

Angelo Sturiale

ERGONOMIC PIANO EXERCISES

training for the development
of muscular strength and endurance

Ergonomic piano exercises

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This book provides a series of original piano exercises specifically designed for developing hand strength and endurance. This special training is based on an ergonomic view of the position of the hand on the keys. It is conceived as an alternative piano 'workout' and is designed for intermediate/advanced piano students, professional pianists and keyboardists who wish to improve their technique in all musical genres.

Ergonomic hand movement is anatomically focused on spontaneous and natural configurations of hand position and finger articulation on the keyboard, without reference to music language or style.

Though they are labelled numerically, the exercises are not necessarily in order of increasing difficulty. Thus, they may be practiced in any order, according to one's personal taste or specific goals.

Tempo and dynamics have been intentionally omitted from all exercises. However, results are more effective when the exercises are practiced loudly and quickly, as they focus on building muscular strength and endurance of the hand and fingers, along with the wrist and forearm.

Angelo Sturiale is a composer, performer, visual artist and writer. He has been guest artist at Trinity Laban Conservatoire of Music and Dance (UK), the Higher Conservatory of Music of Zaragoza (Spain), the Conservatory of Music of Morelia (Mexico), Tokyo University of the Arts (Japan), OMI (USA), Darmstadt International Summer Courses (Germany) and the Iceland Academy of the Arts.

His compositions and research have been supported by the Rockefeller Foundation, the Canon Foundation, the Swedish Institute, Pépinières and UNESCO-Aschberg. He is professor of composition at Monterrey Institute of Technology and Higher Education, Mexico.

1

A 1 2 3 4 5

6

B 2 3 4 5 4 3 2

10

14

C 3 4 5 4 1 2 3 2

21

D 3 4 5 4 2 1 2

28

10

A 1 2 3 4 5 1 2 3 4 5 5 4 3 2 1 5 4 3 2 1

B

C

D

E

F

G

H

I

J

K

L

20

A

6

12

B

17

23


28

33

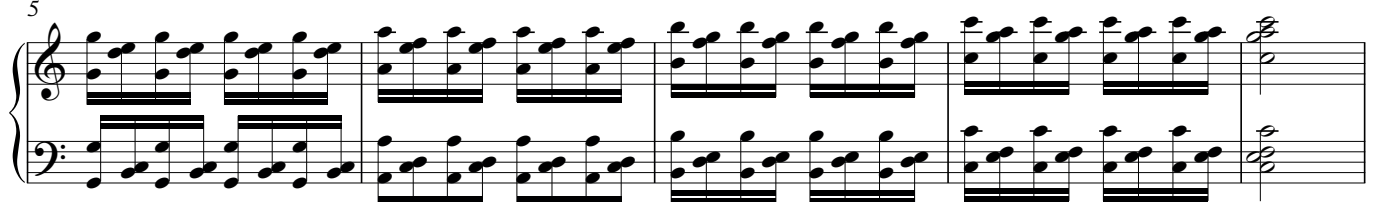
C

30

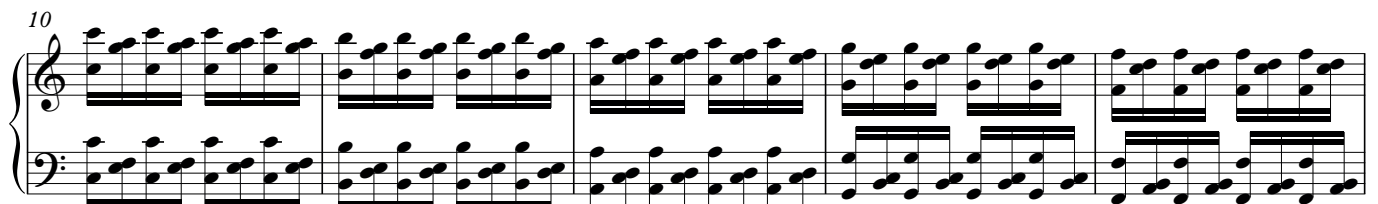
A




5




10




15




B



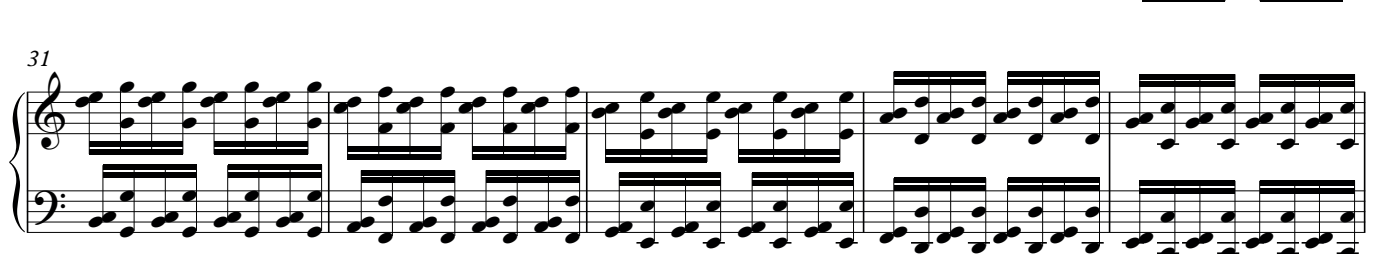
20



25



31



43

A 3 4 3 4
2 2 3 2



Measures 1-4 of exercise 43. The treble staff contains chords with fingerings 3, 4, 3, 4 in the first measure and 2, 2, 3, 2 in the second. The bass staff contains chords with fingerings 3, 4, 3, 4 in the first measure. The key signature has one flat (B-flat) and the time signature is 2/4.

5



Measures 5-8 of exercise 43. The treble staff contains chords with an 'x' mark in the first measure. The bass staff contains chords. The key signature has one flat (B-flat) and the time signature is 2/4.

9



Measures 9-12 of exercise 43. The treble staff contains chords. The bass staff contains chords. The key signature has one flat (B-flat) and the time signature is 2/4.

13



Measures 13-16 of exercise 43. The treble staff contains chords with an 'x' mark in the first measure. The bass staff contains chords. The key signature has one flat (B-flat) and the time signature is 2/4.

17



Measures 17-20 of exercise 43. The treble staff contains chords. The bass staff contains chords. The key signature has one flat (B-flat) and the time signature is 2/4.

21



Measures 21-24 of exercise 43. The treble staff contains chords with an 'x' mark in the first measure. The bass staff contains chords. The key signature has one flat (B-flat) and the time signature is 2/4.