



Currently Associate Professor at the University of Auckland, Rae's teaching has produced many outstanding young pianists, including first prizewinners in the Sydney International Piano Competition, the Lev Vlassenko Australasian Piano Competition, the Bradshaw and Buono Competition, and the Perrenoud Foundation International Piano Competition. She received a Sustained Excellence in Teaching Award from the University in 2011 and, in the same year, the Marie Vandewart Award for outstanding service and commitment to fostering the love of chamber music in New Zealand. Rae is Artistic Director of the New Zealand National Piano Competition and International Piano Festival. She has served on international competition juries in Ireland, Singapore, Australia, and the USA. Rae's groundbreaking PhD research into focal dystonia, the most devastating of musician's injuries, has resulted in specific concepts about instrumental retraining which have led to presentations and keynote speeches throughout the world. Rae's research into the most biomechanically natural way of playing the piano has led her to write an electronic book on piano technique called *Fit 4 Piano*. In 2015 Rae was made a Member of the New Zealand Order of Merit for services to music.

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## **Fit 4 Piano:**

### **A toolbox for establishing and maintaining a coordinated technique**

This presentation will outline my e-book *Fit 4 Piano*, a resource designed to assist the development of a coordinated technique, from the beginner to the advanced pianist. Containing more than 80 HD videos, this interactive, user-friendly resource describes how simple exercises can be applied to repertoire at all levels in order to make the playing easier, more musical and more fun. In my experience, many students are focused only on moving their fingers, and they often do not understand how to coordinate the body as a whole in order to produce a free and beautiful sound. Often, playing is restricted by stiffness, physical tension and pain, and there is little awareness of how to move in a balanced way. These habits can be changed, but how much better it would be if the student were well-coordinated from the earliest lessons. Then technical problems are minimized and students are free to express themselves musically. The book is available as an e-book and also in print, where the videos can be viewed with scannable QR codes.

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