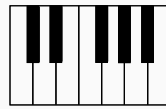




SCORE

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

Open Score →



PRACTICE

Work through every
exercise in the book



2D Motion

 Mark the direction of wrist motion with arrows above the notes.

 Play the sequence using 2D wrist motion, focusing on left-right direction.

- Practice with relaxed hands, using a light, effortless touch — as if the hands were soft and weightless, like jellyfish in water. Gently shake out your hands from time to time to check for any lingering tension. At this stage, even small amounts of tension can lead to discomfort in the wrist, particularly during this 2D and 3D practice. Also, take a moment to check your tone. It should reflect the state of your hands — very soft, empty, and weak, without any force or pressure.
- Play each note steadily, without rhythm — about one note per second.
- When playing double notes, stay connected to the melody and gently release supporting notes to allow the wrist to move.
- When playing with both hands, you can simply release longer notes in the waiting hand to prevent stiffness or tension from building up.

3D Motion

 Indicate 'rolls and swings' in the music. Use the letter "S" (swing) between notes that move in opposite directions.

 Play the sequence using 3D wrist motion. Let your elbow move more freely to support circular motion.

- During hands-together practice, when holding a longer note in one hand while the other is playing, you can add 'ghost rolls' in the resting hand to help prevent tension or stiffness. However, if the hand feels relaxed without movement, it's perfectly fine to remain still.
- When playing rhythmically with both hands, keep rolls and swings slightly elliptical on faster, shorter-value notes. Maintain a balanced and comfortable motion by avoiding any downward wrist movement below the keyboard.