

TWO-FINGER EXERCISES

FIRST POSITION

1-2 1-2 1-2 1-2 1-2 1-2 2-1 2-1 2-1 2-1 2-1 2-1

1 2 1 2 1 2 1 2 1 2 1 2 2 1 2 1 2 1 2 1 2 1 2 1

2-3 2-3 2-3 2-3 2-3 2-3 3-2 3-2 3-2 3-2 3-2 3-2

2 3 2 3 2 3 2 3 2 3 2 3 3 2 3 2 3 2 3 2 3 2 3 2

3-4 3-4 3-4 3-4 3-4 3-4 4-3 4-3 4-3 4-3 4-3 4-3

3 4 3 4 3 4 3 4 3 4 3 4 4 3 4 3 4 3 4 3 4 3 4 3

1 3 1 3 1 3 1 3 1 3 1 3 1 3 3 1 3 1 3 1

2 4 2 4 2 4 2 4 2 4 2 4 4 2 4 2 4 2 4 2 4 2

1 4 1 4 1 4 1 4 1 4 1 4 4 1 4 1 4 1 4 1 4 1