

My signs indicating the Motor Apparatus movements

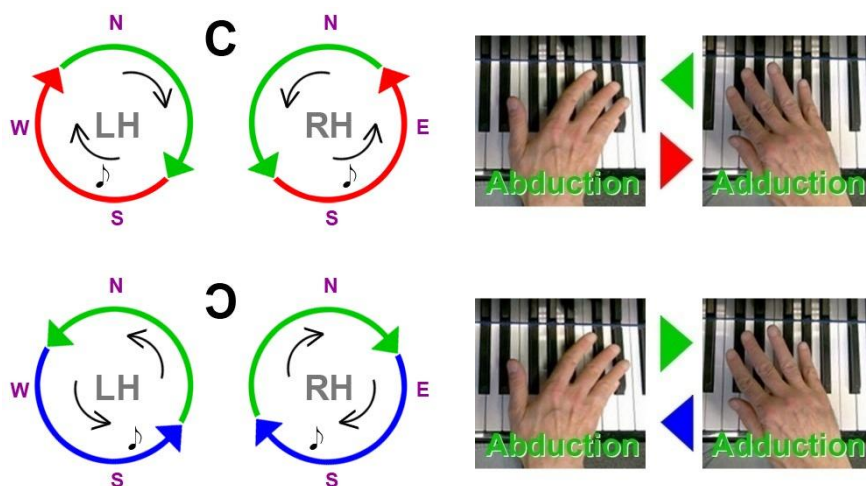
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I. Hands and fingers

The rule is simple: the higher the wrist in relation to the keyboard, the straighter the fingers - [video](#), [animation](#).

- ▲ = open the hand (in the metacarpal) and [elongate, straighten](#) the fingers;
- ▼ = close the hand and bend the fingers.

II. Arms - wrists and elbows control



Explanations:

- The little notes in the diagrams mean that, in order to make a “soft landing” on the keyboard and produce a nice sound, you should avoid striking the key vertically at the S point (South).
- The rounded arrows ↶ ↷ ↸ ↹ mark the most frequently used sections of the circle - the easiest to feel with the wrists and elbows, i.e. the easiest to control. For example:
 - C↑ = ↶ for the RH or ↷ for the LH
 - C↓ = ↸ for the RH or ↹ for the LH
- If necessary, I use the abbreviations for the sides of the world (N, E, S, W).
- The straight arrows ↓↑ indicate the required direction of the wrist movements.
- The black marks = gentle, fluid movement.
- The red marks = fast, vigorous movement.
- VERY IMPORTANT!** All the above movements work correctly provided that used simultaneously with [shoulder impulses \(point 2.2\)](#) and [micro-whip movements \(point 5\)](#). **I also remind you** that the whole body must participate in the creation of sound - from the feet to the top of the head!