

2ND EDITION

TECHNIQUE & ARTISTRY BOOK

LEVEL

3A

# PIANO

*Adventures*® by Nancy and Randall Faber  
THE BASIC PIANO METHOD



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FABER  
PIANO ADVENTURES®  
3042 Creek Drive  
Ann Arbor, Michigan 48108



# LEVEL 3A TECHNIQUE SECRETS

These four Technique Secrets are used as daily warm-ups for the exercises and pieces in this book.

The “secrets” may be learned gradually and are highlighted in gold boxes throughout the pages.

The teacher should demonstrate each “technique secret” as it is introduced.

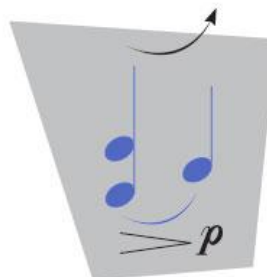
## 1. The first secret is **ROUND-OFF**

### Exercise: Sighing

The last note of a slur is usually played softly.

This can be called a *round-off*.

- To softly “round-off” slurred notes, use an upward wrist motion.  
**Roll your hand forward** (toward the piano) for the end of the slur.  
Listen for a “soft sigh.”

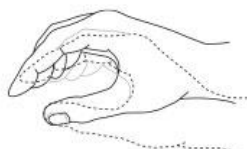


R.H.

L.H.

## 2. The second secret is a **RELAXED WRIST FOR CHORDS**

### Exercise: Wrist Takes a Bow



Tall thumb → Low thumb → float off

- On the closed keyboard lid, set your R.H. in a rounded hand position.  
**Your thumb should be rather tall, perched on the side tip.**
- Let your wrist “take a bow” by gently moving it *down*, then *up*.  
(Note: Fingers should stay curved, in touch with the surface.)
- Do a “wrist bow” twice with each hand, then hands together.

*Wrist bows will help you play chords with a full, round tone.*

**Technique Secret 1:**  
**round-off**

Warm-up with *Sighing* (p. 2).



- Dip your wrists slightly as you begin each slur.
- Roll your wrists forward to “round-off” the slur.  
Listen for a soft note at the end of each slur.

## Scale Round-Offs

### 1. Five-Note Scoops

Allegro (♩ = 120-144)

- Continue the pattern UP the white keys on G, A, B, then C.

- First practice hands alone.

### 2. Eight-Note Scoops

Allegro (♩ = 120-144)

- Continue the pattern UP the white keys on E, F, G, A, B, then C.

**Technique Secret 4:**  
**pedal by ear**

Warm-up with *Pedal Rhythms* (p. 3).



## Canyon Echo

(for L.H. alone)

Andante (♩ = 112-132)

Count: 1 2 3 4 5 6

L.H. *mf* *s* (echo) *s* (echo) *s* (echo) *s* (echo) *s* (echo) *s* (echo) *etc.*

- Continue the pattern UP the white keys on F, G, A, B, and C.

**Technique Secret 2:**  
**relaxed wrist for chords**

Warm-up with *Wrist Takes a Bow* (p. 2).

## Grand Canyon Chords

- The words will help guide your wrist motions.

Grand and glorious (♩ = 112-132)

*f* Down-up and, down-up and, down pre-pare, 4-5-6

5

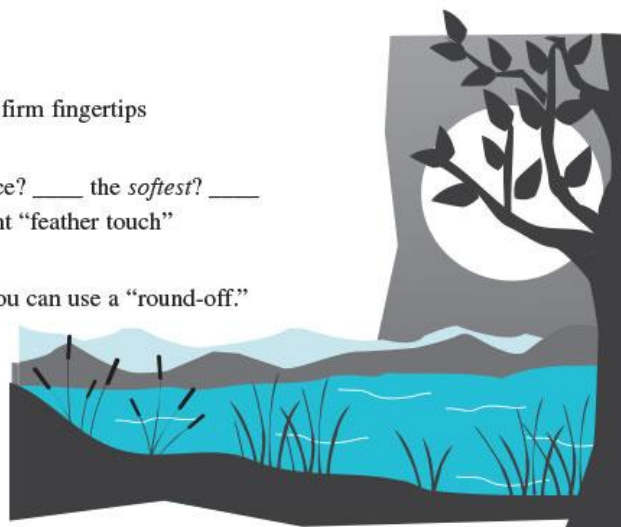
*etc.*

- Continue the pattern UP the white keys on G, A, B, and C.

## Artistry Quiz:

Did you know that it takes more skill and just as firm fingertips to play softly (*piano*) as loudly (*forte*)?

1. What is the *loudest* dynamic mark in this piece? \_\_\_\_ the *softest*? \_\_\_\_  
As you play this atmospheric piece, use a light “feather touch” with your right hand.
2. Find and mark 3 places in the music where you can use a “round-off.”  
Write R.O. for “round-off.”



## Yellow Moon on a Misty Lagoon

*The mist is so thick it is hard to see.*

Andante, “in two” (♩ = 72-80)

The musical score is for a piece in 2/4 time, Andante tempo. It consists of two systems of music. The first system starts with a treble clef and a bass clef. The treble clef has a key signature of one sharp (F#) and a common time signature. The bass clef has a key signature of one flat (Bb) and a common time signature. The first system includes a count: 1 + 2 +. The dynamics are *p* (piano) and *mf* (mezzo-forte). The second system includes a measure number 3 and a dynamic *p* (piano). The score includes various musical notations such as notes, rests, and fingerings.

Teacher Duet: (Student plays as written. Teacher pedals for duet.)

The Teacher Duet section shows a duet between the Right Hand (R.H.) and Left Hand (L.H.). The R.H. part is in treble clef and the L.H. part is in bass clef. Both parts have a key signature of one sharp (F#) and a common time signature. The dynamics are *pp* (pianissimo). The score includes various musical notations such as notes, rests, and fingerings.





### Technique Secret 3: rotation

Warm-up with *Rocking* (p. 3).



- Let your hands rotate gently, like a hammock swaying.
- Stress the melody notes (shown with tenuto marks).  
The repeating A's should be played softly.
- Practice **hands alone**, then **hands together**.

## The Hammock

Key of \_\_\_\_ Major

Ferdinand Beyer  
Op. 101, No. 56  
original form\*

**Allegretto** (♩ = 88-112)

- Transpose to **D minor**.