

Proposal of strategic piano learning method

—Train the self-discipline force by the combined water exercises with BGM—

Sumihiro Horikawa (AI-Culture)

1.Introduction

If in our country you want to learn the piano, they receive private lessons is common. The instruction book that is used when is not popular, "Bayer" the most, is often designated as the repertoire of the competition and testing. Display such as "about Bayer" is also on the cover of the album of piano.

2.Method

2.1 Subjects

This experiment assumes a beginner student. However, the subject must be able to join the water aerobics enters the pool. It is also desirable to have experience which belongs to some movement unit.

Furthermore, the subject we have assumed that there is little knowledge and understanding of music. Here is the knowledge and understanding that you say in is that of the foundation of the music. I have focused on rhythm is the most important, especially in the three elements of music in this experiment.

Therefore, the performance of the subjects also experimental results are provided a clear criterion of whether now maintain a rhythm.

2.2 Circumstances

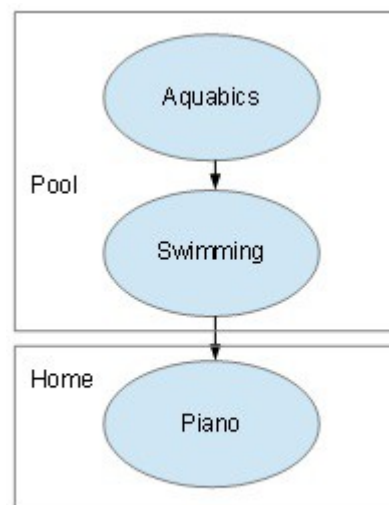


Fig.1 Work Flow

This experiment was carried out in a fitness club pool. As shown in Fig.1, in the pool to swim immediately after participating in water aerobics and took the record. The subjects, the same was repeated to be a piano self-study at home on the fly.

2.3 Theory

Technique in this experiment, is along the contents of the "foster self-learning ability," edited by Mr. basically Hatano Yoshimi-yo husband. In short, water aerobics plays a role of leading organizer is a flow effect to it immediately after swimming is the reward. And, schema when to practice the piano back to the home is best if each time modification extended. In other words, if the continuation of the

direct practice difficult, it is aim and that attempts to overcome the problem by raising the self-discipline force in other things.

	Distance	Before	After
Crawl	1000m	30min	20min
BreastStroke	1000m	40min	26min
BackStroke	1000m	Impossible	26min
Butterfly	100m	Impossible	2'30"

Fig.2 Data of swimming ability

3.Data

This experiment has been carried out continuously from March 2014. However, with respect to this theme was carried out from April 2015. The results are as Fig.2. Subjects are able to continue the experiment while feeling a sense of fulfillment that goes up is tentatively swimming ability.

Also, the subject has become possible to keep the rhythm of the piano. In addition, it was possible to experience that you play the notes on the musical score to the rhythm street.

4.Conclusion

Although the subject of this experiment also piano self-study experience was also swimming self-study experience, the results did not come up until now. However, it was possible to achieve results by creating a flow by combining them in this experiment.

5.Consideration

The method used in this experiment can be a model for self-study system. Relationship with the instructor of the water aerobics, that immediately after the self-evaluation, should make the flow of the original purpose of the practice followed.

6.Bibliography

波多野諄余夫「自己学習能力を育てる」東大出版会 1980.2
芥川也寸志「音楽の基礎」岩波新書 1971.8

Abstract : In Japan practical piano is imposed on the recruitment examination of nursery and kindergarten, elementary school teacher. However, students who are not always is learning the piano. Piano learners that necessity in this study to learn technique useful with minimal effort and time, it is intended to propose a training method that can realize the problems. In this study, it is intended to be experiential and understanding the fundamentals of music while training a self-draining power of the subject. As a result, the subjects in the experiments in this study were able to learn the basics of the most important part of maintaining the rhythm. This method also can be applied to such as language learning, it can be a model of an effective learning system.