

Practice Tips for Forte Exercises

Begin the exercises with the second finger rather than the thumb.

This will make the exercises feel more stable, as developing a sense of ease and security when playing intervals from the thumb takes time.

In fortissimo exercises, use the sustain pedal to enrich the sound texture.

The resulting resonance will be felt more clearly in the muscles, helping them remain free and preventing unnecessary tension.

Slow pace (two seconds per note).

Use 'double roll and double swing' wrist motion only for *ff* exercises, and only at a very slow tempo (approximately two seconds per note). It can be helpful to create a sense of momentum and continuity by aligning your playing with a steady pulse.

- "1" — lean forward as you transfer arm weight
- "&" — lean backward
- "2" (or "down") — play the first note at the 6 o'clock position
- "&" (or "open") — open the hand fully and quickly at 12 o'clock of the second roll or swing. The opening of the hand should occur immediately on the "o" of open, without delay.
- "3" (or "down") — play the second note at the 6 o'clock position

Another point to observe is the depth of the wrist movement. Allow the wrist to descend fully to the 6 o'clock position in the second roll and swing. This creates sufficient momentum for a free and effortless opening of the hand.

If the motion is not deep enough—reaching only around the 4 o'clock position—the resulting movement may lack the necessary momentum, making the opening less natural and more effortful.

Finally, to create momentum, it is important that when the hand opens and the fingers lift as a result, the fingers remain stretched and extended in a straight line rather than curling inward. Think of it like a bird generating momentum in flight by fully opening its wings. If the wings are shortened or curved, they lose power and momentum. The longer and more open the wings, the easier it is to sustain movement.

To summarize, for powerful yet free hand movement in forte playing, pay attention to three main elements:

1. The depth of the wrist motion in the roll and swing that occurs before opening the hand
2. The quickness of opening the hand
3. The length and extension of the fingers, without collapsing or curving inward

If practiced correctly in a slow tempo, with double rolls and swings, the hand gradually learns to remain in the same relaxed, free, yet powerful state as you move to faster tempos with single rolls and swings—around one note per second.