

Cristina Orvieto

MINI BOOK

A DOZEN A DAY



*Technical Exercises
FOR THE PIANO
to be done each day
BEFORE practicing*

by

Edna Mae Burnam



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A DOZEN A DAY

The Dozen A Day—Mini Book is planned to precede the Dozen A Day—Preparatory Book.

In my many years of teaching piano to the young student, I have found that he has a strong need for technical exercises right away, when he *begins* his piano lessons.

In the past I have been giving my beginning students technical exercises by rote until they were able to *read* the notes in a Dozen A Day—Preparatory Book.

Now I feel there is a need for a Dozen A Day—Mini Book to be used when they are beginners.

The Dozen A Day—Mini Book is designed for use with any beginning method or series book one—for either class or private instruction.

The exercises are built on the notes the student is learning to read so he will be able to read the notes in the Mini Book as he enjoys doing his Dozen A Day Mini exercises.

When a student has completed this book he will be ready to enjoy A Dozen A Day—Preparatory Book.

EDNA MAE BURNAM

A DOZEN A DAY

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

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

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* practicing. When these are mastered, add another, then another, and keep adding until the twelve can be played perfectly.

When the first dozen—or Group I has 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.

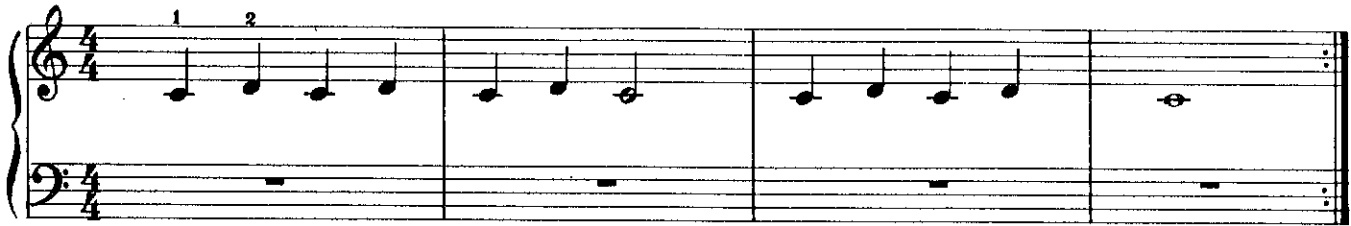
EDNA MAE BURNAM

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To my family
Group I
1. Walking

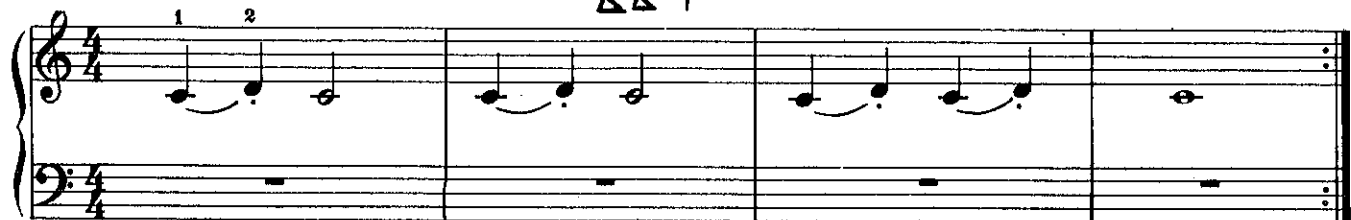
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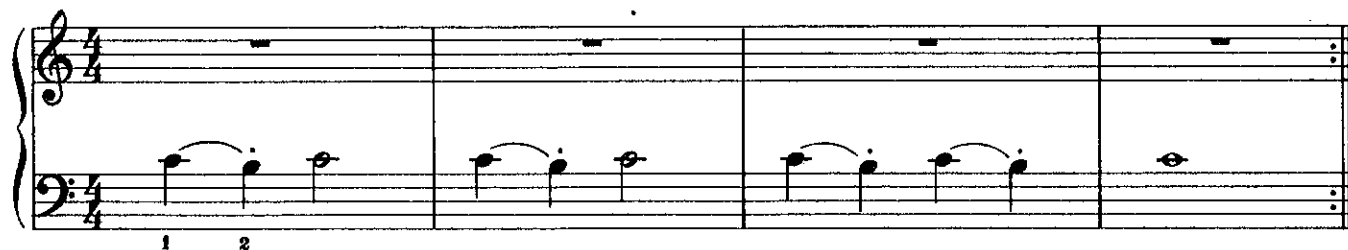
2. Hopping



3. Bouncing A Ball With Right Hand



4. Bouncing A Ball With Left Hand



5. Rolling

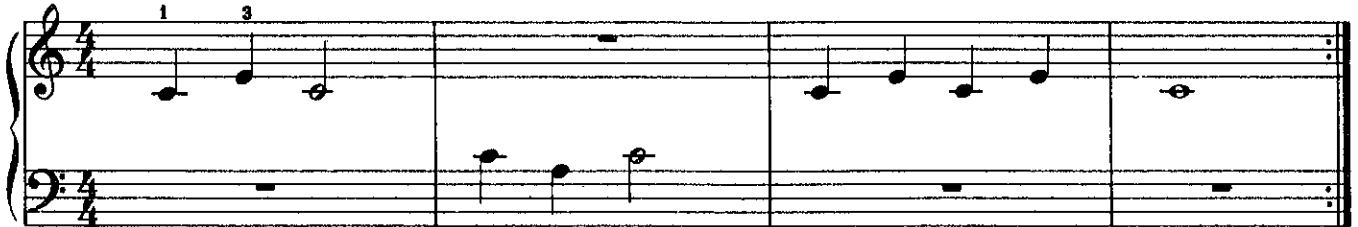


6. Arms Up And Down

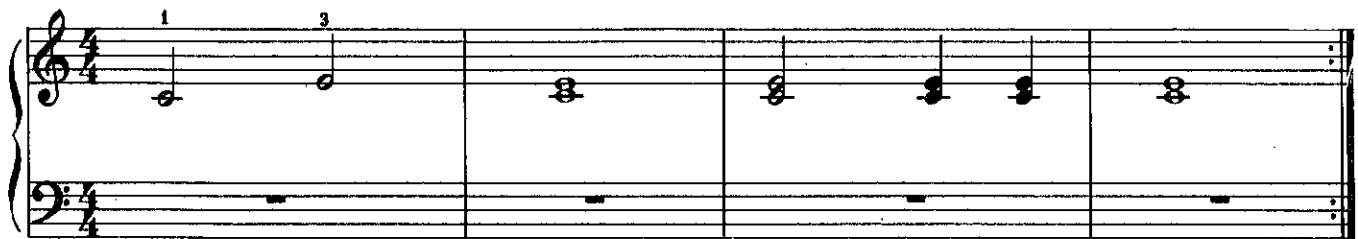
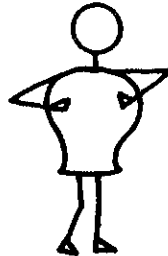


7. Skipping

7



8. Deep Breathing



9. Hammering With Right Hand



Set thumb down silent
Hold down throughout exercise



Group II

9

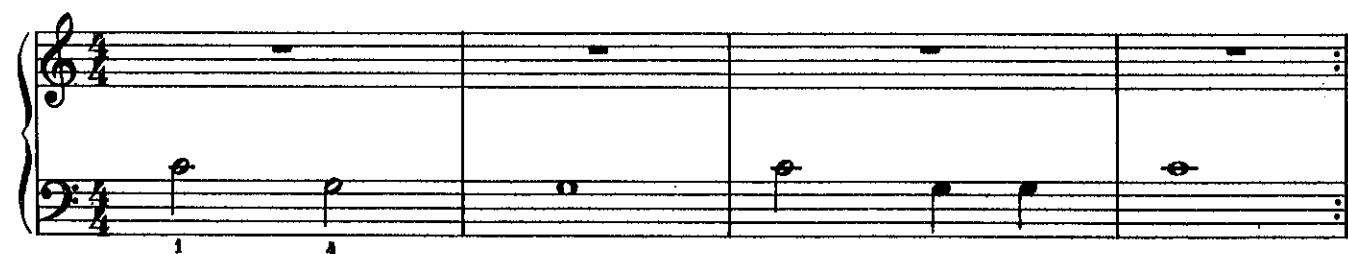
1. Twisting Right And Left



2. Flinging Arms Out And Back



3. Touching Toes



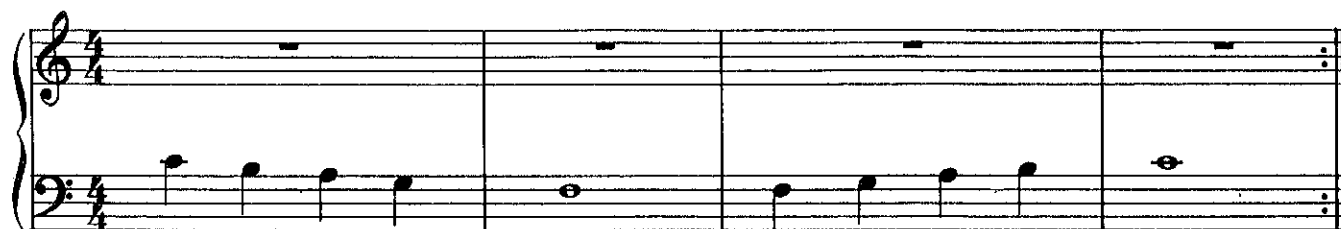
4. Kicking Right Leg Up



5. Kicking Left Leg Up



6. Backward Bend

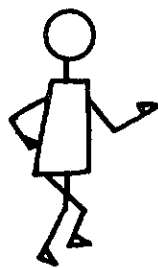


7. Stretching Legs Out And Back (sitting down)

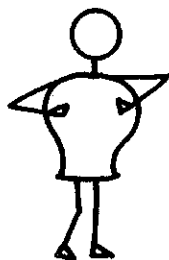
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8. Skipping



9. Deep Breathing



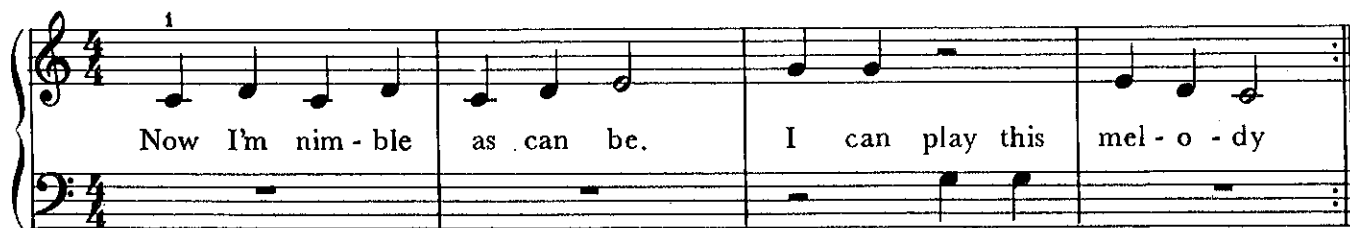
10. Jump Rope



11. Walking Down A Hill



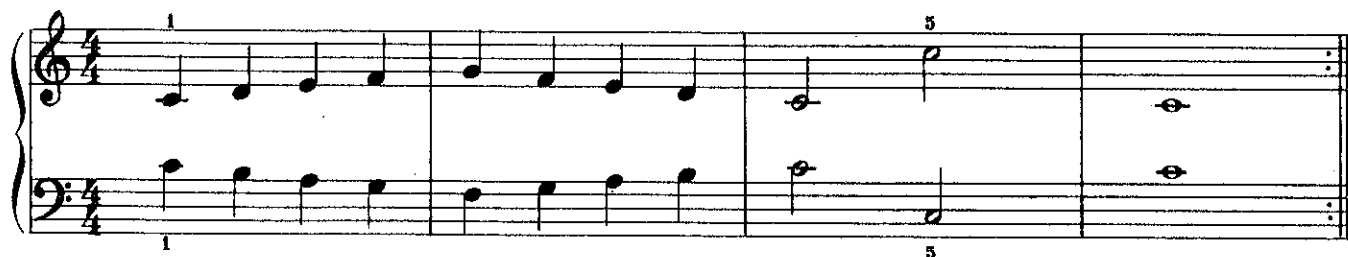
12. Fit As A Fiddle And Ready To Go



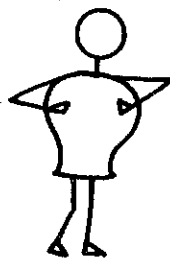
Group III

13

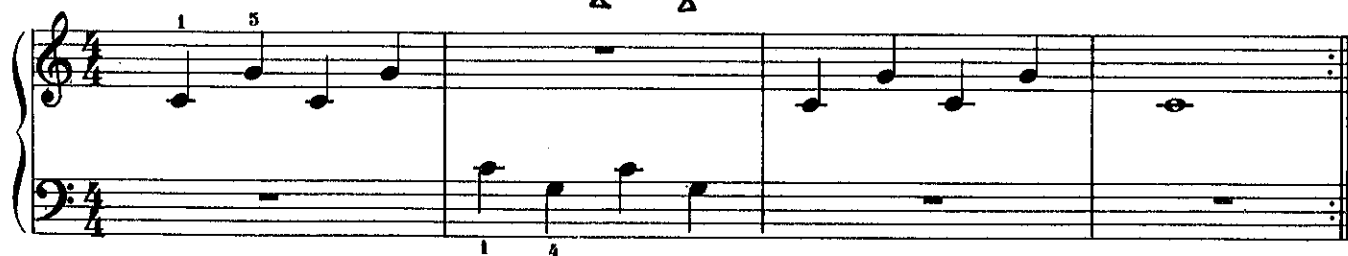
1. The Splits



2. Deep Breathing



3. Wide Walk (Stiff Legged)



4. Right Knee Up And Back (Lying Down)



5. Left Knee Up And Back (Lying Down)



6. Both Knees Up And Back (Lying Down)



7. Backward Bend

15



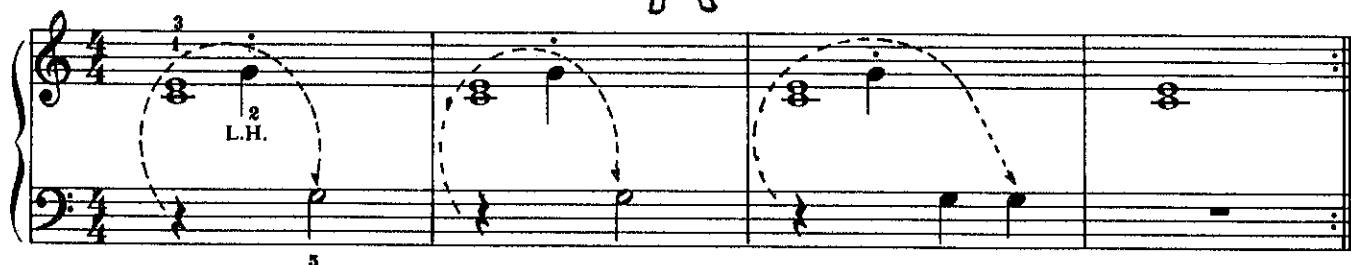
8. Twirling To The Right



9. Twirling To The Left



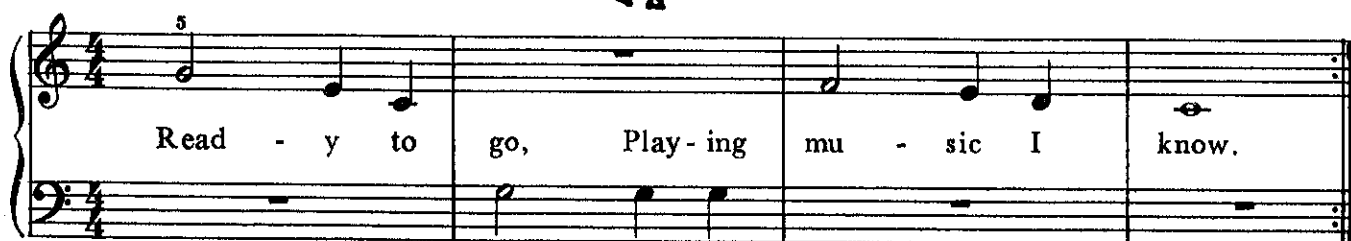
10. Jumping Over A Bench



11. Jumping Off A Big Box



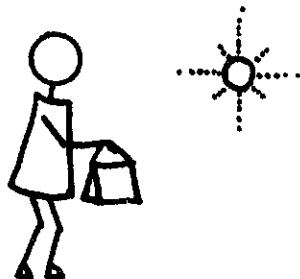
12. Fit As A Fiddle And Ready To Go



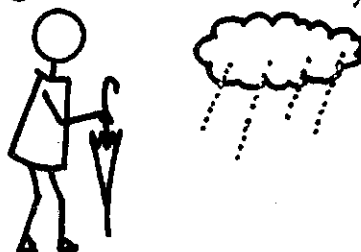
Group IV

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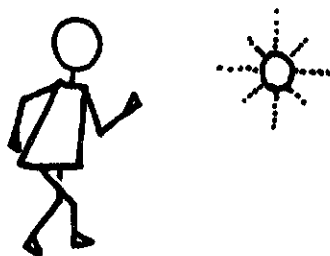
1. Walking On A Sunny Day



2. Walking On A Cloudy Day



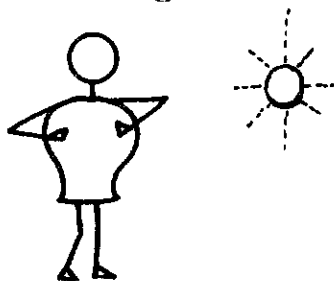
3. Skipping On A Sunny Day



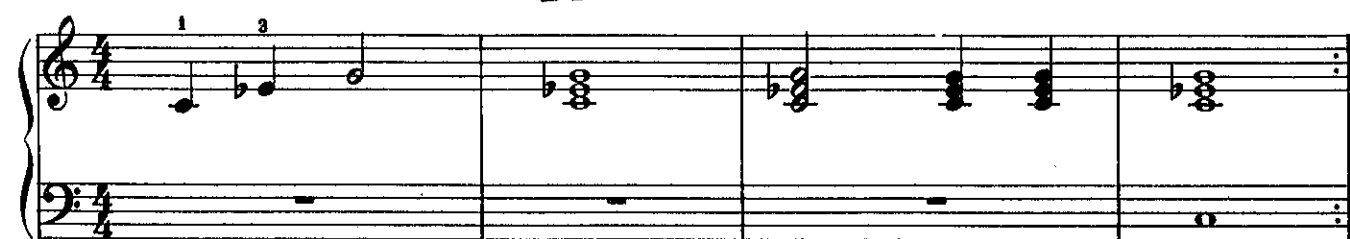
4. Skipping On A Cloudy Day



5. Deep Breathing On A Sunny Day



6. Deep Breathing On A Cloudy Day

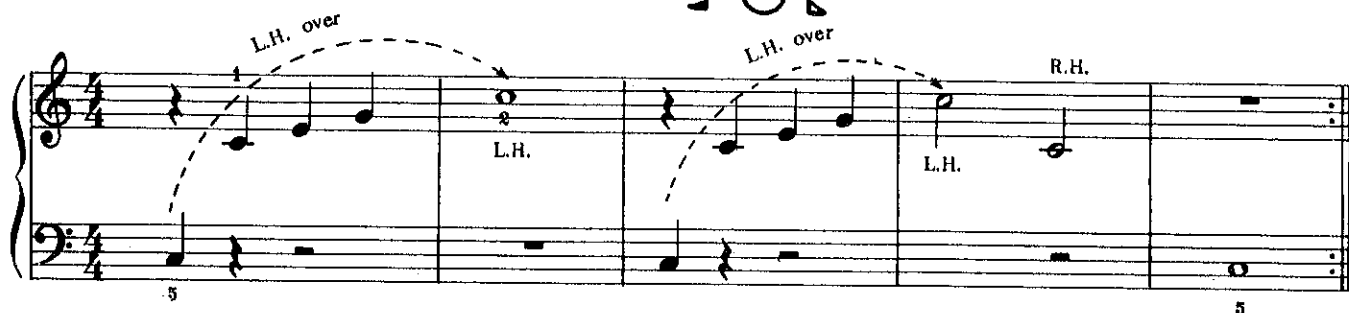
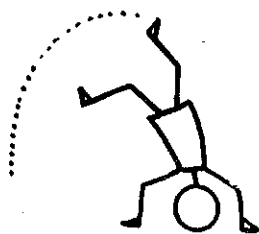


7. Baby Steps

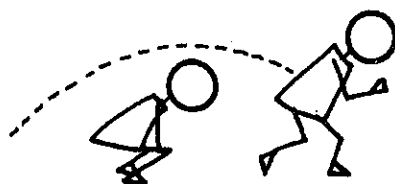
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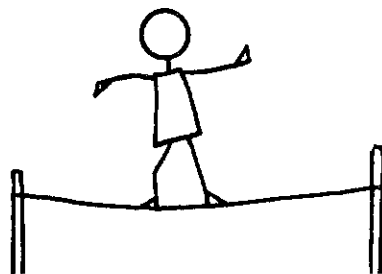
8. Cartwheels



9. Leap Frog



10. Tight Rope Walking



Silent change
Keep key down while
changing fingers

2-1 2-1 2-1 2-1 2-1 2-1 2-1

2-1 2-1 2-1 2-1 2-1 2-1 2-1

11. Walking On Tip Toes



2 1 2 1 2 1 2 1 2 1 2

2 1 2 1

12. Fit As A Fiddle And Ready To Go



1 4

Fing - ers read - y as can be, Play - ing mus - ic just for me.

4

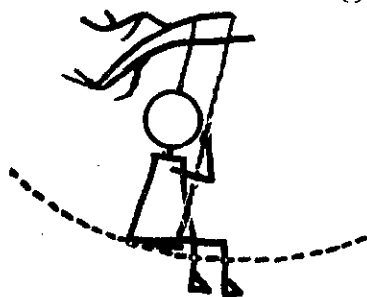
Group V

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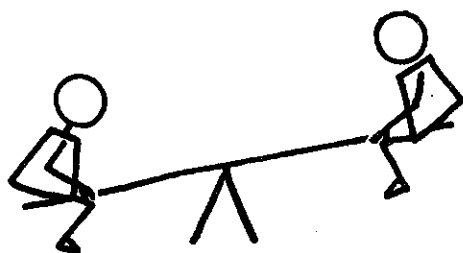
1. Running



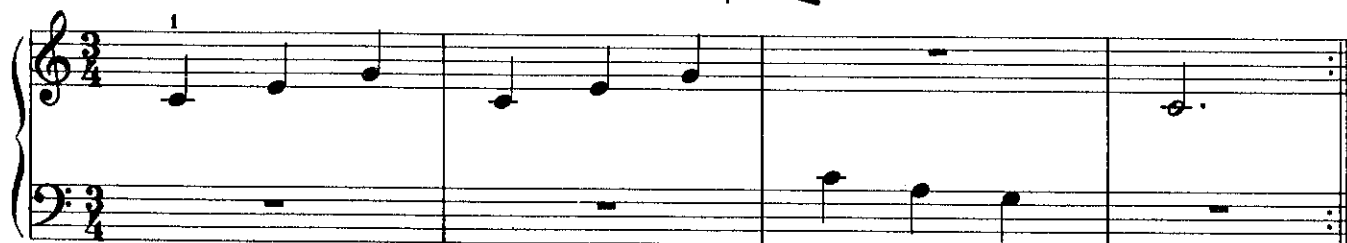
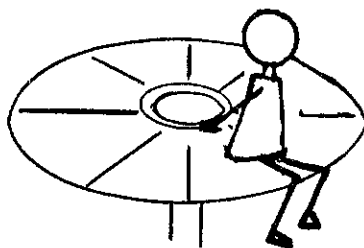
2. In A Swing



3. Teeter Totter



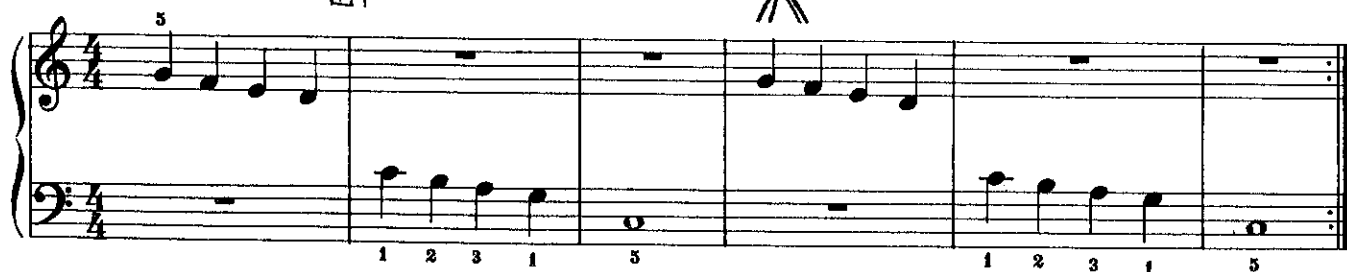
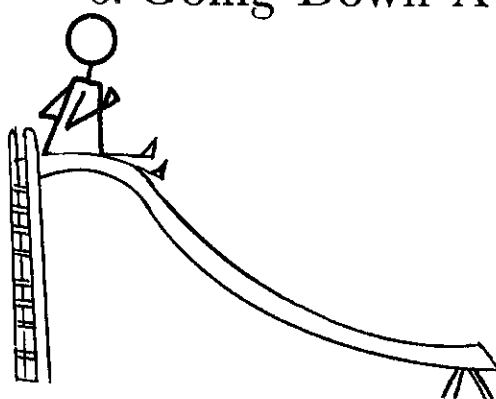
4. Whirly Gig Ride



5. Swimming

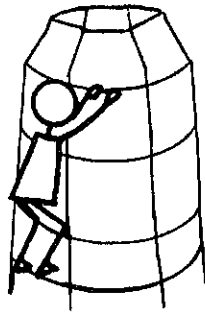


6. Going Down A Slide

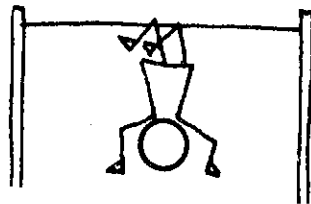


7. Climbing Monkey Bars

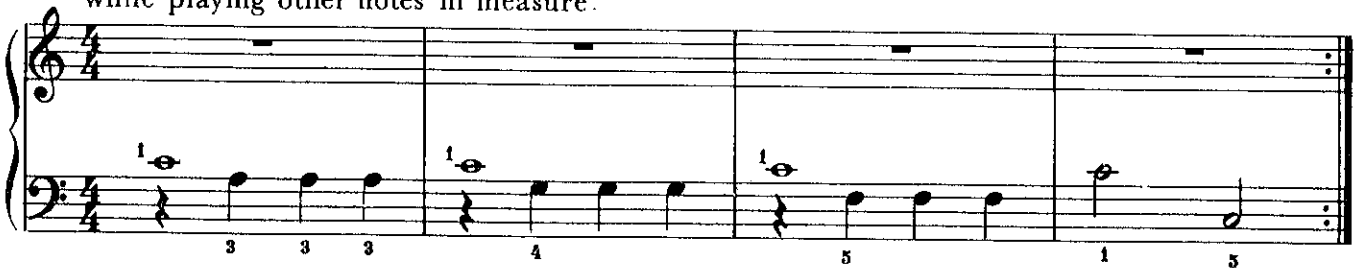
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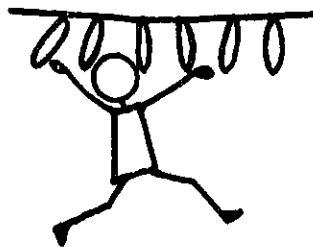
8. Hanging By Knees On Acting Bar



Hold middle down
while playing other notes in measure.



9. Walking On Trapeze Rings



10. Jump Rope



11. Tether Ball



12. Fit As A Fiddle And Ready To Go

