



# Posture, movement and hand shape

### Message from Lang Lang



A good pianist should be well prepared in both mind and body. Always sit with good posture, ready for the energetic demands of the music. You will need to be able to move your arms, hands and fingers swiftly and confidently around the keyboard.

#### Warm up away from the piano

- Walk around the room with your arms swinging loosely at your sides.
- Stop and shake your hands until your fingers tingle.

#### Warm up moving around the piano



Play this in all the keys you know well. It follows the harmonic pattern I, IV, V, I.

#### Reminder

Always PREPARE before you play; never begin a piece without thinking! Make sure your shoulders, neck, arms, wrists and fingers are relaxed. Breathe evenly and focus your mind on the music you will play: tempo, rhythm, and the opening dynamics.



## Let's call the whole thing off

Music and lyrics by George Gershwin and Ira Gershwin Arranged by Alan Bullard

This jazzy piece contains syncopation and swung eighth notes (quavers). Listening to the original song is the best way to 'feel' these rhythms.



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