

Hand Coordination Exercises 2

(Inspired by Jazer Lee)

1. Single Rhythm. Mirrored hands (Contrary Motion)

Musical score for Exercise 1. It consists of two staves. The top staff is in treble clef and 3/4 time. The bottom staff is in bass clef and 3/4 time. Both staves show a pattern of eighth notes and sixteenth notes. The right hand (treble) and left hand (bass) play mirrored patterns of eighth and sixteenth notes, demonstrating contrary motion.

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Continuation of Exercise 1. The pattern continues across two measures. The right hand (treble) and left hand (bass) maintain their mirrored eighth and sixteenth note patterns.

9 2. Single Rhythm. Parallel pattern.

Musical score for Exercise 2. It consists of two staves. The top staff is in treble clef and 3/4 time. The bottom staff is in bass clef and 3/4 time. Both staves show a parallel pattern of eighth notes and sixteenth notes, where both hands play the same rhythm simultaneously.

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Continuation of Exercise 2. The parallel eighth and sixteenth note pattern is extended across four measures.

17 3. Bi-Rhythmic Texture. "Climbing" pattern.

Musical score for Exercise 3. It consists of two staves. The top staff is in treble clef and 3/4 time. The bottom staff is in bass clef and 3/4 time. The treble staff features a "climbing" pattern of eighth and sixteenth notes. The bass staff has sustained notes (dotted half notes) in the first and third measures, followed by eighth notes in the second and fourth measures.

21 4. Exercise 3 Reverse Hands.

Continuation of Exercise 3. The "climbing" pattern from the treble staff is repeated. The bass staff now uses reverse hands, with eighth notes in the first and third measures and sustained notes (dotted half notes) in the second and fourth measures.

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25 4. Bi-Rhythmic Texture. 4 against 1. "Jumping around."

29 5. Bi-Rhythmic Texture. 1 against 4.

33 6. Bi-Rhythmic texture. Climbing and jumping.

37 7. Exercise 6 with reversed hands.

41 8. Bi-Rhythmic Texture. 3/4 time. Climbing and falling.

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49 9. Exercise 8 with reversed hands.

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57 10. Bi-Rhythmic "wandering". 2 against 1 and 1 against 2 pattern.

61 11. Bi-Rhythmic Texture. 1 against 2. Can you guess the song????

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