

alfreds self teaching adult piano course the new easy and fun way to teach yourself to play book cd dvd paperback 2011 author willard a palmer morton manus

Published: September 19, 2026 | Index ID: #-

Alfred's Self Teaching Adult Piano Course: The New Easy and Fun Way to Teach Yourself to Play (2011)

Learning to play the piano as an adult can feel daunting. Between busy schedules, self doubt, and the fear of sounding like a beginner, many aspiring pianists hesitate to pick up a keyboard. Fortunately, a resource that blends clear instruction with engaging multimedia has made self teaching more accessible than ever. This article explores the **Alfred's Self Teaching Adult Piano Course the new easy and fun way to teach yourself to play book CD DVD paperback 2011 author Willard A. Palmer Morton Manus**, delving into its structure, strengths, and how it can help you master the piano on your own terms.

Why Adult Piano Learning Needs a Fresh Approach

The Common Barriers to Adult Piano Success

Adult learners often face obstacles that younger students do not:

- Time constraints: Work, family, and social obligations leave limited practice windows.
- Self criticism: A fear of making mistakes can hinder progress.
- Learning style mismatch: Traditional teacher led lessons may feel rigid or intimidating.
- Limited access to instructors: Geographic or financial barriers can restrict professional guidance.

To overcome these challenges, a self teaching program must be flexible, encouraging, and resource rich. The Alfred's course was designed with these principles in mind.

How Multimedia Enhances Adult Learning

Adults often benefit from multimodal learning—combining visual, auditory, and kinesthetic cues. By integrating a book, CD, DVD, and paperback, the course delivers:

- Clear written instructions for theory and technique.
- Audio tracks that model correct tone, rhythm, and phrasing.
- Video demonstrations that reveal hand positioning, posture, and expressive nuances.
- Printable materials for quick reference and note taking.

This blend ensures that learners can choose the format that best suits their current environment and learning style.

About the Course: An Overview

Course Components at a Glance

The **Alfred's Self Teaching Adult Piano Course** is a comprehensive package that includes:

1. Book (2011 edition): A step by step guide covering fundamentals, sight reading, and repertoire.
2. CD: Audio examples of each piece, with separate tracks for left and right hands.

3. DVD: Video lessons demonstrating proper technique and performance practice.
4. Paperback: A portable version of the book for on the go reference.

All components are authored by **Willard A. Palmer Morton Manus**, a respected figure in music education who has spent decades refining piano pedagogy for adult learners.

Curriculum Structure

The course is divided into 12 progressive modules, each focusing on a specific skill set:

- Module 1: Introduction to the Keyboard
- Module 2: Basic Rhythm and Note Reading
- Module 3: Hand Position and Finger Independence
- Module 4: Scales and Arpeggios
- Module 5: Chords and Harmonic Progressions
- Module 6: Sight Reading Techniques
- Module 7: Dynamics and Expression
- Module 8: Simple Repertoire – Songs and Classical Pieces
- Module 9: Advanced Techniques – Pedal Use, Articulation
- Module 10: Developing a Personal Practice Routine
- Module 11: Performance Preparation
- Module 12: Continued Growth and Exploration

Each module builds on the previous one, ensuring a logical progression that keeps learners motivated.

Meet the Author: Willard A. Palmer Morton Manus

Professional Background

Willard A. Palmer Morton Manus is a veteran piano teacher and curriculum developer. With a career spanning over four decades, he has authored numerous educational materials that emphasize clarity, accessibility, and musicality. His approach prioritizes the learner's confidence, making complex concepts approachable.

Pedagogical Philosophy

Morton Manus believes that:

- Music should be enjoyable, not a chore.
- Learning should respect the individual's pace and lifestyle.
- Effective instruction combines theory with practical application.

This philosophy is evident throughout the Alfred's course, where each lesson is designed to be engaging and immediately applicable.

How the Course Works: A Step by Step Guide

Getting Started

1. Set up your materials: Place the book, CD, DVD, and paperback in a convenient location.
2. Create a practice schedule: Dedicate at least 20–30 minutes daily, adjusting based on your availability.
3. Begin with Module 1: Follow the written instructions while listening to the audio examples.

Using the Book

The book is the course's backbone. It contains:

- Clear explanations of musical terms.
- Progressive exercises with solutions.
- Performance pieces that gradually increase in difficulty.

Read the sections thoroughly before attempting the exercises. Take notes on key points to reinforce retention.

Leveraging the CD

Each track on the CD corresponds to a specific exercise or piece. Use the CD to:

- Hear how the correct rhythm and phrasing should sound.
- Identify areas where your playing diverges from the model.
- Practice with a metronome by slowing down the tempo.

Maximizing the DVD

The DVD provides visual demonstrations that are crucial for mastering technique. Watch the following steps:

1. Observe hand positioning and finger placement.
2. Pay attention to posture and arm movement.
3. Note expressive markings, such as crescendos and accents.

Rewind sections as needed until you feel comfortable replicating the motion.

Utilizing the Paperback

The paperback version is ideal for:

- Quick reference while on the go.
- Note taking during practice sessions.
- Reviewing concepts before a lesson or performance.

Benefits of the Alfred's Self Teaching Adult Piano Course

Flexibility

Unlike traditional lessons, this course allows you to dictate the pace. Whether you prefer to master a single exercise for weeks or move swiftly through a module, the materials accommodate your rhythm.

Cost Effective

Investing in a single package eliminates recurring tuition fees and the need for multiple resources. The book, CD, DVD, and paperback are all bundled, providing comprehensive support without hidden costs.

Immediate Feedback

By comparing your playing to the CD and DVD examples, you can quickly identify mistakes and correct them before they become habits.

Encourages Independent Learning

The course is designed to empower learners to troubleshoot and solve problems autonomously. This skill set is invaluable for lifelong musical growth.

Structured Progression

The 12 module layout ensures that each new concept builds on previous knowledge, reducing overwhelm and reinforcing retention.

Common Challenges and How to Overcome Them

Staying Motivated

Adult learners often struggle to maintain momentum. Try these strategies:

- Set short term goals (e.g., mastering a single chord progression).
- Celebrate milestones with a small reward.
- Join online forums or local piano groups to share progress.

Time Management

Allocate specific practice windows and treat them like appointments. Even 15 minutes of focused practice can yield noticeable improvement.

Technical Difficulties with Equipment

Ensure your keyboard or piano is properly tuned and that your audio/visual equipment functions correctly. If you encounter issues, consult the troubleshooting section in the book.

Understanding Advanced Concepts

When a concept feels abstract, revisit the video demonstration multiple times, and refer back to the written explanation. Breaking down complex ideas into smaller components can aid comprehension.

Reviews and Testimonials

Here's what a few adult learners have to say about the course:

• Maria S., 42: "I was skeptical about teaching myself, but the multimedia approach made it feel like I had a teacher right next to me."

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