders, arms or thighs to release any remaining tension.
- Avoid creating a pushing sensation in your arms.

Step 4:

Repeat the step internally—singing in your mind while focusing on the connection between posture, intonation, and arm weight.

Before singing, take a moment to ensure your jaw and throat are fully relaxed.

Exercise no.1 Similar motion	
Ascending	Descending
c - d	c - b
c - e	c - a
c - f	c - g
c - f#	c - f#
c - g	c - f
c - a	c - e
c - b	c - d
c - c	c - c

Exercise no.2 Contrary motion	
Ascending	Descending
c - d - c	c - b - c
c - e - c	c - a - c
c - f - c	c - g - c
c - f# - c	c - f# - c
c - g - c	c - f - c
c - a - c	c - e - c
c - b - c	c - d - c
c - c - c	c - c - c

Exercise no.3 Contrary motion	
Ascending	Descending
c - d - c - e	c - b - c - a
c - f - c - f#	c - g - c - f#
c - g - c - a	c - f - c - e
c - b - c - c	c - d - c - c

PLAYING EXERCISES

Hands Separate & Hands Together

Play the following exercises using intonation and arm weight, combined with posture and 3D wrist motion.

Bring your focus to how the feeling of arm weight and internal intonation connects to your overall physical posture.

Remind yourself that playing with arm weight is a balance of grounded energy and light, effortless hands—as if the hands themselves are invisible.

Once the sensation of arm weight becomes familiar and fully integrated in your body, you can return to a more upright posture — without leaning forward — to see whether, even without the help of gravity, you can still feel the transfer of weight into the keyboard while playing.

You may gently shake your thighs or shoulders as you play to keep them relaxed and open.

One of my students once described the sensation as being like a hanger:

The hook at the top represents your head and neck, while everything else—shoulders, upper arms, torso, and thighs—hangs softly, like fabric. To keep this image gentle, imagine the hanger is made of soft velvet, avoiding any associations with something rigid or harsh.

Exercise no.1 Similar motion	
Ascending	Descending
c - d	c - b
c - e	c - a
c - f	c - g
c - f#	c - f#
c - g	c - f

Exercise no.2 Contrary motion	
Ascending	Descending
c - d - c	c - b - c
c - e - c	c - a - c
c - f - c	c - g - c
c - f# - c	c - f# - c
c - g - c	c - f - c

Exercise no.3 Contrary motion	
Ascending	Descending
c - d - c - e	c - b - c - a
c - f - c - f#	c - g - c - f#
c - g - c - a	c - f - c - e