

BOOK TWO: Elementary

A DOZEN A DAY



*Pre-Practice
Technical Exercises*
FOR THE PIANO

by

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CHAPPELL & CO. LTD.

LONDON, W.1

THE WILLIS MUSIC COMPANY

CINCINNATI, OHIO

To my family

A DOZEN A DAY

Many people do physical exercises every morning before they go to work.

Likewise— we should all give our fingers exercises every day **BEFORE** we begin our practising.

The purpose of this book is to help develop strong hands and flexible fingers.

Do not try to learn the entire first dozen exercises the first week you study this book! Just learn two or three exercises and do them each day *before* practising. When these are mastered, add another, then another, and keep adding until the twelve can be played perfectly.

When the first dozen—Group I—have been mastered and perfected—Group II may be introduced in the same manner.

When the entire book is finished, any of the groups may be transposed to different keys. In fact, this should be encouraged.

EDNA-MAE BURNAM

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Group I

1. Walking and Running

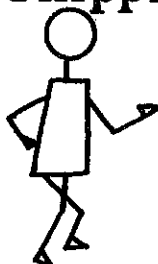


1st time—legato (smooth, connected)

2nd time—*staccato* (sharp, detached)



2. Skipping



legato—staccato



3. Hopping



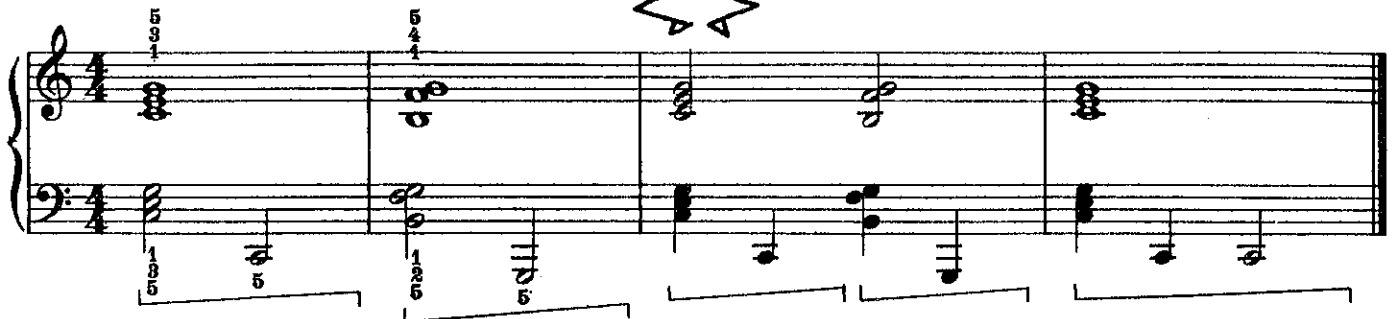
staccato



4. Deep Breathing



5. Deep Knee Bend



6. Stretching



7. Stretching Right Leg Up



A musical score for the song "The Rose Tree". The score is written for a piano, with a treble and bass staff. The key signature is one flat (B-flat), and the time signature is 4/4. The melody is in the treble staff, and the bass staff provides a simple accompaniment. The melody consists of a series of eighth and quarter notes, with a final measure containing a half note and a whole note. The bass staff has a simple accompaniment of quarter and eighth notes. The score is divided into five measures, with a repeat sign at the end of the fourth measure.

8. Stretching Left Leg



A musical score for the song "The Rose Tree". The score is written for a piano, with a treble and bass staff. The key signature is one flat (B-flat) and the time signature is 4/4. The melody is in the treble staff, and the accompaniment is in the bass staff. The melody consists of a series of eighth and sixteenth notes, with a final measure containing a whole note. The accompaniment consists of a steady eighth-note pattern in the left hand, with a final measure containing a whole note. The score is written in a simple, clear style, suitable for a children's songbook.

9. Cartwheels



Handwritten musical score for a piano piece, likely a waltz. The score is written on two staves, Treble Clef (R.H.) and Bass Clef (L.H.), in 4/4 time. The key signature is one flat (B-flat). The music features a repeating rhythmic pattern of eighth notes and triplets. The right hand (R.H.) plays a melody with triplets and eighth notes, while the left hand (L.H.) provides a bass line with triplets and eighth notes. The score is divided into four measures, with the first measure containing a key signature change from one flat to two flats (B-flat and E-flat). The notation includes various musical symbols such as clefs, time signatures, key signatures, notes, rests, and dynamic markings like *mf* and *f*.

10. The Splits



legato—staccato

11. Standing on Head



legato—staccato

12. Fit as a Fiddle and Ready To Go



legato—staccato

Group II

1. Morning Stretch

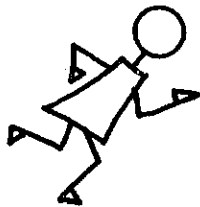
5



2. Walking



3. Running



4. High Stepping



legato—staccato

5. Jumping



6. Kicking Right Leg



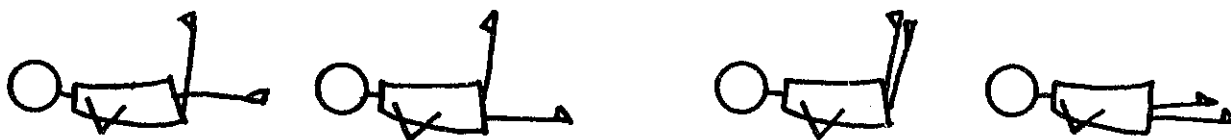
7. Kicking Left Leg



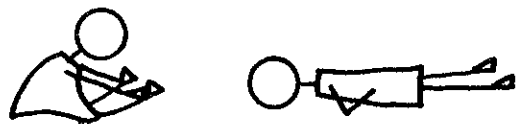
8. The Splits



9. Leg Work (lying down)



10. Sitting Up and Lying Down



legato—staccato

 A musical score for a piano exercise in 4/4 time. It consists of three systems of grand staves. The first system is marked 'legato—staccato' and includes fingerings (1, 5, 1, 5, 1, 5, 1, 5). The second and third systems continue the exercise with various rhythmic patterns and fingerings.

11. A Hard Trick

Practise this first:

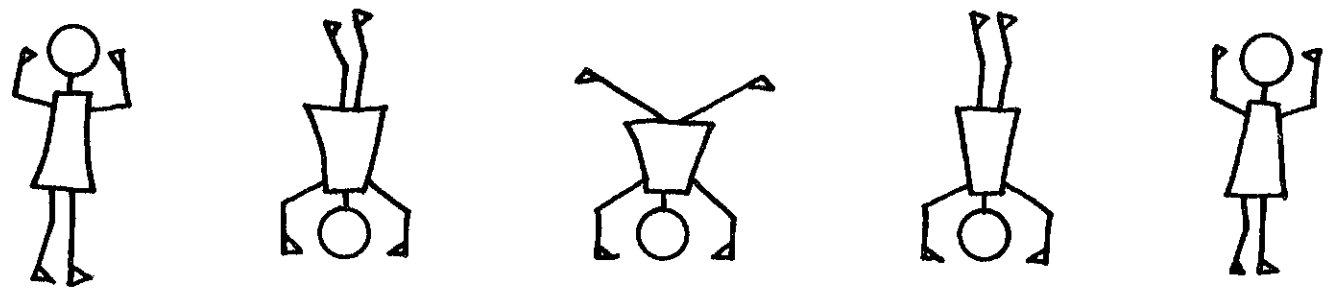
legato—staccato

Then practise this:

legato—staccato

A musical score for a piano exercise in 4/4 time, divided into two parts. The first part is labeled 'Practise this first: legato—staccato' and the second part is labeled 'Then practise this: legato—staccato'. Both parts include fingerings (1, 3, 1, 5, 1, 3, 1, 5) and are written for grand staves.

Now do the whole trick:



legato—staccato

A musical score for piano in 4/4 time. The piece consists of five measures. The first measure has a treble clef and a key signature of one sharp (F#). The melody starts on G4 and moves up stepwise to D5. The bass line starts on G3 and moves up stepwise to D4. The second measure continues the melody and bass line. The third measure has a treble clef and a key signature of one sharp. The melody starts on G4 and moves up stepwise to D5. The bass line starts on G3 and moves up stepwise to D4. The fourth measure continues the melody and bass line. The fifth measure has a treble clef and a key signature of one sharp. The melody starts on G4 and moves up stepwise to D5. The bass line starts on G3 and moves up stepwise to D4. Fingerings are indicated by numbers 1, 2, 3, 4, 5 above or below the notes.

12. Fit as a Fiddle and Ready To Go

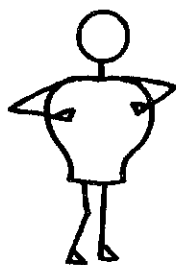


The first system of musical notation for the piece 'Fit as a Fiddle and Ready To Go'. It consists of two staves, treble and bass, in 4/4 time. The treble staff has a key signature of one sharp (F#). The melody starts on G4 and moves up stepwise to D5. The bass line starts on G3 and moves up stepwise to D4. Fingerings are indicated by numbers 1, 2, 3, 4, 5 above or below the notes.

The second system of musical notation for the piece 'Fit as a Fiddle and Ready To Go'. It consists of two staves, treble and bass, in 4/4 time. The treble staff has a key signature of one sharp (F#). The melody starts on G4 and moves up stepwise to D5. The bass line starts on G3 and moves up stepwise to D4. Fingerings are indicated by numbers 1, 2, 3, 4, 5 above or below the notes.

Group III

1. Deep Breathing



2. Rolling



3. Climbing (in place)



The musical score is written for a single melodic line on a treble clef staff in 4/4 time. It is divided into two sections. The first section, labeled 'legato—staccato', consists of two measures. The first measure contains a triplet of eighth notes (G4, A4, B4) followed by a quarter note (C5), with fingerings 1, 2, 3, and 1. The second measure contains a triplet of eighth notes (D5, E5, F5) followed by a quarter note (G5), with fingerings 1, 1, and 1. The second section, labeled 'simile', also consists of two measures. The first measure contains a quarter note (G4) followed by a triplet of eighth notes (A4, B4, C5), with fingerings 1 and 3. The second measure contains a quarter note (D5) followed by a triplet of eighth notes (E5, F5, G5), with fingerings 1 and 3. The tempo marking 'Allegretto' is positioned above the first measure of the first section.

A musical score for the song 'The Rose Tree'. It consists of two staves, a treble staff and a bass staff, both with a key signature of one flat (B-flat) and a common time signature (C). The treble staff begins with a treble clef and a key signature change from one flat to two flats (B-flat and E-flat). The bass staff begins with a bass clef and a key signature change from one flat to two flats (B-flat and E-flat). The melody in the treble staff is a simple, descending line of eighth notes. The bass staff provides a simple accompaniment of eighth notes. The score is divided into two measures by a vertical bar line. The first measure contains the main melody and accompaniment. The second measure contains a continuation of the melody and accompaniment, ending with a double bar line and repeat dots.

4. Tip-toe Running (in place)



4

3 2 1 3 2 1 3 2 1 3 2 1

simile

3 2 1 3 2 1 3 2 1

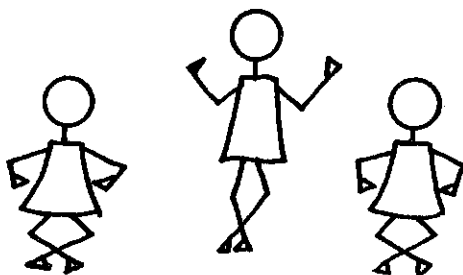
8. Somersaults



9. Touching Toes



10. Ballet Exercise "Entre chat quatre"



11. The Splits



legato—staccato

12. Fit as a Fiddle and Ready To Go



legato—staccato

Group IV

1. Morning Stretch



2. Climbing (in place)



3. Tip-toe Running (in place)



A musical score for the song "The Rose Tree". The score is written for piano (indicated by a large brace on the left) and features two staves: a treble staff and a bass staff. The key signature is one flat (B-flat), and the time signature is 4/4. The melody is primarily in the treble staff, with the bass staff providing a harmonic accompaniment. The score is divided into three measures. The first measure contains the main melody and accompaniment. The second measure continues the melody and accompaniment. The third measure concludes the piece with a final chord. The lyrics "The Rose Tree" are written below the first measure, and "The Rose Tree" is written below the second measure. The score is written in a standard musical notation style, with notes, rests, and bar lines clearly visible.

4. Running

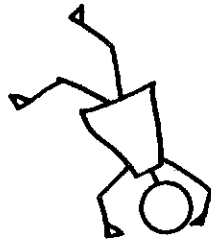


legato—staccato

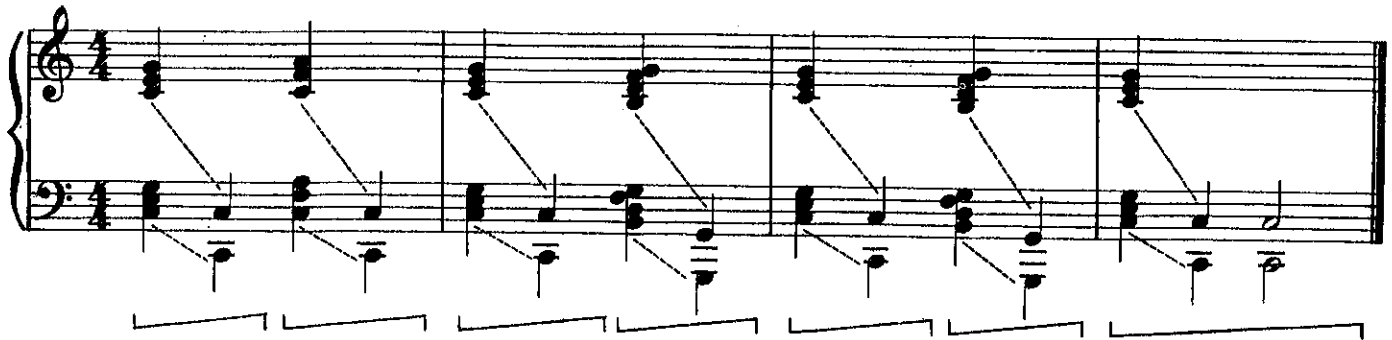
1 5 5 1

A musical score for the song "The Rose Tree". The score is written for piano (p) and features a treble and bass staff. The melody is in the treble staff, and the accompaniment is in the bass staff. The key signature is one flat (B-flat), and the time signature is 4/4. The score consists of two systems. The first system has a measure number "1" above the first measure of the treble staff. The second system has a measure number "5" below the first measure of the bass staff. The score ends with a double bar line and repeat signs.

5. Cartwheels



6. Touching Toes



7. Hopping



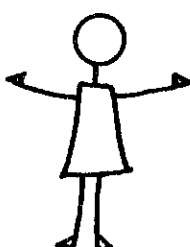
8. Baby Steps



9. Giant Steps



10. Flinging Arms Out and Back



11. Standing on Head



legato—staccato

A musical score for a piano piece in 4/4 time. The score consists of two systems of staves. The first system has four measures, and the second system has four measures. The music is written for both the right and left hands. The right hand features a melody with eighth and sixteenth notes, often beamed together in groups of three or four. The left hand provides a bass line with similar rhythmic patterns. Fingering numbers (1, 3, 5) are indicated above and below notes. The tempo/style marking 'legato—staccato' is placed at the beginning of the first system.

12. Fit as a Fiddle and Ready To Go

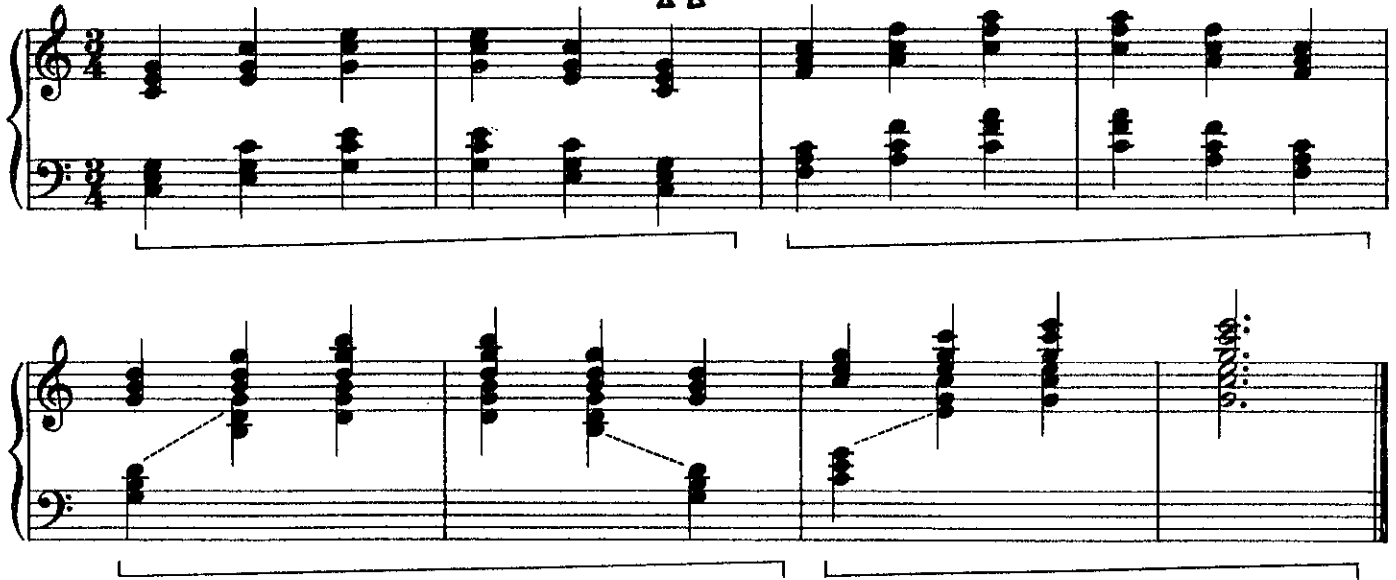


legato—staccato

A musical score for a piano piece in 4/4 time. The score consists of two systems of staves. The first system has four measures, and the second system has four measures. The music is written for both the right and left hands. The right hand features a melody with eighth and sixteenth notes, often beamed together in groups of three or four. The left hand provides a bass line with similar rhythmic patterns. Fingering numbers (1, 3, 5) are indicated above and below notes. The tempo/style marking 'legato—staccato' is placed at the beginning of the first system.

Group V

1. Deep Breathing



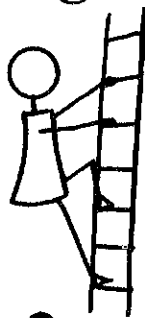
2. Touching Toes



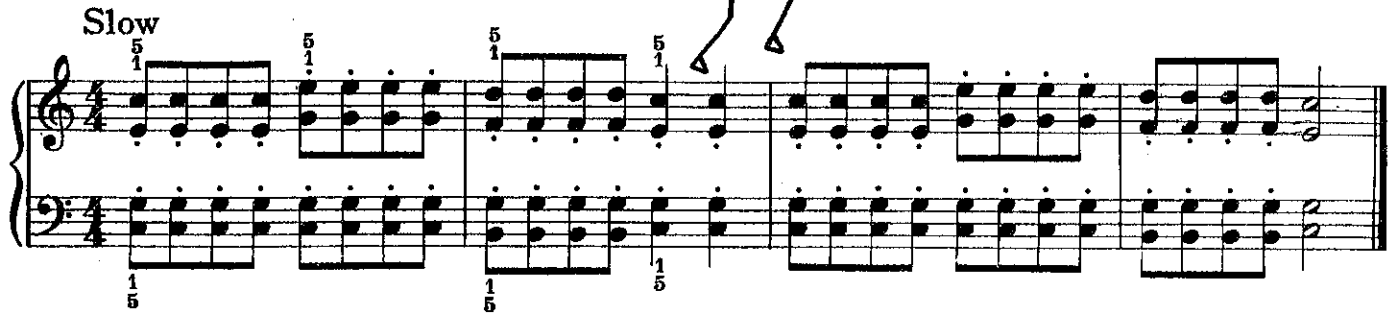
3. Hopping



4. Climbing a Ladder



5. Jumping Rope (Slow, and "Red Pepper")



6. Swinging Arms



7. Hand Springs



Hand Springs musical score, 4/4 time signature.

The score consists of two systems of piano accompaniment. The first system has four measures. The right hand (R.H.) plays a melody with triplets and single notes, while the left hand (L.H.) plays a bass line with triplets and single notes. The second system also has four measures, continuing the melody and bass line. The right hand ends with a final note marked 'R. H.' and a double bar line. The left hand ends with a final note marked 'L. H.' and a double bar line.

8. Walking Like a Duck



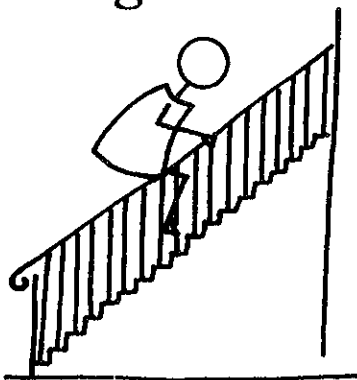
Walking Like a Duck musical score, 4/4 time signature.

The score consists of two systems of piano accompaniment. The first system has four measures. The right hand (R.H.) plays a melody with triplets and single notes, while the left hand (L.H.) plays a bass line with triplets and single notes. The second system also has four measures, continuing the melody and bass line. The right hand ends with a final note marked 'R. H.' and a double bar line. The left hand ends with a final note marked 'L. H.' and a double bar line.

9. Bear Walk



10. Sliding Down the Bannister



First system of musical notation for "Sliding Down the Bannister". It consists of a treble and bass staff in 3/4 time. The treble staff features a glissando (marked "glissando" with a wavy line) starting on a dotted half note, followed by a series of eighth notes and triplets. The bass staff has whole rests.

Second system of musical notation for "Sliding Down the Bannister". It continues the treble staff melody with more glissandos and triplet patterns. The bass staff remains with whole rests.

11. A Hard Trick

Practise this first:

First system of musical notation for "A Hard Trick". It is in 4/4 time and marked "legato—staccato". The treble staff contains a series of eighth and sixteenth notes with fingerings (1, 3, 1, 4, 5, 1, 3). The bass staff contains a corresponding series of eighth and sixteenth notes with fingerings (5, 1, 3, 1, 4, 1, 3, 1, 4, 1, 3, 1, 4, 5).

Now practise this:

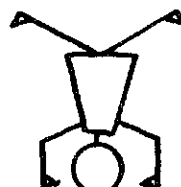
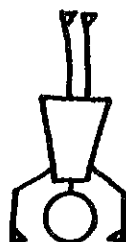
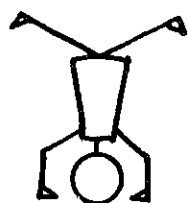
Second system of musical notation for "A Hard Trick". It continues the "legato—staccato" exercise with more complex rhythmic patterns and fingerings in both treble and bass staves.

Now do the whole trick:

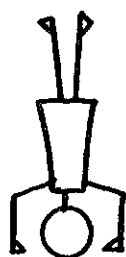


legato—staccato

Measure 1: Treble (1, 3, 1), Bass (1, 3, 1, 4).
 Measure 2: Treble (1, 3, 1), Bass (1, 4, 1, 3).
 Measure 3: Treble (1, 3, 1), Bass (1, 3, 1).



Measure 4: Treble (5, 1, 3), Bass (5, 4, 1, 3).
 Measure 5: Treble (1, 3, 1), Bass (1, 3, 1).
 Measure 6: Treble (5, 1, 3), Bass (5, 1, 3).



Measure 7: Treble (1, 4, 1, 3), Bass (1, 3, 1).
 Measure 8: Treble (1, 4, 1, 3), Bass (1, 3, 1).
 Measure 9: Treble (1), Bass (1, 3, 1, 6).

12. Fit as a Fiddle and Ready To Go



legato—staccato