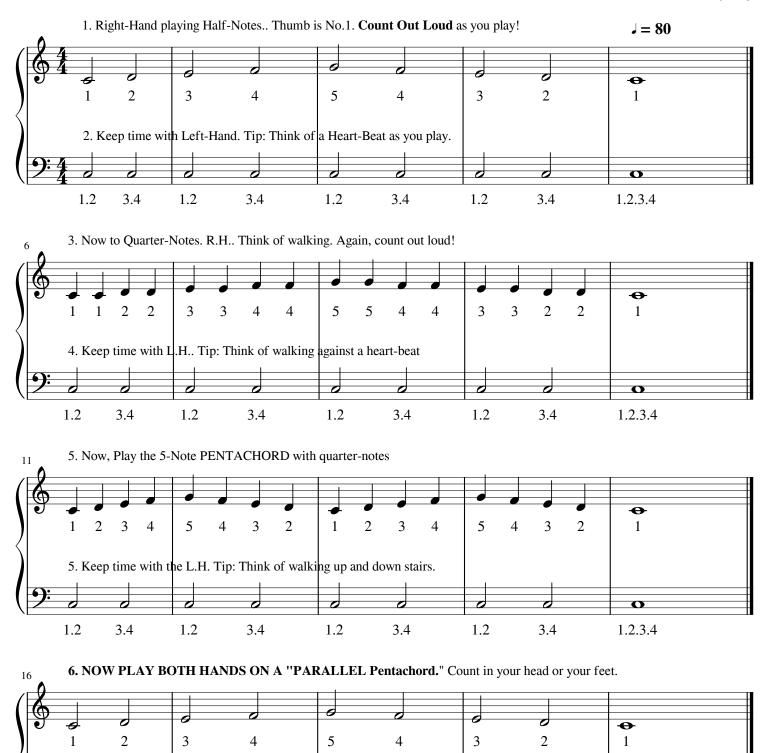
## Building the Hand: 5-Finger Exercises: Part 1

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

**JimO** 



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6. Both hands move in same direction with same time values

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

1 2 3 4 5 4 3 2 1

7. Notice that the fingering pattern uses the identical humbers!