

Forearm circles - basic rules

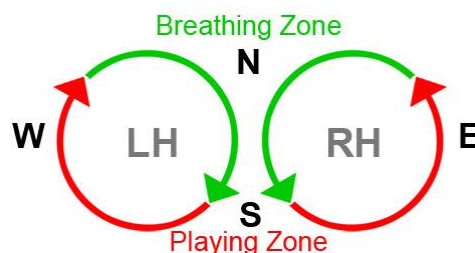
► THEORY ◀

Depending on the situation on the keyboard (i.e. on the musical text), we use for playing the **following areas**:

RH: from SW to NE or N maximum

LH: from SE to NW or N maximum.

(you get the sound on the South = the weight falls)



Remaining areas:

RH: NE > SW

LH: NW > NW

serve to “breathe” (with your motor apparatus) and to recharge the machine - that is to say, to store again the potential energy used during the fall of the weight. **The most difficult is:** by making these movements, we often forget to **bring elbows together** on points RH: W / LH: E

This detour is used to break the fall - I mean to reduce its strength and soften it. Falling directly from N to S would give an unpleasant, sharp sound.

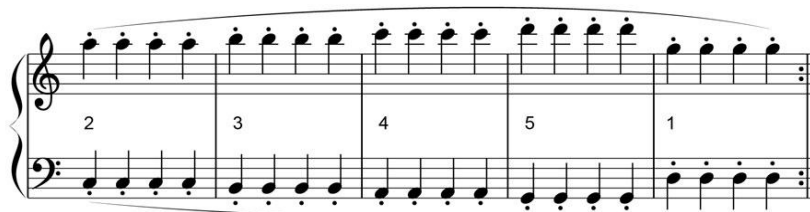
You can see very well the elbows movements on my videos:

https://youtu.be/7m9_fDr5Xyl

<https://youtu.be/nzQqAG73r3w>

https://youtu.be/X4XX_oIVCd0

► EXERCISE ◀



Start this exercise from the 2nd fingers and finish with the thumbs (the most difficult). Play it portato with one turn per note. Imagine that your forearms are in a tube (cylinder) and turn parallelly to it. It means that your elbows should turn more or less like your wrists. At the beginning don't play fast - the metronome 40-60. The faster you play, the smaller is the diameter of “the pipe”. This will perfectly activate your shoulder - be careful with your muscles, do not force.

You can also play with your hands closer (RH 1 octave↓ and LH 1 octave↑).

► GROUPS / SLURS ◀

The movement of the elbows outside (from your body) this is your power. The more your elbows are away (the right elbow on the right and the left elbow on the left), the less energy for playing you have. So you must **use this movement sparingly** = use it very moderately. However, on the very last note of a technical group or of a slur, you can go ahead and “breathe” more freely with your arm.