

- I. Overview
 - A. Why it is important
 - B. Common Issues Related to FI
 - C. Right hand
 - D. Left hand
 - E. Q&A
- II. The Why
 - A. More agility
 - B. Prevents injury
 - C. Improved musicianship (tone/coloristic abilities/balance)
- III. Common Related Issues
 - A. Improper follow through especially with M and A
 - B. Balance issues
 - C. Tension in RH fingers or thumb
 - D. Uneven arpeggios
 - E. Difficulty articulating notes in bar chords
 - F. Hindered legato playing, especially in contrapuntal music
 - G. Fingers on either hand "flying out"
 - H. Weak slurs
 - I. Basic concepts to remember
 - 1. Follow-through
 - 2. Preparation
 - 3. Immediate relaxation
 - 4. Sympathetic motion
- IV. Right hand uses in Bach
 - A. Thumb
 - 1. General opening exercise: sweeps to build strength in both directions (to be affected as little as possible)
 - 2. Playing basslines
 - a) Controlling duration of bass notes - thumb preparation
 - (1) Ex. 999 Prelude mm. 1-2

BWV 999 Prelude m 1-8

- b) Contouring the bass line - independence in thumb resistance
 (1) Ex. 995 Prelude mm. 10-15

BWV 995 Prelude

- (2) Ex. 997 Prelude mm. 1-9

B. Fingers

1. Sweeps

- a) $i > mae$
- b) $im > ae$
- c) Improved arpeggios
 (1) Ex. 999 prelude again
- d) Aid in playing 3 voices or more
 (1) Ex. BWV 997 Fugue

Fuga

BWV 997 Fugue

V. Left Hand

A. Chromatic exercise

1. Watch motion of fingers, no "flying"
2. Different combinations than 4-3-2-1

B. Cross String Exercises

1. 2 fingers
2. 4 fingers
 - a) Ex Bourree 996

8

Arr. F. Zigante

Bourrée

BWV 996 Bourree

- C. Pumping Nylon Legato exercise
 - 1. Cross string scales
 - a) Ex. BWV 1007 mm. 29-30

CROSS STRING

The image shows two staves of handwritten musical notation for the Prelude in G major, BWV 1007, measures 29-30. The notation is written in treble clef with a key signature of one sharp (F#). The first staff contains a melodic line with various fingerings (1, 2, 3, 4) and articulations (accents, slurs). Above the staff, the words 'CROSS STRING' are written in large, handwritten letters. Below the staff, there are handwritten notes 'C. VII' and 'u'. The second staff shows a bass line with fingerings (1, 2, 3, 4) and slurs. The notation is dense with notes and rests, indicating a fast, rhythmic exercise.

BWV 1007 Prelude mm. 29-30

- VI. Other general independence exercises
 - A. Stationary finger arpeggios (all fingers and thumb rest on the strings while playing the named finger)
 - 1. i alone (rest m&a)
 - 2. m alone (rest i&a)
 - 3. a alone (rest m&i)
 - 4. m&i together (rest a)
 - 5. m&a together (rest i)
 - 6. a&i together (rest m)
 - B. Rasgueados
 - C. Balance exercises
 - 1. Arpeggios
 - 2. Chords
 - D.