

# Building the Hands 2: Alternating Finger Patters

(1-3, 2-4, 3-5, 4-2 "Grips."  
Practice Counting as you play.)

JimO

1. Start with the Right-Hand. Stepping UP

Musical notation for exercise 1. Treble clef, 4/4 time signature. The right hand plays a sequence of quarter notes: G4 (finger 1), A4 (finger 3), B4 (finger 2), C5 (finger 4), D5 (finger 3), E5 (finger 5), D5 (finger 4), C5 (finger 2), and B4 (finger 1). The bass clef has whole rests for all measures.

4 2. Now the Left-Hand. Stepping DOWN from BASS CLEF G

Musical notation for exercise 2. Treble clef has whole rests for all measures. Bass clef plays a sequence of quarter notes: G3 (finger 1), F3 (finger 3), E3 (finger 2), D3 (finger 4), C3 (finger 3), B2 (finger 5), A2 (finger 4), G2 (finger 2), and F2 (finger 1).

7 3. Now, the Right-Hand Stepping DOWN from TREBLE CLEF G

Musical notation for exercise 3. Treble clef plays a sequence of quarter notes: G4 (finger 5), F4 (finger 3), E4 (finger 4), D4 (finger 2), C4 (finger 3), B3 (finger 5), A3 (finger 2), G3 (finger 4), and F3 (finger 5). Bass clef has whole rests for all measures.

10 4. And the Left-Hand Stepping UP from BASS CLEF C

Musical notation for exercise 4. Treble clef has whole rests for all measures. Bass clef plays a sequence of quarter notes: C3 (finger 5), D3 (finger 3), E3 (finger 4), F3 (finger 2), G3 (finger 3), A3 (finger 5), B3 (finger 2), C4 (finger 4), and D4 (finger 5).

13 5. Now, Try doubling your speed to Eighth-Notes. R.H. First

1 3 2 4 3 5 4 2 1 3 2 4 3 5 4 2 1  
1 and 2 and 3 and 4 and 1 and 2 and 3 and 4 and 1

COUNT ALOUD AS YOU PLAY:

16 6. And the L.H.

CONTINUE COUNTING:

1 3 2 4 3 5 4 2 1 3 2 4 3 5 4 2 1

19 7. Pattern 2

5 3 4 2 3 1 2 4 5 3 4 2 3 1 2 4 5

22 8. And the L.H.

5 3 4 2 3 1 2 4 5 2 4 2 3 1 2 4 5

25

Musical notation for measure 25, showing a whole rest in both the treble and bass staves.

28

9. Now--The fun begins. Try playing BOTH hands at once!!!

Musical notation for exercise 9, measures 28-30. It features a sequence of quarter notes in both hands with fingerings 1-3-2-4, 3-5-4-2, and 1. A note in the final measure has a whole rest above it.

(Breathe deep. Go slow. Feel the finger pattern as you play.)

31

10. Both Hands. Pattern 2

Musical notation for exercise 10, measures 31-33. It features a sequence of quarter notes in both hands with fingerings 5-3-4-2, 3-5-2-4, and 5. A note in the final measure has a whole rest above it.

34

11.. Now, Try doubling your speed with the Eighth-Notes

Musical notation for exercise 11, measures 34-36. It features eighth-note patterns in both hands with fingerings 1-3-2-4-3-5-4-2, 1-3-2-4-3-5-4-2, and 1. A note in the final measure has a whole rest above it.

37 12. Now on Pattern 2

Exercise 12 consists of two staves. The right hand (treble clef) plays a descending eighth-note pattern (5-4-3-2-1) followed by an ascending eighth-note pattern (2-3-4). The left hand (bass clef) plays an ascending eighth-note pattern (1-2-3-4) followed by a descending eighth-note pattern (3-2-1). The exercise is divided into two measures, each containing the descending and ascending patterns. The final measure of each staff contains a whole rest. Fingerings are indicated by numbers 1-5 below the notes.

40 13. Now, Try a PARALLEL Pattern with both hands

Exercise 13 consists of two staves. The right hand (treble clef) plays an ascending eighth-note pattern (1-2-3-4). The left hand (bass clef) plays a descending eighth-note pattern (4-3-2-1). The exercise is divided into two measures, each containing the parallel patterns. The final measure of each staff contains a whole rest.