

INTRODUCTION

This book was designed to help harp players develop and maintain strength, suppleness, and agility in the fingers and hands. It is intended for use by players of all levels. The repetition of patterns common to the harp should enable the player to perform with greater ease and confidence.

A few pieces of music have been included where additional practice of the skills involved seemed helpful. The exercises are arranged in a rough sequential order, however, you will probably wish to skip around in the book. The pieces, exercises and etudes are in the key of C tuning with only one exception which requires one sharp.

Beginners should be sure to start out playing one hand at a time in the exercises which combine two staves.

Relaxation is very important. Pause between exercises, shake the hands out, especially when playing the more complex scales and four-finger patterns. Remember that you're striving to increase agility as well as strength and speed. Also be sure to keep your playing at an even tempo. Play at a speed at which it is possible to maintain this.

Exercises are great for warming up, varying your practice, and moving your playing to a new plateau. We hope you get much good use from this book.

CONTENTS

TWO NOTE CHORDS

Scales	1
Exercises With Two Note Chords	2-4
Combining Intervals	5-6
"Twill Yn Ei Boch"	7
"Annie Laurie"	8

TWO FINGER EXERCISES

THREE FINGER EXERCISES

TRIADS AND INVERSIONS

With One Hand	16
Key of C Major Triads - Two Hands	17
Descending Triads	18
Exercises With Triads	19-22
Etude	23-24

FOUR FINGER EXERCISES

PLAYING WITHOUT THE THUMB

4-2-1 PATTERNS

FOUR FINGER ARPEGGIOS

Arpeggios in the Key of C	33-34
Descending Arpeggios	35-36
Arpeggios in A Minor	37-38
Arpeggio Exercises	39-46
More Arpeggio Exercises	47-50
Overlapping Arpeggios	51-52

ROLLED CHORDS

Three Finger Chords	53-55
"The Trees They Do Grow High"	56
Four Finger Chords	57-59
"Mwynen Ceiriog"	60
Playing Chords and Single Notes	61
Rolling Chords and Double Notes	61

SLIDES

Thumb Slides	62
Fourth Finger Slides	63
Slides With Chords	63
Exercises With Slides	64-65

CROSS-OVERS AND CROSS-UNDERS

Preparation	66
One Octave Scales	67-72
Exercises for Crossing Under	73
Exercises for Crossing Over	73
Scales With the Third Finger Crossing	74
Extended Scales	75-78
Scales With the Second Finger Crossing	79
Exercises With Cross-Overs and Unders	80-81
Cross-Over Arpeggios	82

JUMPS

FINGER INDEPENDENCE

THEME AND VARIATIONS