

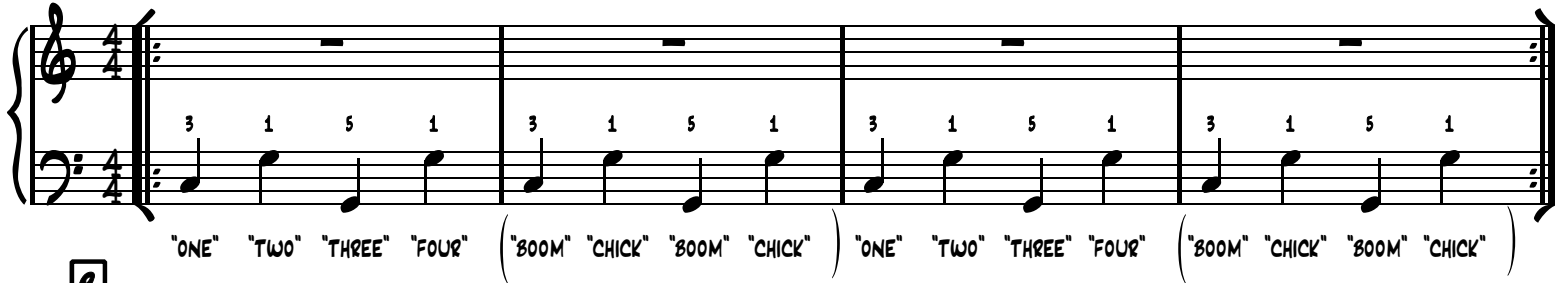
PICASSO PIANO ACADEMY

STRIDE PIANO: LESSON ONE

20 STRIDE EXERCISES ON A C-MAJOR TRIAD

A

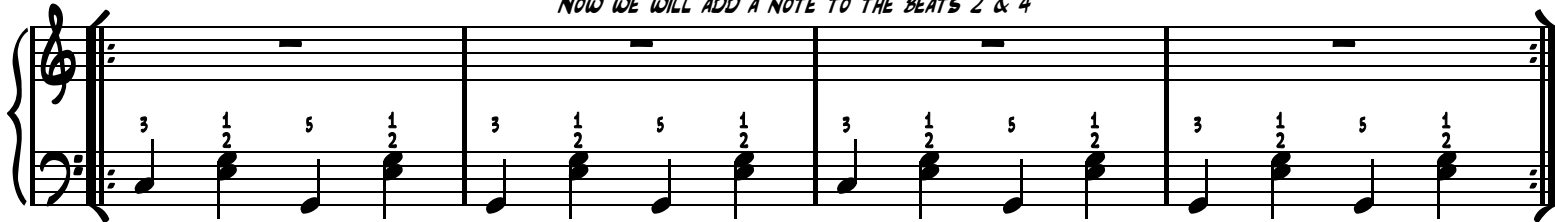
START WITH THIS SIMPLE LEFT-HAND PATTERN TO GET USED TO THE "FEEL" OF STRIDE.



Musical notation for exercise A, 4/4 time. The left hand plays a simple pattern: quarter notes C4, E3, G3, C4. Fingering: 3, 1, 5, 1. The pattern repeats four times. Below the notes are the rhythmic labels: "ONE" "TWO" "THREE" "FOUR" ("BOOM" "CHICK" "BOOM" "CHICK") "ONE" "TWO" "THREE" "FOUR" ("BOOM" "CHICK" "BOOM" "CHICK")

B

NOW WE WILL ADD A NOTE TO THE BEATS 2 & 4



Musical notation for exercise B, 4/4 time. The left hand plays a pattern: quarter notes C4, E3, G3, C4 with a half-note chord (E3, G3) on beats 2 and 4. Fingering: 3, 1, 5, 1. The pattern repeats four times.

C

WHEN YOU ARE READY, PLAY A CHORD ON BEATS 2 & 4



Musical notation for exercise C, 4/4 time. The left hand plays a pattern: quarter notes C4, E3, G3, C4 with a half-note chord (E3, G3) on beats 2 and 4. Fingering: 5, 1, 2, 3. The pattern repeats four times.

D

WHEN YOU ARE READY, PLAY BEATS 1 AND 3 AS OCTAVES



Musical notation for exercise D, 4/4 time. The left hand plays a pattern: quarter notes C4, E3, G3, C4 with a half-note chord (E3, G3) on beats 2 and 4. Fingering: 5, 1, 2, 3. The pattern repeats four times.

E

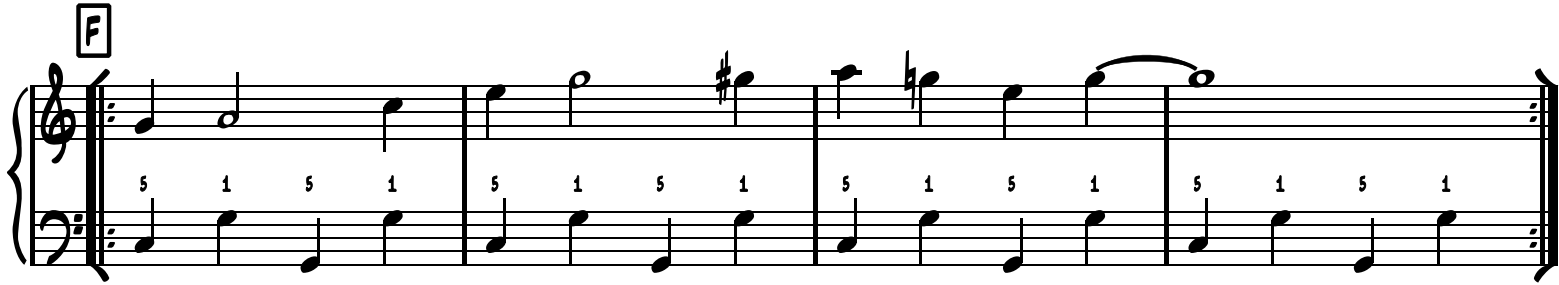
PLAY THE OCTAVE ON BEAT 3 AN OCTAVE LOWER, AND RAISE THE C TRIAD TO THE NEXT INVERSION HIGHER TO INCREASE THE DISTANCE OF THE "STRIDE"



Musical notation for exercise E, 4/4 time. The left hand plays a pattern: quarter notes C4, E3, G3, C4 with a half-note chord (E3, G3) on beats 2 and 4. Fingering: 5, 1, 2, 3. The pattern repeats four times.

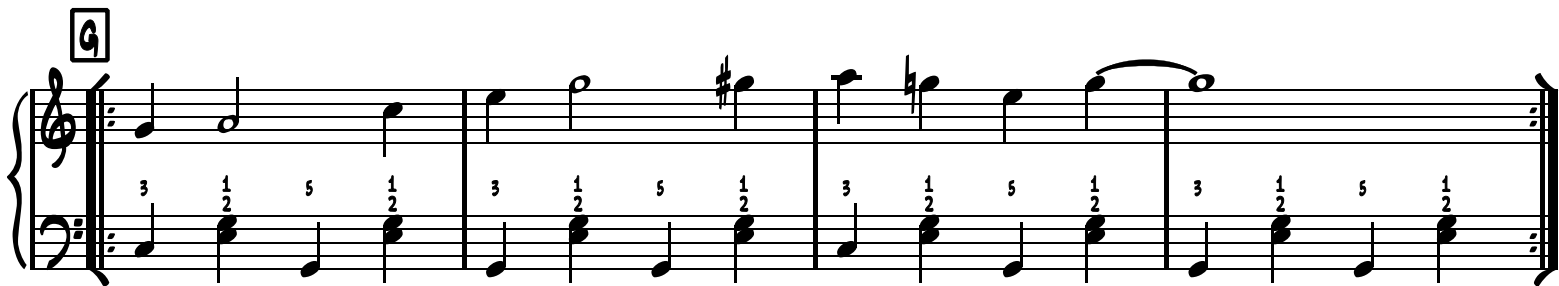
*NOW, LET'S ADD A SINGLE NOTE MELODY WITH THE RIGHT HAND
WE WILL START WITH THE SIMPLEST LEFT HAND PATTERN FIRST*

F



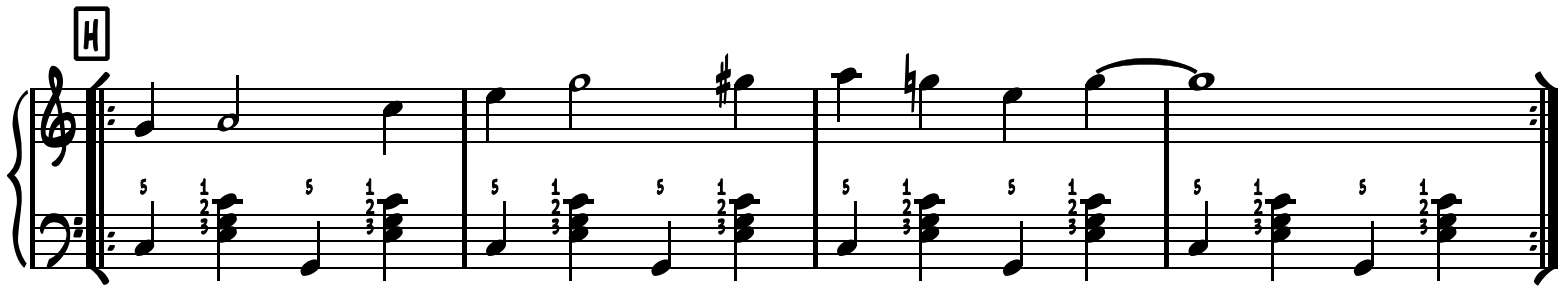
Exercise F: A four-measure piece in F major. The right hand plays a simple melody: F4 (quarter), G4 (quarter), A4 (quarter), B4 (quarter), C5 (half). The left hand plays a simple pattern: F3 (quarter), G3 (quarter), A3 (quarter), B3 (quarter), C4 (half). Fingering for the left hand is 5, 1, 5, 1, 5, 1, 5, 1.

G



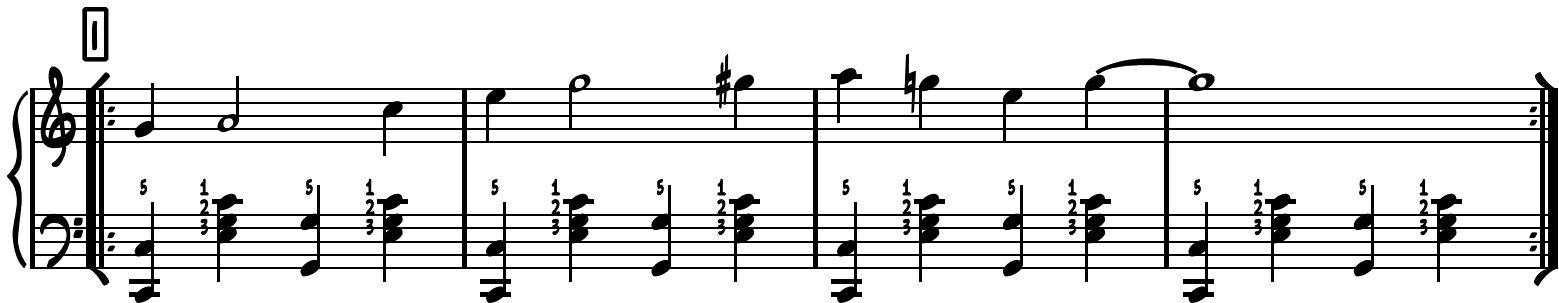
Exercise G: A four-measure piece in G major. The right hand melody is identical to exercise F. The left hand pattern is: G3 (quarter), A3 (quarter), B3 (quarter), C4 (quarter), D4 (half). Fingering for the left hand is 3, 1/2, 5, 1/2, 3, 1/2, 5, 1/2.

H



Exercise H: A four-measure piece in A major. The right hand melody is identical to exercise F. The left hand pattern is: A3 (quarter), B3 (quarter), C4 (quarter), D4 (quarter), E4 (half). Fingering for the left hand is 5, 1/2, 3, 1/2, 5, 1/2, 3, 1/2.

I



Exercise I: A four-measure piece in B major. The right hand melody is identical to exercise F. The left hand pattern is: B3 (quarter), C4 (quarter), D4 (quarter), E4 (quarter), F#4 (half). Fingering for the left hand is 5, 1/2, 3, 1/2, 5, 1/2, 3, 1/2.

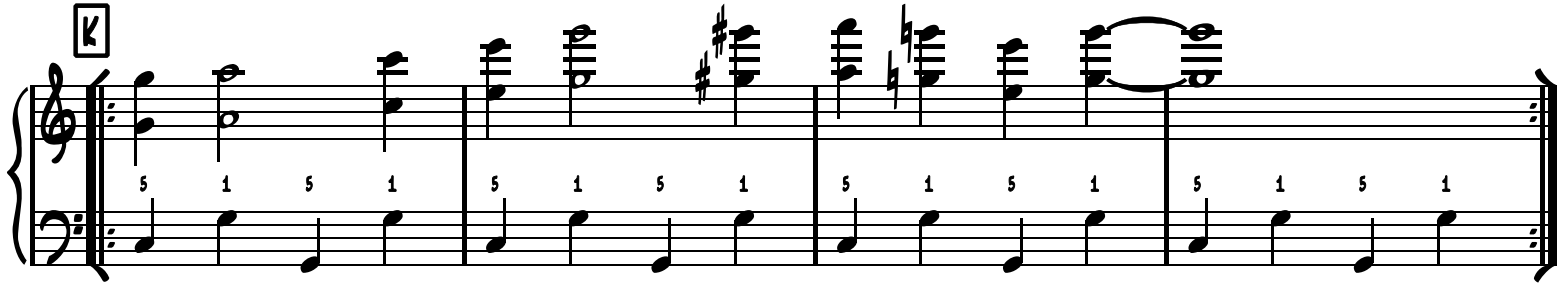
J



Exercise J: A four-measure piece in C major. The right hand melody is identical to exercise F. The left hand pattern is: C3 (quarter), D3 (quarter), E3 (quarter), F3 (quarter), G3 (half). Fingering for the left hand is 5, 1/2, 3, 1/2, 5, 1/2, 3, 1/2.

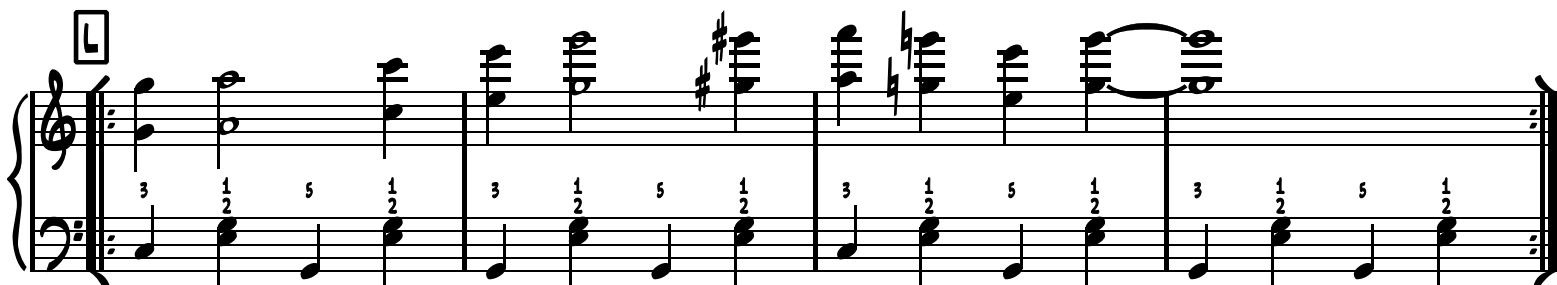
NOW, LET'S PLAY THE SAME MELODY WITH THE RIGHT HAND,
BUT THIS TIME PLAY IT AS OCTAVES.

K



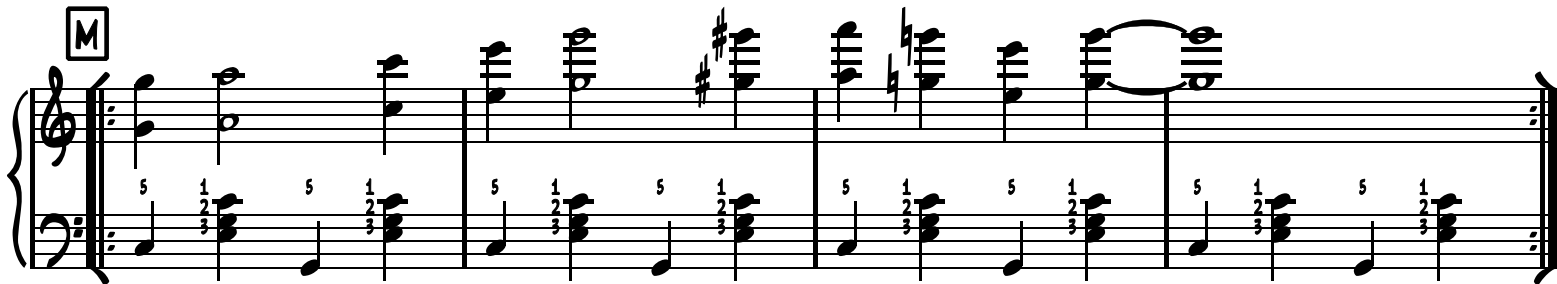
Exercise K: Treble clef, 2/4 time. Right hand: quarter notes G4, A4, B4, C5, D5, E5, F5, G5. Left hand: quarter notes G2, A2, B2, C3, D3, E3, F3, G3. Fingering: 5 1 5 1 5 1 5 1 5 1 5 1.

L



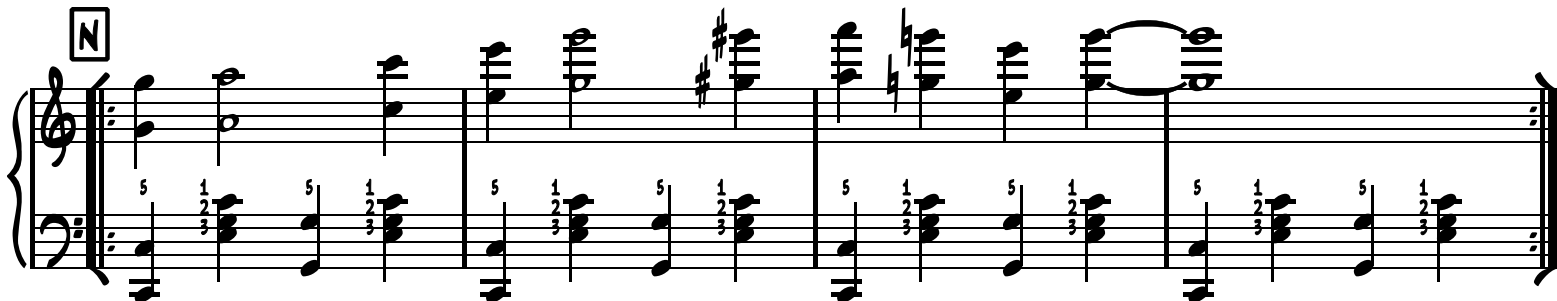
Exercise L: Treble clef, 2/4 time. Right hand: quarter notes G4, A4, B4, C5, D5, E5, F5, G5. Left hand: quarter notes G2, A2, B2, C3, D3, E3, F3, G3. Fingering: 3 1/2 5 1/2 3 1/2 5 1/2 3 1/2 5 1/2.

M



Exercise M: Treble clef, 2/4 time. Right hand: quarter notes G4, A4, B4, C5, D5, E5, F5, G5. Left hand: quarter notes G2, A2, B2, C3, D3, E3, F3, G3. Fingering: 5 1/2/3 5 1/2/3 5 1/2/3 5 1/2/3 5 1/2/3 5 1/2/3.

N



Exercise N: Treble clef, 2/4 time. Right hand: quarter notes G4, A4, B4, C5, D5, E5, F5, G5. Left hand: quarter notes G2, A2, B2, C3, D3, E3, F3, G3. Fingering: 5 1/2/3 5 1/2/3 5 1/2/3 5 1/2/3 5 1/2/3 5 1/2/3.

O



Exercise O: Treble clef, 2/4 time. Right hand: quarter notes G4, A4, B4, C5, D5, E5, F5, G5. Left hand: quarter notes G2, A2, B2, C3, D3, E3, F3, G3. Fingering: 5 1/2/6 5 1/2/6 5 1/2/6 5 1/2/6 5 1/2/6 5 1/2/6.

NOW, LET'S INSERT SOME "INNER" NOTES INBETWEEN THE OCTAVE MELODY NOTES, THUS CREATING A "CHORDAL" MELODY. INBETWEEN EVERY OCTAVE WE WILL INSERT 2 (OF 3) NOTES FROM THE C-MAJOR TRIAD (C - E - G)

P

Q

R

S

T