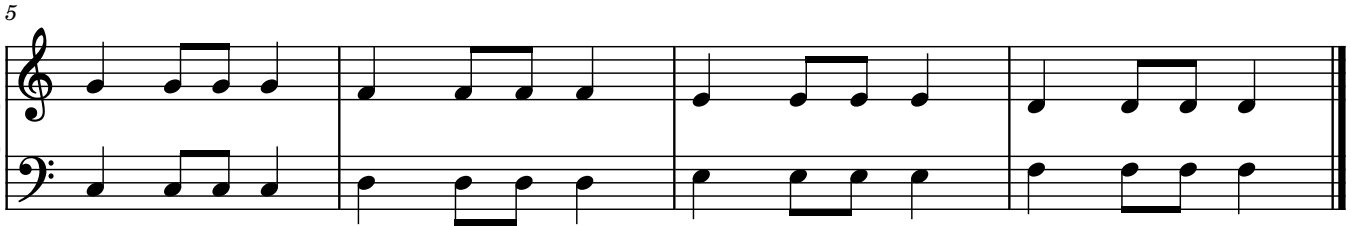


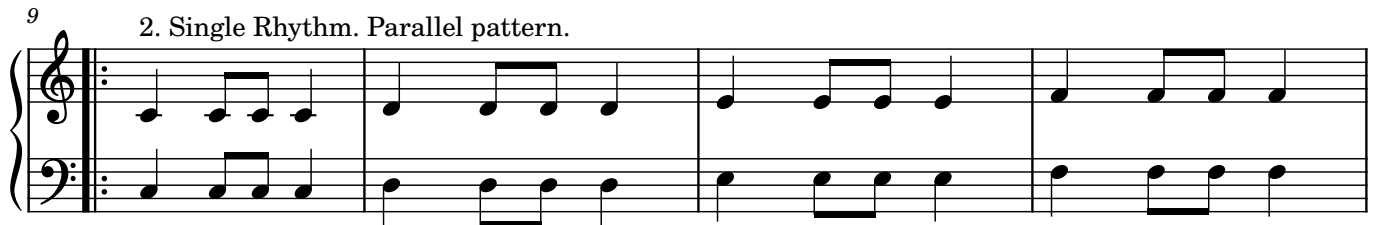
Hand Coordination Exercises 2

(Inspired by Jazer Lee)

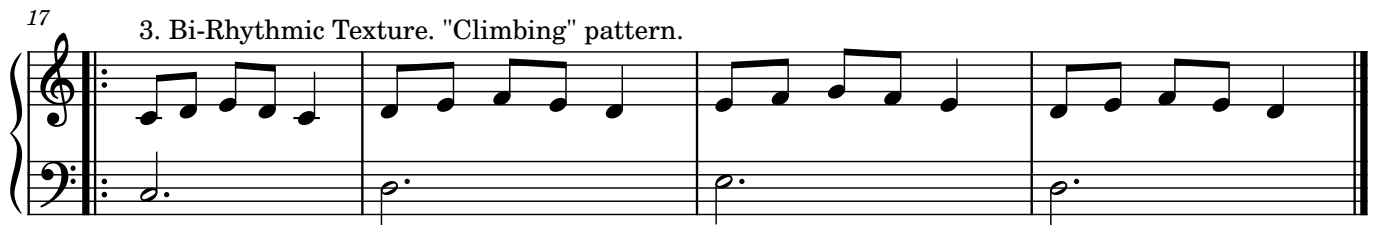
1. Single Rhythm. Mirrored hands (Contrary Motion)



2. Single Rhythm. Parallel pattern.



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



4. Exercise 3 Reverse Hands.



25

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



29

5. Bi-Rhythmic Texture. 1 against 4.



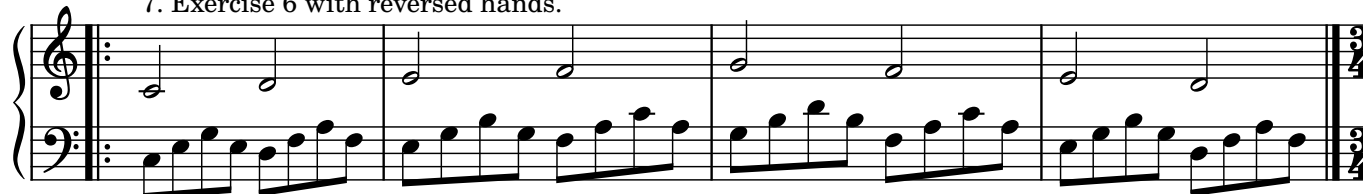
33

6. Bi-Rhythmic texture. Climbing and jumping.



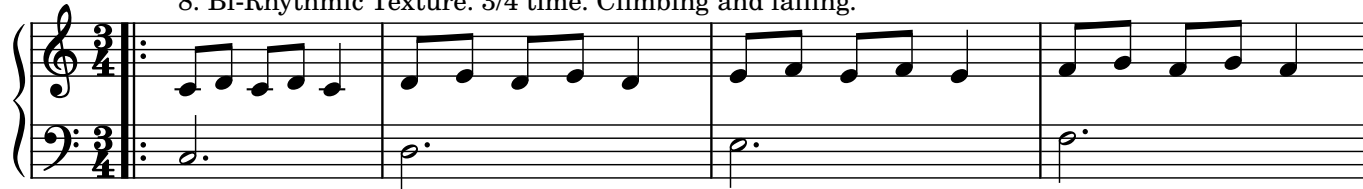
37

7. Exercise 6 with reversed hands.



41

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



45



49

9. Exercise 8 with reversed hands.



53



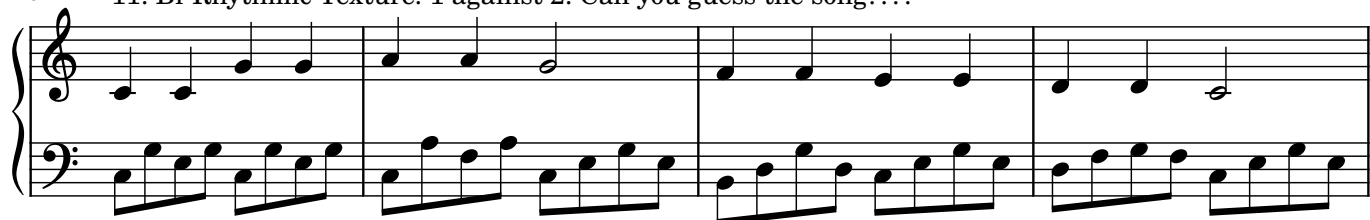
57

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



61

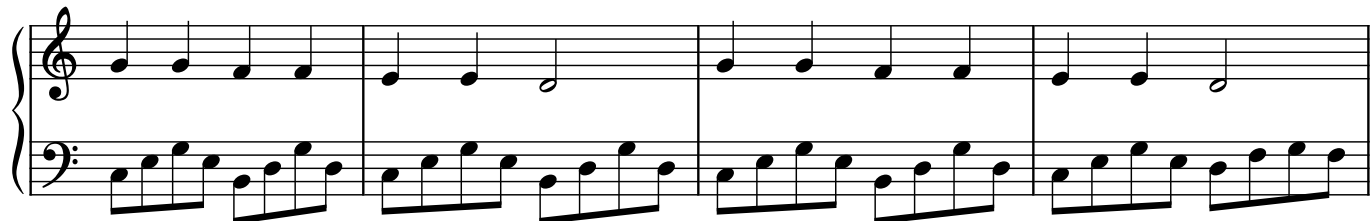
11. Bi-Rhythmic Texture. 1 against 2. Can you guess the song????



65



69



73

