

Five Things About Piano Technique That Everyone Should Know

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Efficient motions take place in three phases: 1) preparation, 2) execution, and 3) follow-through. To play a note at the piano, we should find the “swing.”



The piano exists in a 3D world. We discover the full range of technical possibilities by moving left or right, up or down, and forward or back. We must move within a sphere rather than a circle.



Our thumbs should stay away from the keyboard when possible and we should move them to the keys with the arms rather than with the wrists. Proper physical alignment allows for efficiency and comfort.



Muscular tension is a choice. In order to be relaxed, we must be sensitive to how much tension we choose to use at any given moment. Remaining static, or fixed in place, requires more tension than moving.



For maximum efficiency, we must balance properly on the bench. Key factors include: the position of the head in relation to the spine, relaxed shoulders, the distance and height of the elbow in relation to the keyboard, and firm footing on a flat surface.

Selected References

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- Mark, T. C., Gary, R., Miles, T., & Conable, B. (2003). What every pianist needs to know about the body: A manual for players of keyboard instruments: piano, organ, digital keyboard, harpsichord, clavichord. Chicago: GIA Publications.

Taubman, D., Golandsky, E., Bloomfield, J., Yagupsky, A., Urvater, E., JJJ Films., & Taubman Institute. (2005). Virtuosity in a box: The Taubman techniques. Medusa, N.Y: Taubman Institute.

The Complete Guide to the Alexander Technique. Retrieved November 6, 2015, from <http://www.alexandertechnique.com>

Demonstration Videos

Tetrachord Scale	https://youtu.be/HKEg4GRaGGM	
Broken Chords and 5-finger Patterns	https://youtu.be/ps_DhcFcBIg	
C Major Scale	https://youtu.be/41ocHvc1ZZQ	
Chromatic Scale	https://youtu.be/n5Kr8O-AjHA	
Arpeggio	https://youtu.be/CpSB6j49STM	