

Your Complementary CHIMES Exercise!

Back at the beginning of my teaching career, my students needed a good 'warm-up' exercise that helped to develop strength, agility, speed and control in their finger-work – and this is what I created for them. In fact, this is the 2nd in a series of over 40 exercises based on the same theme that has laid the foundation of great technique with all my students – many of whom are now star players and will be known to you (I'm very proud of my students)!! This is the best known exercise which can be played in Canon – and for more fun with technical training (yes, I did say fun!!), please check out my 'Book of Chimes' – and Volume 2 is coming soon. Consider this to be your daily dose of 'Harp Aerobics' with a guarantee of great technique resulting.

Helpful hint: Note that the stems up are for the right hand; and stems down for the left!

1st part

1st part musical notation showing two staves. The right hand (stems up) plays a sequence of eighth notes with fingerings 1 2 3 4, 1 2, and 1 2. The left hand (stems down) plays a sequence of eighth notes with fingerings 1 2 3 4, 1 2, and 1 2.

2nd part: Take care to place your thumb at * and the long fingers at **.

2nd part musical notation showing two staves. The right hand (stems up) plays a sequence of eighth notes with fingerings 1 2 3 4, followed by asterisks (* and **) indicating thumb and long finger placement. The left hand (stems down) plays a sequence of eighth notes with fingerings 1 2 3 4.

3rd part: Place your RH long fingers 2nd, 3rd & 4ths) ** ahead while the LH is playing; then the thumb after the LH 4th has played.

3rd part musical notation showing two staves. The right hand (stems up) plays a sequence of eighth notes with fingerings 1 2 3 4, followed by (1) 2 3 4 and 1. The left hand (stems down) plays a sequence of eighth notes with fingerings 1 2 3 4, 3 2 1, 3 2 1, and 3 2 1.

Exerpt from: Janet Harbison's 'Book of Chimes', Volume I