

# General rules for advanced level students

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## BASIC RULES

1. Always be very careful with and about your hands, especially your tendons. If you damage a tendon once, it will be a lifelong problem because it will always return. So don't play e.g. fast octaves until you've learned well how to play them.
2. Always take care of your back and especially the lower back, the most overcharged part by playing the piano. You need to do gymnastics regularly every day (gradually organize a system of exercises). Swimming is good as well and so are other sports that don't overcharge your hands. If you start gymnastics when you're old, it will be too late. Here are the best exercises found on the net:

[https://youtu.be/HoTn\\_3pKXdY](https://youtu.be/HoTn_3pKXdY) and [https://youtu.be/NBMaOjD\\_OE4](https://youtu.be/NBMaOjD_OE4)

## GENERAL PIANO TECHNIQUE RULES

3. Do the exercises without the keyboard: <https://youtu.be/bTptqn9U6fU> and [https://youtu.be/cTPJ1I9t\\_SM](https://youtu.be/cTPJ1I9t_SM)

**NEVER FORCE** exercises, rhythm, tempo or dynamics. Everything has to come naturally.

1. You must not slow down because of technical difficulties. The most difficult place determines the maximum tempo of the whole piece.
2. We can play:
  - a. either lower (↓) the whole Motor Apparatus (MA) and the head <https://youtu.be/pYKcuY5ZE38> - ex. 1
  - b. or better: head ↑ and wrists ↓ - ex. 2.
4. More effective is the playing from below (lever movement):
  - before playing lower the wrist and the head
  - when playing both ↑ <https://youtu.be/wHVhKcLG-Fg>
5. And the throwing movements are the most effective:  
[https://www.youtube.com/playlist?list=PLkNrY\\_AN9ggmenOfPJBRrhEFUGdqan3SQ](https://www.youtube.com/playlist?list=PLkNrY_AN9ggmenOfPJBRrhEFUGdqan3SQ)
6. The wrist needs to “breathe” = the position HW from the beginning of this video: <https://youtu.be/mVc08Xqdews> All my examples are exaggerated, because they are invisible when played normally. So at the beginning always practice in an exaggerated way and then, if everything is understood and comes out correctly, you must decrease the amplitude - a lot but gradually.