

HOTLICKS

Courtesy of
Percussive Arts Society
701 NW Ferris Ave., Lawton, OK 73507-5442
Phone (580) 353-1455 • Fax (580) 353-1456
E-mail percarts@pas.org • Web site <http://www.pas.org>

PERIPHERAL VISION EXERCISE

DR. ROBERT LEDBETTER

University of Montana, Missoula, Montana

These exercises will help develop the "peripheral sense" of where notes are located on the keyboard. Keep the eyes focused on the middle note at all times while locating the additional notes in each passage. (At first, your eyes may want to dart back and forth from the central note to the extremes of the playing range.)

Exercise A employs contrary motion and can be applied to diatonic scales as well as the chromatic scale. Exercise B takes the concept a step further by bringing in a lateral wrist stroke that prepares you for Exercise C. With the lateral stroke, keep the wrists relaxed and as low as possible. Try exercises B and C in all keys. Exercise C may also be applied to the chromatic scale.

A

Right Hand

Left Hand

B

Right Hand Only

Left Hand Only

etc.

C

L R L R etc.

etc.