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“Mommy, my fingers won’t obey me!”

Sunday, October 06, 2013

That was the complaint of my 6 year old daughter when practicing piano 35 years ago.

She was a very conscientious child and always wanted to keep up with her sister who was 3 years older. The problem was that each time she came to the same few measures, she stumbled over them. This frustrated her immensely.

I had the same feeling this past week. Whenever I come to a particular hill, my legs won't obey me. They will not run up that hill. I walk it instead.

Back in 1978 I reminded my daughter of her piano teacher's solution. Each practice session concentrate just on the difficult measures. Play them over and over, 8 times, as slowly as necessary to keep the correct rhythm. Then play the entire piece.

So that's my plan too. One day each week I will run that hill over and over, even if in the beginning it's VERY slowly.

If I can stick to the plan, maybe I'll have the same success as my daughter.

For the record, she never gave up. Both she and her sister played piano competitively through college while having enough time for class and many other activities (like marathons).

Practice (train) intelligently and concentrate on the hard stuff. That's my plan for the week. We'll see how it goes.

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CD14034154

Brooklyn, I have faith in you! Just as your daughters succeeded and went beyond their

expectations,  too!!!

Be blessed,

- Nancy Jean -



GA
2802 days ago



TLG71567



Great advice.
2805 days ago

THANK YOU!



MARYJEANSL



That is the exact same advice I gave my younger sister oh, so many years ago, when she was struggling with a piano piece and some difficult measures. You brought back a good memory. She conquered the measures. Though, unlike your daughters, she pretty much gave up playing piano as an adult.
2805 days ago



LINDAKAY228



You can do it one step at a time and breaking it down until your legs will obey!
2805 days ago



WILSONWR



You've always had a practical approach to overcoming any problem. Good for you!
2807 days ago



BOOKAPHILE



Great plan! You can do it. Let us know how it works out for you!
2807 days ago



MERRYMARY42



I will put that in practice as I try for 30,000 steps on Thursday, I will say 5,000 steps at a time, and hopefully I will succeed
2807 days ago



WOLFKITTY



Aww!!!
2807 days ago



PHEBESS



Yup, you have a plan! And those legs will learn to obey!
2807 days ago



SUZYMOBILE



Perfect plan for conquering a difficult passage! Now, how do I conquer the desire to enjoy life, without going overboard? 🍀
2807 days ago



CD12146214



OMG sounds so simple when you think about it! I will do the same when I get to the hill section of training.
2807 days ago



MYSTERYROSE74



Fantastic plan! I need to put this into practice too. Do the hard stuff over and over.

Well Said!



Terrie
2808 days ago



DR1939



We do most of our walking on hills and it gets challenging at times, particularly if the wind is in our face. Good solution.
2808 days ago

CELIAMINER



I love reading inspiring blogs like this one. Instead of rah-rah and woohooo, you propose a useful solution to difficulty!
2808 days ago



ONEKIDSMOM

A good plan!
2808 days ago



WATERMELLEN

The things we learn from our children . . . and the wisdom and the kindness that comes out of our mouths when directed at THEM!!
2808 days ago



CD13109206

good advice
2808 days ago



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