

FINDINGS FROM TEACHING EXPERIENCE & DATA ANALYSIS  
OF THE SMART PIANO COMMUNITY

**THE SURPRISING  
ELEMENT OF  
PIANO SUCCESS:**

*Flow*

BY SMART KIDS PIANO



# THE ONE THING

Kids are often impressed when watching a pianist play some incredibly difficult piece of music on stage? What are they admiring? I'm willing to bet that you didn't say rhythm - and no wonder. I certainly don't remember ever saying to myself, 'man, that guy sure knows how to keep time. Look at him keep time so well. Boy, his rhythm sure has inspired me to start playing piano.'

No one thinks like that, nor should they, quite honestly. It's the fingers flying across the keys! It's the effortless beauty they create with the simplest and smallest movements - when music just flows out of them, as if they just think it, and it spills out of their hands! That is what we find magical about musicians. And yet, what makes things so effortless is the one thing no one seems to mention ...

...and that thing is *Rhythm*

Without it, playing degenerates into incoherent nonsense, and all the fast playing in the world won't impress you, if the notes are unstructured and don't seem to make sense.

Let's take an example from YOUR life. Maybe you've noticed this:



**Shortcut:**

4 BONUS-Videos To Find  
YOUR FLOW  
below.



# WHAT IT IS

If you've ever been in a crowd of people at a concert or with music playing, and everyone starts clapping to the music, there's always some obnoxious guy or girl that is clapping the loudest but totally offbeat... just randomly clapping with no sense of where the beat is. Maybe you're thinking, 'Am I that obnoxious person?' Nah, you're not. If you're here, on our website, then almost 100% no, you're not that guy/girl. But here's an easy test to be sure:

Rhythm, at base, is really just  
*consistency*

Walk along someone, and match the speed of their walking. TADA, you can therefore clap along to music correctly.

Rhythm, at base, is really just consistency/predictability in length. So if your friend is walking beside you and you see them take three steps, you can guess, to a great degree of accuracy, how fast the subsequent steps are going to be (because people generally don't randomly change their walking speed (unless they're walking on hot coals (in which case, feel free to point and laugh at your friend for subjecting themselves to 2nd degree burns))).

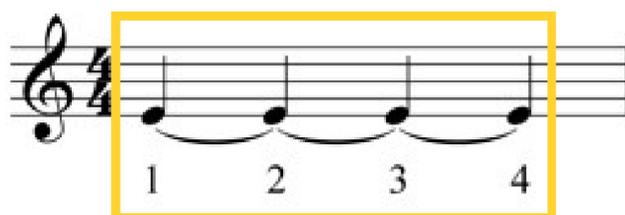
Once you get a handle on keeping a consistent beat while you play, it's just a question of placing notes within the scaffolding of those beats.



# THE TRICK

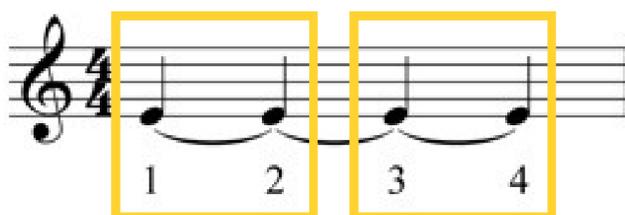
So let's say we're in 4/4 time.

That means we have 4 beats per bar. So, we simply count 1, 2, 3, 4 without speeding up, as if we're walking. BAM, there you have a single bar, with basic rhythmic scaffolding. If you play a note on beat number 1 and hold the note while you say all four numbers (again without speeding up), you are now playing, what is called, a whole note.



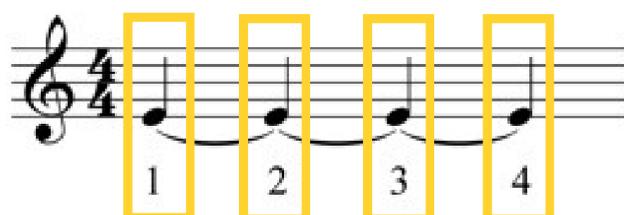
One whole note is equivalent to 4 beats.

Now, let's say we break that whole note into two pieces. That means 2 beats per note:



That means you strike the note on 1 and on 3. This is called a half note.

Let's split these into halves. That means 1 beat per note. These are called quarter notes:



**BONUS**

Get a secret video series about "the flow" below.



# WHY KIDS LOSE MOTIVATION

And this continues to smaller and smaller denominations: eighth notes, sixteenth notes, thirty-second notes, etc.

That's basically it! These are the ABC's of rhythm and we'll begin to form more complex forms with them with the music that you want to learn.

We're here because we want to introduce piano and music into our lives. And lord knows, I know exactly where you're coming from. Perhaps you're learning because you just like music, perhaps it's something that has always been on your bucket list, maybe you're looking to woo a lady of your dreams. (for me I just wanted to fit in - of all my friends I was the only one who didn't play piano, and being new to Canada I wanted to be accepted. Who knew it would go this far...)

*what* is easy  
*when* is the crux

Learning which key to press is probably the simplest part of the whole process, but learning when to press it and for how long is exactly what makes this endeavor challenging. And this is exactly what I try to tackle in the way I teach piano on SKP.

Starting with easy songs on our website, you'll get comfortable with learning how to count while you play and keep the scaffolding of rhythm intact so that you can speed up your process by at least double.



# GET IN THE FLOW

Learning piano has been shown time and time again to improve cognitive function, dexterity, clarity of thought and a slew of other mental attributes, as well as simply improving your quality of life at large. The understanding of rhythm in music is beautifully analogous to our own lives and how we live them.

You've heard the expression:

**'Walk to the beat of your *own* drum'**

Learning consistency and structure in piano playing can go a long way in structuring your own psychology to be happier, healthier, more productive and by extension, more self-confident, self-reliant and self-assured.

SKP looks to improve the quality of life through music.

And this improvement in quality of life starts here:

As a reward for getting this far, I'd like to give you FREE access to a 4-Part Video Series, exclusive to this e-book, a Series titled Blueprint for Perfect Technique, in which I show you tips and tricks, physical and mental for achieving fluency and perfection at the piano. I'll demonstrate everything that I speak about and show you exactly how I learn music at the piano.

Let's gooo.

**4-Part Video Course Coming Soon**  
Here



Wait for the announcement  
in the Smart Kids Facebook Group