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REQUIREMENTS OF THE HAND FROM THE MUSICIAN'S VIEW

ANFORDERUNGEN AN DIE HAND AUS SICHT DES MUSIKERS



The pianist's hand

Die Hände von Pianistinnen und Pianisten

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This presentation offers a pragmatic approach from a teachers view to diagnosing and solving pianist's physical problems and the question as to whether a non-virtuoso performer can successfully treat instrument-related hand injuries.

Dieser Vortrag bietet einen pragmatischen Ansatz aus instrumentalpädagogischer Sicht in der Erkennung und Lösung von physischen Problemen bei Pianisten und der Frage, wie ein weniger virtuos orientierter Interpret erfolgreich instrumentalbezogenen Handerkrankungen begegnen kann.

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The hands of string players

Die Hände von Streichern

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The hand of a string player can be understood only in context with the rest of the body. Examples.
The string speaks better when the body rests alternatively on one sitting bone only.
Fine energy nuances are thus created in the hand.
Shoulder and finger movements influence each other.

Movements of the hand have four dimensions of effect:
functional-mechanical ("Robot")
physiological, sensitizing, kinesthetic: Movements creates feeling,
expressive "Choreography" of the hand, involving musical expressiveness.
psychological: effect (success or fear) is fed back.

Often the hand cannot execute plausible movements. Example on the cello: The fingers, economically speaking, should direct their force at a right angle to the string. In this position, however, correct intonation between 2nd and 3rd finger is impossible. The skeleton cannot be changed by practicing. Angle of the hand (forearm) must be changed instead. Often torture by ignorant teachers.
The hand needs permutation patterns (finger sequences) which are generated by practice in the brain, but then delegated to secondary nerve centers. Drills are therefore useful within certain boundaries.

Repetition frequency (trills) can be improved only within certain individual limits and only by using the overall neuromuscular cross-connections of the body.