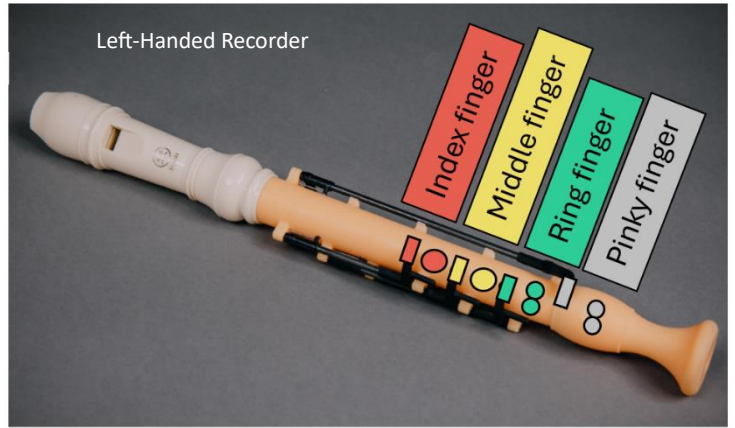
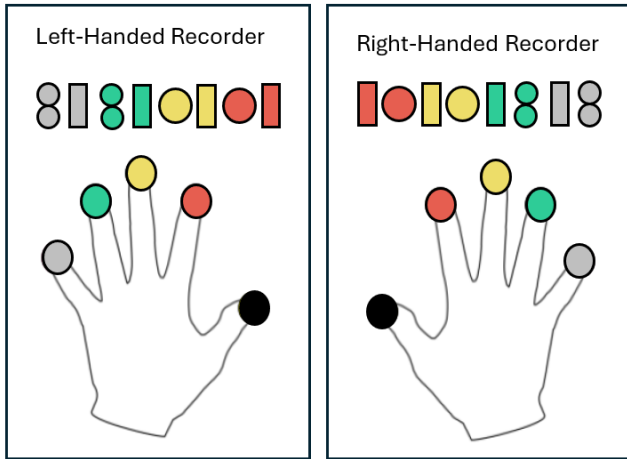


One Handed Recorder Beginners Help Guide

Hand positioning

Position fingers so that each finger can cover a key and a hole.



Red finger (index/pointing finger) plays the first key and the first hole.
Yellow finger (middle finger) plays the second key and the second hole.
Green finger (ring finger) plays the third key and the third hole – which is really two holes!
Grey finger (pinky finger) plays the fourth key and the fourth hole – also really two holes.
 Use your thumb to support the recorder.

If you are a teacher getting a one-handed recorder to teach a student using the instrument, we would recommend you getting a RH recorder as it is more similar to the standard recorder, and you will find the adjustment less difficult.

Tip: Blow nice and gently when getting a sound.

Recommended starting notes:

G No fingers



A Ring finger on 3rd key



B Middle finger and ring finger on 2nd and 3rd keys





Tip: Get used to moving between the recommended starting notes starting with G then A and B and then you can teach alongside standard recorder starting with B.

[Click this link for One-handed Recorder fingering charts](#)

Alternatively, they can be found on The OHMI Trust Website under 'Instrument: Instrument Fingerings Charts'



Tip: We can supply finger chart stickers for the Red-Hot Recorder book



Tip: The tricky notes are when moving from covering holes to pressing keys and vice versa – moving from hole notes to key notes may take a little longer to master as it requires a shift in the hand shape.

Exams

There can sometimes be an imbalance in difficulty of scales and pieces between the one-handed and two-handed instruments.

- **ABRSM's** policy on reasonable adjustments for candidates with physical disabilities, including limb difference or impairment, is [here](#). It specifically addresses adapted instruments (with a link to OHMI) and includes the option of making minor adaptations to pieces to deal with aspects that are disproportionately difficult on the adapted instrument.
- **Trinity's** guidance on reasonable adjustments for practical exams is [here](#).
- **MTB's** policy on reasonable adjustments is [here](#)
- **LCME's** access policy is [here](#).