



The Sustain Pedal

PRACTICE SHEET

One rule. Four exercises. Beautiful piano.

THE ONE RULE

Chord first. Pedal second.

Play the new chord. Then clear the pedal immediately after. Not at the same time. After.

The 3 Mistakes Most Beginners Make

Knowing what not to do is half the battle.

MISTAKE 1

Holding It Down Too Long

Notes blend into a muddy mess. Everything steps on everything else.

MISTAKE 2

Not Using It At All

Technically correct. But flat and lifeless. Like a toy keyboard.

MISTAKE 3

Wrong Timing

Changing the pedal at the same time as the chord. Creates tiny gaps and stutters.

Foot position – get this right first:

- Heel on the floor, toe resting on the edge of the pedal.
- Use your big toe for maximum control and sensitivity.
- Never put your whole foot flat on the pedal.

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The 4 Exercises

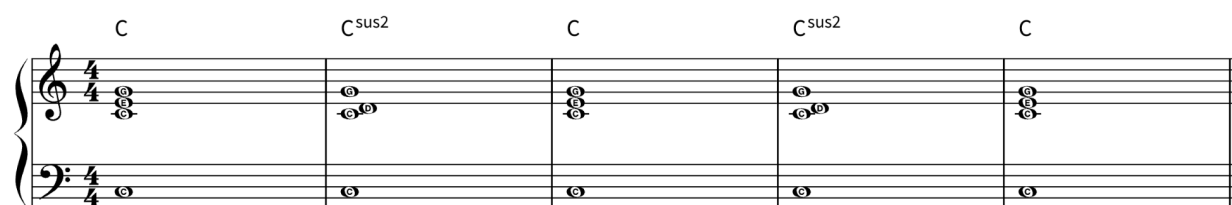
Work through these in order.

How to practice each exercise:

- Apply the one rule to every rep: chord first, then pedal clears immediately after.
- Start slowly. The coordination clicks faster than you think when you are not rushing.
- Once the timing feels natural at slow speed, gradually increase the tempo.

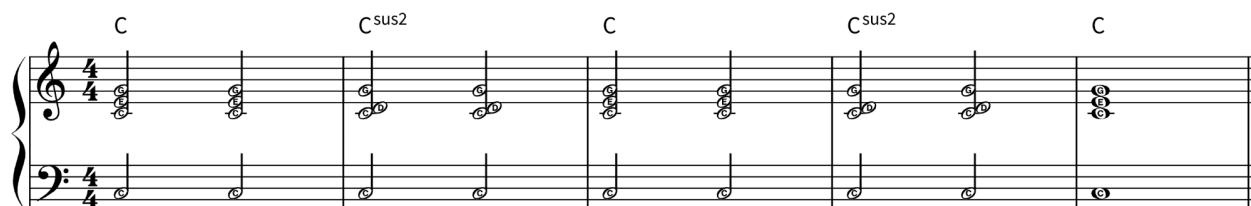
EXERCISE 1 Whole Notes

Slow chord changes give you plenty of time to feel the timing. Focus entirely on the coordination – chord lands first, then your foot lifts and replaces. Do not think about anything else.



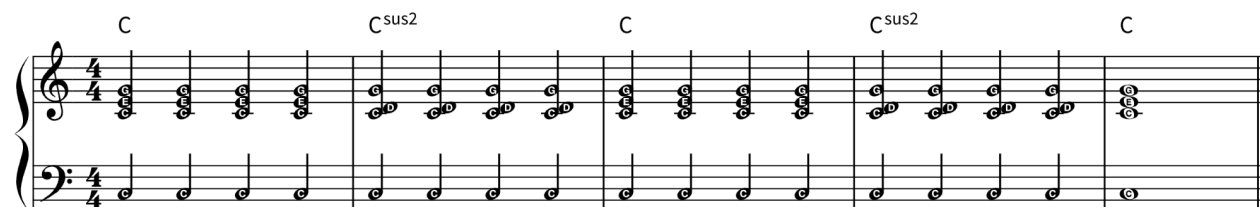
EXERCISE 2 Half Notes

Slightly faster changes. Your brain starts to automate the chord-first-pedal-second sequence. If the timing slips, slow down – do not push through the mistake.



EXERCISE 3 Quarter Notes

Now it gets tricky. The changes are faster and your foot has less time to react. Stay patient. The moment you feel the coordination breaking down, back up and slow down. Speed is earned, not rushed.



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EXERCISE 4 Arpeggios

The hardest level. Your hands are moving through the notes of each chord one at a time, while your foot has to keep pace with the chord changes. Master the previous three exercises first. Then add this one.

First system of musical notation for Exercise 4. It consists of two measures. The first measure is labeled 'C' and the second 'C sus2'. The right hand plays arpeggiated chords, and the left hand plays a steady eighth-note bass line.

Second system of musical notation for Exercise 4. It consists of three measures. The first measure is labeled 'C', the second 'C sus2', and the third 'C'. The right hand plays arpeggiated chords, and the left hand plays a steady eighth-note bass line. The system ends with a double bar line.

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A quick note before you go:

You're not behind. You're not too old.

The reason piano hasn't felt joyful in the past isn't you. It's that nobody handed you the right tools. These five patterns are some of those tools.

Every PIANOLY student started right where you are now.

Ready to See the Full Roadmap?

These five patterns are just one piece of the puzzle. If you want to see exactly how we take students from zero (no experience, no music background) to playing the songs they've always loved, I put together a [free training](#) that walks you through the whole path.

You'll see the exact method, the order we teach everything, and why it works so much faster than traditional lessons.

Felix watched it in retirement and decided to join. He now plays every Sunday and Wednesday for his church prayer group and performs with the worship team once a month.

Marc had tried traditional lessons for years and gotten nowhere. After going through the training and joining the program, he surprised his wife by playing their wedding song.

Results vary depending on time invested and starting experience. But what these stories show is that with the right system, progress happens faster than most people expect.

[→ Click here to access the free training and see the full roadmap. ←](#)



Learn the songs you've always loved. Finally.

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