



Summer Courses – 2006

I. Summer Class Program for Harpists in association with the Asian Youth Orchestra

The courses are intended to be designed for participants in both:

- **Junior Division** (having already obtained Grade 1-3 of the ABRSM or equivalent in harp)
- **Senior Division** (having already obtained Grade 4 or higher of the ABRSM or equivalent in harp)

Interested participants should register your interest quickly
 to ensure a class will be scheduled

II. Summer Course for “Beginners” July 10-Aug 31, 2006

	Group Class (Intensive)	Group Class	Individual Class (Intensive)	Individual Class
No. of Sessions	16	8	16	8
Incl. Overseas Master Assessment	Yes	No	Yes	No
Open Performance	Optional	Optional	Optional	Optional

Session duration: 45-60 mins per session

Open performance: e.g. July 29 (Shatin Library), July 30 (Central Library), Aug 5 (City Hall Library), Aug 13 (Kowloon Library)

Session Schedules

	Group Class (Intensive)	Group Class
Age 4-6 (3-4 persons a class)	Class A: Mon & Wed pm Practice: Tues & Fri am	Class B-D: Tues/Thurs/Fri pm P: Thurs/Mon/Wed am
Age 6-12 (3-4 persons a class)	Class E/I: Mon & Wed pm Practice: Tues & Fri am/pm	Class F-H: Tues/Thurs/Fri pm P: Thurs/Mon/Wed am/pm
Age 4-12 (2 persons a class)	Class U/Y: Mon & Wed pm Practice: Tues & Fri pm	Class V-X: Tues/Thurs/Fri pm P: Thurs/Mon/Wed pm
Age 12+ or Adult (3-4 persons a class)	Class M/Q: Mon & Wed pm Practice: Tues & Fri pm	Class J-L: Tues/Thurs/Fri pm P: Thurs/Mon/Wed pm

Per session fees

\$315-\$465	Class A/E/I/M/Q(16 sessions x60mins)
\$370-\$525	Class B-D, F-H, J-L(8 sessionsx60mins)
\$295-\$435	Class U/Y(16 sessions x45mins)
\$330-\$480	Class V-X (8 sessions x45mins)

- For Individual Classes! fees & schedules: Please make enquiries at 28860210 or enquiry@harpchamber.com
- All programs are subject to change. Please call 28860210 for availability of class vacancies
- The Chamber is open to visitors, please call before visiting



Check-list for Harp Lessons

Progress varies among the individual classes

I. HARP POSTURE

A. Holding the Harp

- Sit straight with relaxed shoulders and the harp resting against your right shoulder (*left handed players use the left shoulder*).
- Choose a chair that is the right height so you are comfortable. Not too low so the harp leans backwards on you, or so high that you lean forward or the harp does not reach your shoulder.
- The neck is neither leaning forward or backwards.
- The harp rests lightly against the body.

B. Plucking the Strings

- Hands are slightly curved and the fingers and knuckles are held in smooth flowing lines.
- No sharp locked up knuckles on the fingers.
- The wrists need to be flat, neither bent back or excessively forward or sideways.
- Bending the wrists back or up blocks the movement of the tendons which go up your arms. This will make it hard to play and result in pain and tendon damage.

C. Holding the Hands on the Strings

- The hand wrist and arm are almost straight the fingers curve into the strings.
- The arms do not normally stick out they just hang naturally.
- Thumbs are straight and relaxed.
- The fingers are not squashed together.
- The right hand is slightly more curved than the left hand.



II. HANDS & FINGERS

D. Left hand – The wrist is straight and not bent inwards or outwards

- The fingers are relaxed and all the knuckle joints are relaxed.
- The fingers and the back of the wrist form a smooth curve.
- You may rest your fingers on the strings for stability if desired. This is called "placement". The fingers rest on the strings until the note is played.
- Or you may keep their fingers just a small distance away from the strings. This allows you to play in a more fluid way, for fast chord changes etc

E. Right hand – The wrist is straight and not bent inwards or outwards

- The fingers and all the knuckle joints are relaxed.
- The fingers form a smooth curve.
- The fingers can be rested on the strings for stability if desired.
- The thumb is straight and relaxed with no bending of the first knuckle.
- Beginners can gain added benefit from placing all three fingers and the thumb on the strings and squeezing the strings until the fingers come off the strings.

F. Avoid locking up your knuckles – don't lock your hand with tension which will make a stiff hand

- A stiff hand makes playing difficult and can cause pain and tendon problems.
- If your hand is stiff, take it off the strings and shake it gently to loosen it up.
- Keep your attention on your hands.
- It could take a while to acquire the habit of having a relaxed hand.

G. Avoid a bent thumb syndrome – this can make playing the harp very difficult

H. Don't stuck your elbow too far out causing a bent wrist

- Allow the arm to hang naturally.
- You will get a tired shoulder holding the elbow out.

I. Not having a straight wrist will lock hand and finger movements

- The fingers are moved by muscles in your forearm.
- The tendons connect the muscles to your fingers. Tendons are like ropes.
- If the wrist is not relaxed and straight the tendons cannot move freely and severely restrict the movement of the fingers.
- Your hand and your arm should form a straight line.

CLASS CONTEXT – Summer Class for Beginners

Progress varies among the individual classes

Harp Playing Skills and Techniques

1. Scale & Arpeggio
2. 2-finger, 3-finger, 4-finger placing & chord, broken chord
3. Hand placing
4. Lever Changing
5. Harmonics, Glissando, Sliding notes

Repertoire Practice

- 1.1. Pop Music
- 1.2. Twinkle Twinkle Little Star
- 1.3. Long Long Ago
- 1.4. Joy to the World
- 1.5. Ode to Joy
- 1.6. Happy Birthday
- 1.7. Silent Night
- 1.8. Greensleeves
- 1.9. Chinese Folk – Bamboo Song
- 1.10. Japanese Folk – Cherry Blooms
- 1.11. New World Symphony
- 1.12. JS Bach – Minuet
- 1.13. Cannon in D (Ensemble)
- 1.14. Amazing Grace (Ensemble)
- 1.15. Other repertoires pending on individual and class progress