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A Comparison Study on Effective Piano Practice

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A Comparison Study on Effective Piano Practice

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Bibliography

Kim, Hee-Joung. *A Study About the Pains and Cure in Playing Piano*. Busan, Korea:

Kyungsoo University Press, 2003. [https://academic.naver.com/article.naver?](https://academic.naver.com/article.naver?doc_id=30452239)

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Kim explains the reason pianists are suffering from pains while they play the piano. She describes the elements of muscles and bones in the human body and tries to figure out solutions for the pain through doctors' advice. On this basis, she did a survey of college and graduate students who have a piano major and instructors who teach piano students about the amount of time they should spend practicing and what to do if they experience pain. Finally, Kim gives several methods that prevent pain and injury by doing stretches to relax the body before they practice.

A teacher. 1897. "Piano Practice". *The Musical Visitor, a Magazine of Musical Literature and*

Music 26, no. 8 (August): 199. [https://search-proquest-](https://search-proquest-com.du.idm.oclc.org/docview/137508769?accountid=14608&rfr_id=info%3Axri%2Fsid%3Aprimo)

[com.du.idm.oclc.org/docview/137508769?accountid=14608&rfr_id=info%3Axri](https://search-proquest-com.du.idm.oclc.org/docview/137508769?accountid=14608&rfr_id=info%3Axri%2Fsid%3Aprimo)

[%2Fsid%3Aprimo](https://search-proquest-com.du.idm.oclc.org/docview/137508769?accountid=14608&rfr_id=info%3Axri%2Fsid%3Aprimo).

The teacher who writes this article demonstrates how the teacher can improve their pupils' piano skills without long hours of wearisome technique drill and suggests appropriate methods. Increasing a student's technique can consume a long time and they cannot always feel an immediate effect. He asserts that students have to practice regularly and intelligently.

Kim, Hwi-Jin. "A Study on the Instruction of Piano Techniques for <Czerny 30 Etudes> -Focusing on Body Structure and Movements-." Master's thesis, Sookmyung Women's University, 2016.

In this thesis, Kim suggests that effective teaching methods use the body structure and movement for techniques such as <Czerny 30 Etudes>. She compares the finger school that emphasized the finger movements in the 18th century, and the physiological body school that emphasized the use of whole body in the 19th century. Kim suggests 12 teaching methods that include exercises such as scales, rotation, arpeggios, and so on.

Kim, Il Young. 2006. "The Case Study of the Problem-Solving and the Practice Strategies while Practicing the Piano". *Journal of Society for Music and Korea* 32, no. 32 (October): 409-437. https://academic.naver.com/article.naver?doc_id=46399455

When pianists play the piano, they have a variety of problems both physically and mentally. He proposes several methods of improving piano skills and he monitors what problem-solving behavior and practice strategies can be observed in students during their practice sessions. He found that a strong connection exists between the personality of the pianist and musical motivation of practice.

Kim, So Yeon. *A Study of the Proper Exercises for Piano Techniques and of the Muscular Tension from Playing the Piano*. Seoul, Korea: Yonsei University Press, 1998.

Kim explains how the piano is composed and provides students with some methods in understanding the exercise of piano techniques, which she argues by giving examples such as trill, octave, tremolo, leap, and others. She also mentions the relationship between the physical and mental.

Osada, Mayumi. *The Lister-Sink Method: A Holistic Approach to Injury-Preventive Piano Technique*. Carolina: Greenboro, 2009.

She mentions the Lister-Sink Method that can prevent the injury from during the pianist efforts to improve their piano technique. The Lister-Sink is composed of biomechanics, anatomy, Alexander Technique and the aspect of pedagogy.

Peal, David. *Piano Exercises for Dummies*. Indianapolis: Wiley Publishing, Inc., 2009.

Peal gives more than 150 exercises, tips, and explanation for helping to understand of the mental and physical approach to the piano. He provides a wide variety of methods for improving technique in very detail. Also, Peal supplies the information of some great composers and their daily workouts.

Shamoto, Yoshiko. "Piano-related Musculoskeletal Disorders: Posture and Pain." PhD diss., University of North Texas, 2013.

Shamoto explains that pain has a negative effect on both mental and physical and performance habits affect as a risk factor for pain. He provides that definitions of a posture and a healthy posture, and common poor postures with the analysis.

Wheatley-Brown, Michele. *An Analysis of Terminology Describing the Physical Aspect of Piano Technique*. Ottawa, Canada: Heritage Branch, 2011.

Wheatley-Brown concentrates the physical aspect of piano technique and gives three pedagogical approaches such as scientific, individualized, and injury-preventive approaches. Also, he mentions the tension, relaxation, arm weight, and hand and finger shape by analyzing.

Wheatley-Brown, M, Gilles Comeau, and Donald Russell. "The Role and Management of Tension in Pedagogical Approaches to Piano Technique". *Arts BioMechanics* 2, no. 1 (2013): 1-17.

The authors give the method to injury-free technique, physical and musical freedom without muscular tension. Tension causes injury and they describe the positive and negative role of tension and provide five pedagogues who have developed piano technique approaches.

Woo, Lae. "Building an Effective Piano Technique While Avoiding Injury: A Comparison of the Exercises in Alfred Cortot's "Rational Principles of Pianoforte Technique" and Carl Tausig's "Daily Studies for the Pianoforte"." PhD diss., University of North Texas, 2017.

Woo focus on exercising and contends the education that preventing the development of bad habits in piano technique start from an early age. He offers a diversity of exercises ways for hands, body such as gymnastic, stretching, independence exercises, and so on. Moreover, he recommends that plan for daily preliminary exercises.

Woo, Su-Han. *A Study on Posture and Pain in Playing the Piano*. Seoul, Korea: Chung-ang University Press, 2018.

Woo examine the cause of pain in playing the piano and he proposes the proper posture in practicing the piano. The author accounts for diseases from the wrong posture. He investigates the reason of the pain through the students who have a major piano in music school and gives several methods of stretching.