

ABOUT MUSIC & JUDAISM

Music has played a central role in many aspects of Jewish life throughout history. Let's explore.

- **The First Musical Instruments:** Right at the beginning of the Torah we are told that “Yuval was the father of all those who play harp and flute”. This shows the necessity of music right at the beginning of creation (even though it was used then for Avoda Zora...) (Sefer Hanigunm - introduction).
- **Tzadikim and Music:** The first thing we did after leaving Egypt was to sing praises to Hashem. Dovid Hamelech used a harp to help him come closer to Hasehem, and many Tehillim describe music in praising Hashem. Music was also used by many Neviim (like Shmuel and Elisha) to be ready for Prophecy.
- **Music in the Beis Hamikdash:** There was a choir (which included children) and orchestra in the Beis Hamikdash to bring people closer to Hashem when they offered Korbonos. They would alter the music depending on what mood was needed at the particular time.
- **Music and Chassidism:** All the Rebbeim were extremely musical, and the Mittlerer Rebbe actually had a “Kepellia” which had a choir and orchestra. R’ Hillel of Paritch said: “you need a talent in music to have a talent in Chassidus”.
- **Music Today:** The day after 27 Adar I 5752, R’ Leibel Groner announced in 770 that the Rebbe had told them, with a big smile: "There will be a recovery soon, with much שירה וזמרה - Song and Melody".



TOP 5 PRACTICE TIPS

Here are 5 top tips to make the most of the lessons you have, and the practice time you invest in your instrument:

- **PLACE:** Don't underestimate this! Set up your instrument in a comfortable and bright environment (with minimal disruptions). The more inviting and accessible your instrument, the more you'll play!
- **TIME:** Most important times to practice are soon after the lesson (when the information is fresh), and close to the next lesson (so you come to the lesson prepared and ready to learn more)! Go for at least 3 practice sessions a week (but more is better).
- **TOOLS:** Keep everything you need set up and ready. A pencil (to check off the items you practiced and receive points for it, and any other notes you may want to take!). Another good item to have is a device to record yourself, so you can hear yourself!
- **WHAT:** Play through each item on your assignment sheet (start with scales/warmups) exactly as indicated by your instructor. If you're not sure what something means or how to practice it, send Mamesh Music a message so you can still practice!
- **HOW:** The best tip for practicing something challenging is to practice SLOWLY and CAREFULLY. Try these hacks: For a longer section: "Two-feet-game" - play one mistake, you put down one foot; another mistake, you're out! For a shorter part: Play 3 times correctly (in a row if you can).



KEYBOARD NOTE NAMES

The keyboard has groups of black and white keys, which form a repeating pattern. The black keys are grouped in twos and threes.

As you move up the keyboard to the right, the notes sound higher. As you move down to the left the notes sound lower.

Press some keys along the keyboard. Can you hear how the sounds are lower or higher (not to be confused with louder and softer).

The White Keys

The white keys are named after the first seven letters of the English alphabet:

A B C D E F G

Knowing the letters A-G is very important to learn keyboard, but you can use numbers until you learn the letters well, if necessary.

Below, you can see that following each G the cycle begins at A again.



The black keys have slightly different names, but we will learn that later on.

Notice that there are groups of two black notes and three black notes. This is important to us because it helps us find C, a very important note.

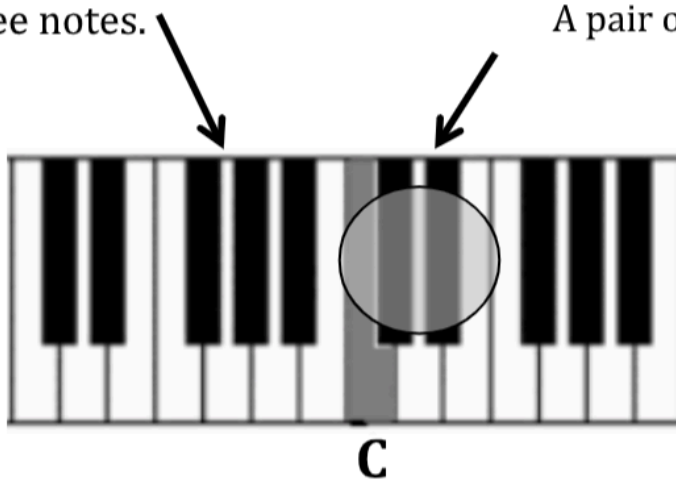
“MIDDLE C”

The first key that we are going to learn on the piano is **Middle C**, the **C** that is closest to the middle of the keyboard. It is very important to find **Middle C** because it is the starting point for many beginner keyboard songs.

To find **C** first find a **D**, which we know is in the middle of **two black notes**. **C** is just to the left of this.

A group of three notes.

A pair of black notes with **D** in the middle!

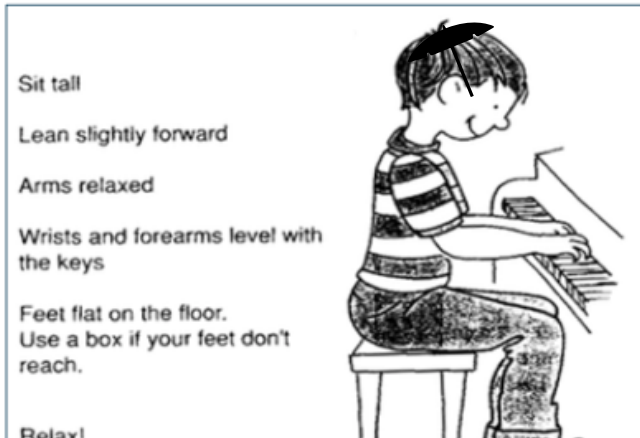


See how many **Cs** you can find on your keyboard. Keyboards can often have a different amount of keys, but every keyboard has a **Middle C**. For you, **Middle C** will be the **C** in the **middle** of your keyboard.

Try to find it on your keyboard. And make sure to remember where it is!

Now you can try testing yourself on finding random notes from A-G. You can use the keyboard pictured on the previous page, but after a while try it without!

SITTING AT THE KEYBOARD



When you play the keyboard, it is very important that you have the right posture. By sitting correctly, this will prevent any pains or cramps in your back, hands, and fingers. You will also be able to reach the entire keyboard and be comfortable while practicing or playing.

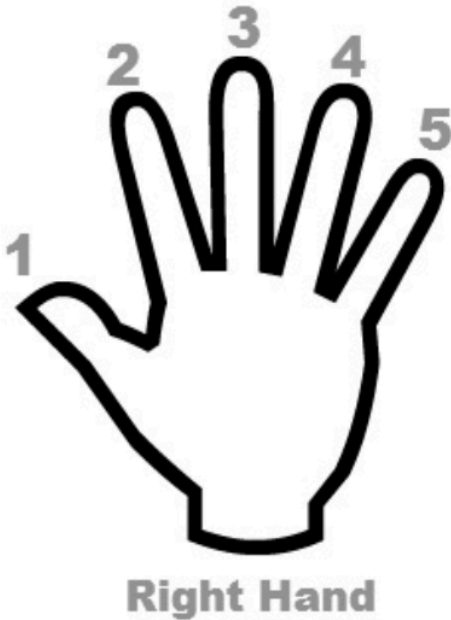
HAND POSITION



Now position your hands above the keyboard, letting your fingers touch near the centre of the large area of the white keys. Hold your palms above the keyboard, but don't rest them on the keys or the wood below the keys.

Make sure to curve your fingers when you play. Pretend you have a bubble in your hand, but make sure to hold it gently so that it doesn't break.

FINGER NUMBERS



Place your right hand on a table or on the piano lid. Move the palm of your hand up slightly so that your fingers curl up like on the previous page. Now give each finger a number starting with your thumb as number 1, and finishing with your little finger as number 5, as pictured.

Now try to move each finger just one at a time, starting with number 1 and finishing with number 5. The thumb should lift up and down from the side, but the other fingers (2 to 5) should move from the second joint of the finger (without the first joints collapsing).

Play through the following exercises using the correctly numbered fingers, but make sure to take your time! Play each exercise twice as a warm before each practice.

Once you have done all of these, you can of course come up with your own fun patterns and exercises.

1. 1 2 3 4 5

2. 5 4 3 2 1

3. 1 2 3 4 5 4 3 2 1

4. 1 3 2 4 3 5

5. 5 3 4 2 3 1