

# My signs indicating the Motor Apparatus movements

Version of 2024.04.07

## I. Finger and hand movements

△ = finger straightening ("opening")

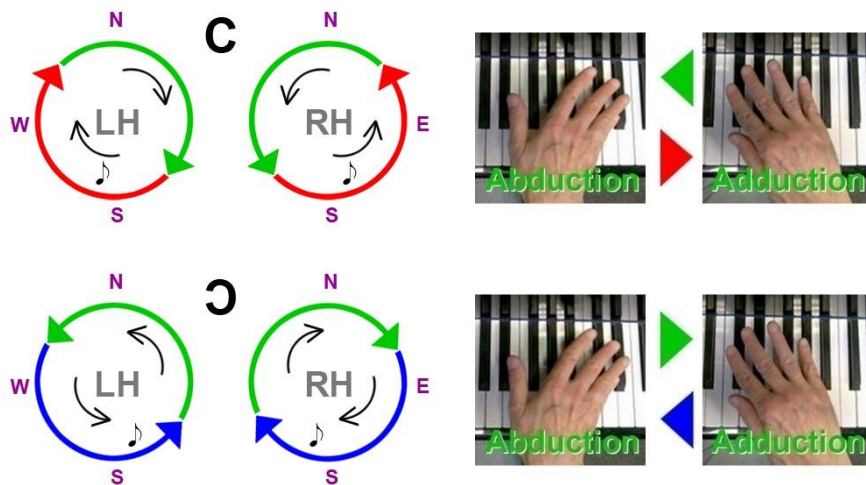
▲ = hand opening

▽ = finger bending ("closing")

▼ = hand closing

✓ = wrist breathing ([point 3.6](#))

## II. Arm movements - wrists and elbows control



### Explanations:

1. The little notes in the circles above 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).
2. The rounded arrows (diagram above) ↶ ↷ ↸ ↹ mark the most frequently used sections of the circle - the easiest to feel with the wrists and elbows, i.e. the easiest to control.
3. The straight arrows (in the score) ↓ ↑ indicate the required direction of the wrist movements. In combination with the **C** or **D** symbols, they indicate the direction of rotation. For example:
  - a. C ↑ = ↶ for the RH or ↷ for the LH
  - b. D ↓ = ↷ for the RH or ↶ for the LH
 If necessary, I use the abbreviations for the sides of the world (N, E, S, W).
4. **VERY IMPORTANT!** All the above movements work correctly provided that used simultaneously with [shoulder impulses \(point 2.2\)](#) and [micro-whip movements \(point 5\)](#).
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!