The purpose of this study was to discuss Alberto Ginastera’s Piano Sonata, No. 1, Op. 22. Ginastera’s musical career is first presented as a background for a better understanding of his music and culture; it is followed by a formal analysis of each movement (Allegro Marcato, Presto Misterioso, Adagio Molto Appassionato and Ruvido ed ostinato). Precise technical and musical suggestions are given. The focus of this paper is on the performance aspects of the Piano Sonata, which can help current performers of the piece and be a guide for future reference. The study was a result of my in-depth examination of the piece through intense practicing and performance opportunities in studio classes, master classes, and piano lessons.