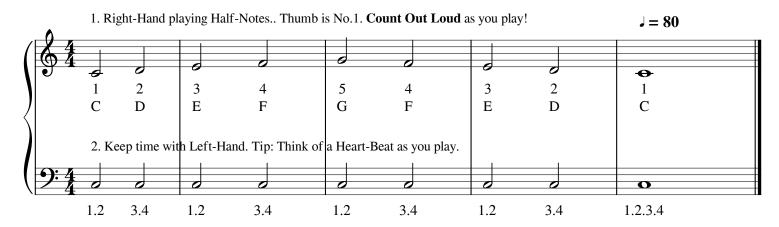
Building the Hand: 5-Finger Exercises: Part 1

(Playing, Counting, with "Feeling" musical time in your body)

JimO

O

1.2.3.4



3. Now to Quarter-Notes. R.H.. Think of walking. Again, count out loud! 0 2 2 2 3 D Е E F F G F F Е Е C D D 4. Keep time with L.H.. Tip: Think of walking against a heart-beat

3.4

1.2

3.4

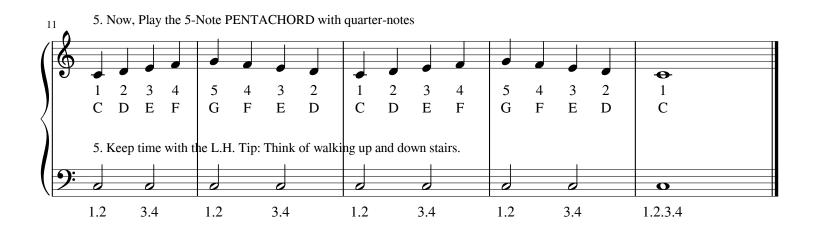
1.2

1.2

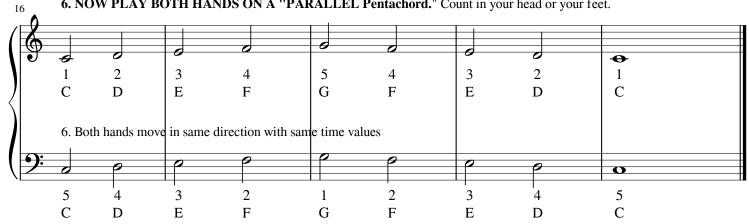
3.4

1.2

3.4



6. NOW PLAY BOTH HANDS ON A "PARALLEL Pentachord." Count in your head or your feet.



7. Now, try the 5-Finger Pentachord in a "CONTRARY-MOTION" pattern.

