



Turning On The Light

Mapping Out Movement Of The Left Hand

Principle

- Identify **difficulties**
- \neq solving / erasing difficulties
- “Turning on the light”: finding strategies to manage difficulties

➡ mapping out every movement

Main Factors

- Idle Fingers
- Transversal Movement
- Longitudinal Movement
- Chord Progression

Idle Fingers

The first measure of the song is in 4/4 time. The melody consists of four eighth notes: G4, A4, B4, and C5, followed by a whole note D5. The guitar accompaniment is a simple bass line: G2, A2, B2, and C3, followed by a whole note D3.

Idle Fingers

⑥ = D

Johann Sebastian Bach, BWV 998: Prelude (originally in Eb Major)

Transversal Movement



Georg Philipp Telemann: Fantasia N3 TWV33:27, Presto

Position Change

VAR: 4.



Fernando Sor: Variations op 9, Var. 4

Chord Progressions

Handwritten musical score for a guitar piece, measures 32-35. The score is written on a single staff with a treble clef. The key signature has two sharps (F# and C#). The time signature is 3/4. The music consists of a series of chords and single notes, with some measures containing triplets. The notation is handwritten and includes some corrections and markings.

Olli Mustonen: Jehkin livana, IV

Main Factors

- Idle Fingers
- Transversal Movement
- Longitudinal Movement
- Chord Progression

Methods

- Timing and notating of lifting fingers
- Selective Buzzing (associative practice)
- Optical Control (hand-eye coordination)
- Exaggerating difficulty
- Right-hand practice

Timing/notating lifting of fingers

The image displays musical notation and guitar tablature for a 4/4 piece. The top staff is a treble clef with a 4/4 time signature. It contains two measures. The first measure has four eighth notes: G4 (finger 1), A4 (finger 4), G4 (finger 1), and A4 (finger 4). The second measure has a whole note G4 (finger 1). The bottom staff is a three-line guitar tablature. The first measure contains the numbers 4, 9, 7, and 12, each connected by a horizontal line. The second measure contains the number 9. The letters T, A, and B are stacked vertically on the left side of the first three lines of the tablature staff.

Measure	Notes / Fingering
1	G4 (1), A4 (4), G4 (1), A4 (4)
2	G4 (1)

Measure	Tablature
1	4 — 9 — 7 — 12
2	9

Timing/notating lifting of fingers

Timing/notating lifting of fingers

4→ 1→ 4→ 1→

1↑ 4↑ 1↑ 4↑

Preparing fingers

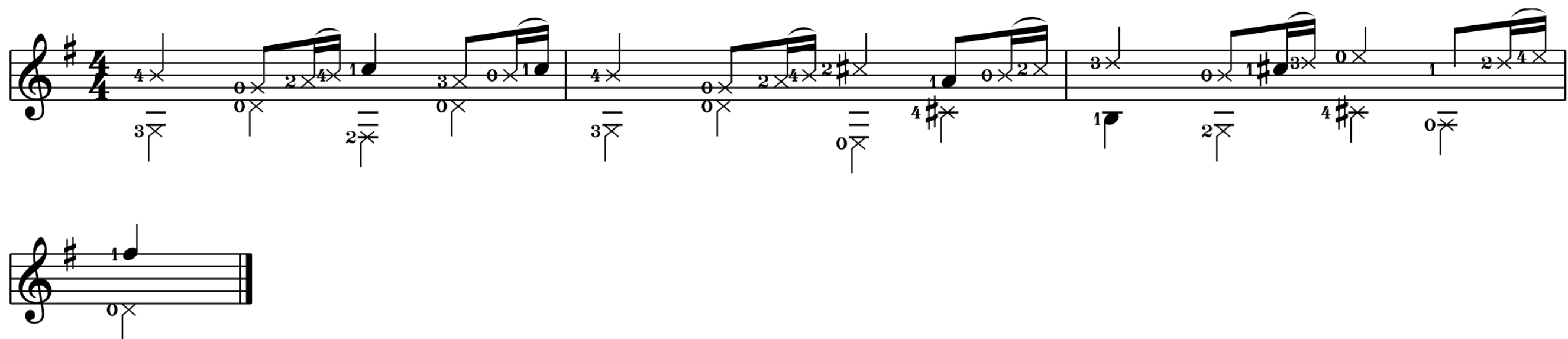
Lifting fingers

The image displays a musical score for guitar in 4/4 time, illustrating the timing and notation for lifting fingers. The score consists of two staves: a standard musical staff with a treble clef and a guitar tablature staff. The musical staff shows a sequence of notes: a quarter note (F4), a quarter note (G4), a quarter note (A4), a quarter note (B4), and a half note (C5). Above the notes, blue arrows indicate finger preparation (4→, 1→, 4→, 1→) and red arrows indicate finger lifting (1↑, 4↑, 1↑, 4↑). The guitar tablature staff shows the fret numbers: 4, 9, 7, 12, and 9. The tablature staff is labeled 'TAB' on the left.

Selective buzzing

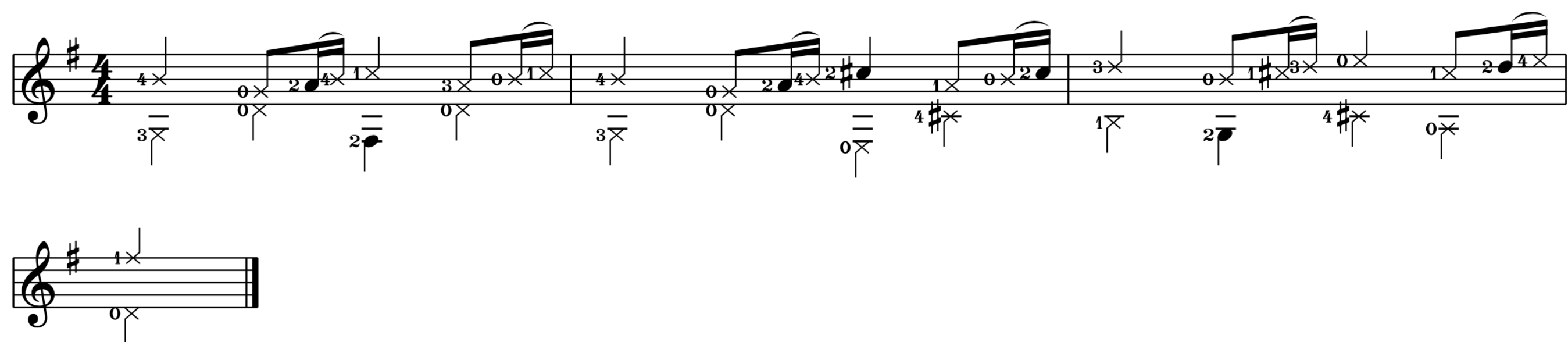
Georg Philipp Telemann: Fantasia N3 BWV33:27, Presto

Selective buzzing



Only 1st finger pressing down

Selective buzzing



Only 2nd finger pressing down

Selective buzzing

The image displays a musical score for a selective buzzing exercise in G major (one sharp) and 4/4 time. The score is written on a single staff and consists of 16 measures. The notation includes various musical symbols: treble clef, key signature (one sharp), time signature (4/4), and notes with fingerings (0, 1, 2, 3, 4) and accidentals (sharps). The exercise is designed to be played with selective buzzing, indicated by the 'x' marks above the notes. The notation is as follows:

Measure	Fingering	Accidental
1	4	
2	0	
3	2	
4	4	
5	1	
6	3	
7	0	
8	1	
9	4	
10	0	
11	2	
12	4	
13	2	#
14	1	
15	0	
16	2	

Only 3rd finger pressing down

Selective buzzing

The image displays a musical exercise for guitar, titled "Selective buzzing". The notation is written on a single staff in G major (one sharp) and 4/4 time. The exercise consists of two lines of music. The first line contains 16 measures, and the second line contains 4 measures. The notation includes various guitar-specific symbols: fret numbers (0, 1, 2, 3, 4) above the staff, and "x" marks indicating where the string should be buzzed. Some measures also feature a "4" above the staff, likely indicating a fourth fret. The exercise is designed to be played with only the 4th finger pressing down on the strings.

Only 4th finger pressing down

Optical control



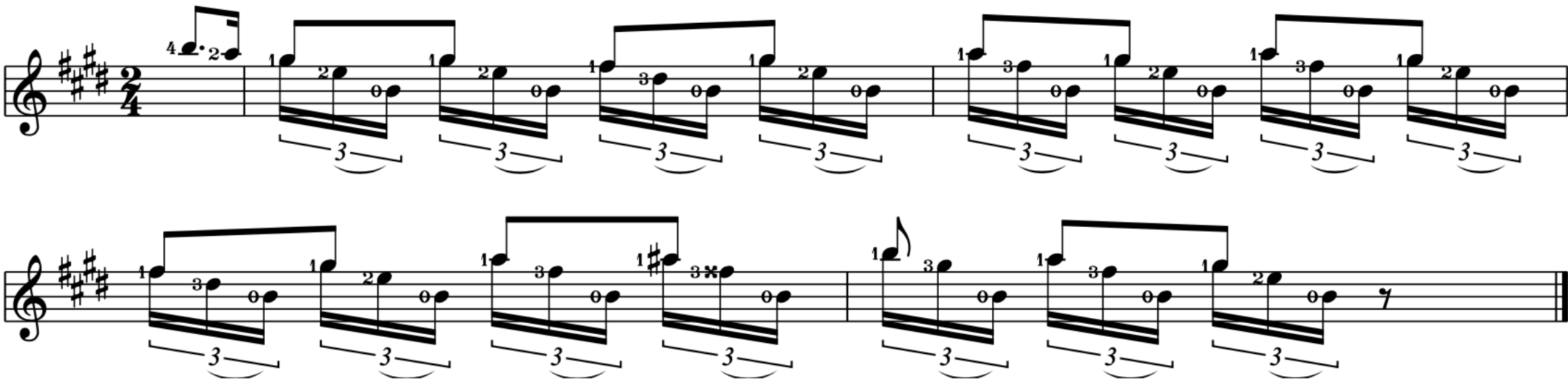
Movement follows eye

Right-hand practice

Exaggerating difficulty

- Identify difficulties
- Simplify
- Gradually increase difficulty until exaggeration

Exaggerating difficulty



Variation number 5 from Fernando Sor's *Variations on a Theme by Mozart, op 9*

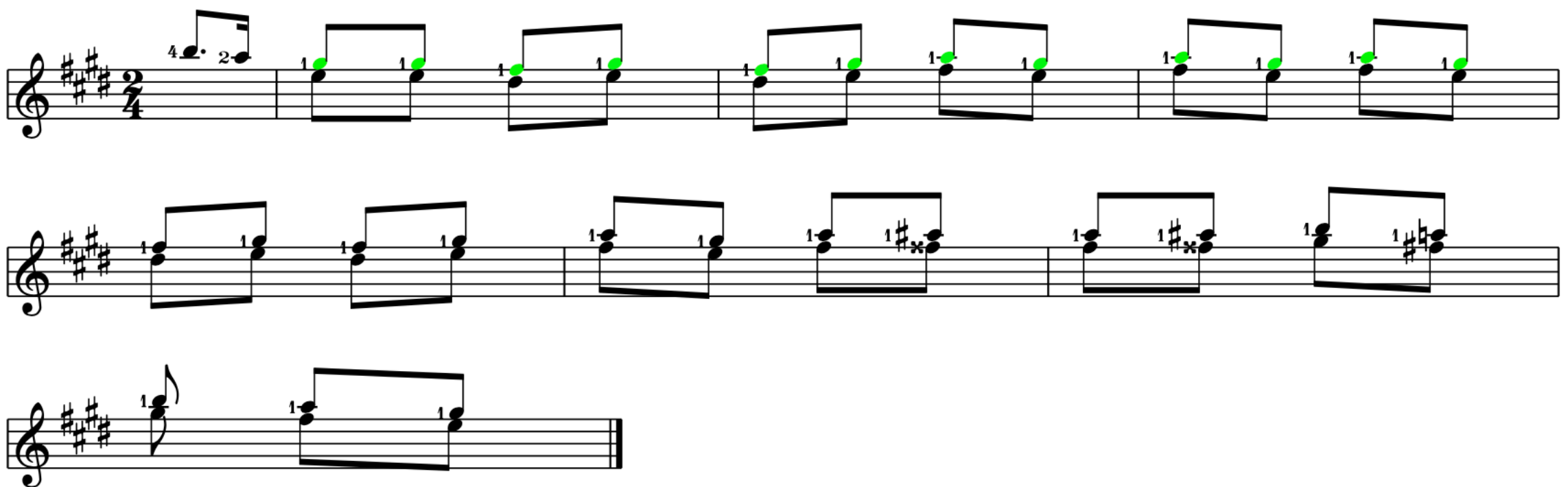
Exaggerating difficulty



Identify difficulties:

transversal movement (**pull-offs**) and longitudinal movement (**position change**)

Exaggerating difficulty



Simplify

Take out inhibiting factors

Exaggerating difficulty



Exaggerate

Gradually increase difficulty beyond original version

Afterword: “non-movement”

Alexander-Technique

“If I can stop doing the wrong thing, then the right thing will do itself”

<https://www.alexander-technique-online.com/articles/defining-the-alexander-technique/non-doing/>



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