

Left-Hand Dexterity

MWarren

IMPORTANT

For the entire duration of this exercise, it is vital to remember to drop and raise the fingers with explosiveness, while only sustaining enough pressure under each finger necessary to keep the string pressed to the fingerboard. Sustaining more pressure than necessary for long periods will result in straining of the muscles and tendons of the hand and wrist.

$\bullet = 60$
Pattern

x2 Speed

x4 Speed

5

Repeat the following patterns using the same x2 and x4 speed model above.

7

11

Repeat all of the above in these keys, allowing for practice with different finger patterns.

15