

INTERMEDIATE REGION: FAST FLUIDITY EXERCISES: NO SHIFTS (just crawling)

PART 4: ALWAYS WITH FOURTH FINGER AND NO USE OF THIRD FINGER

We can play around with different finger orders. Here are some of the possibilities:

TRIPLETS: 1-2-4 1-4-2 2-1-4 2-4-1 4-1-2 4-2-1
 QUADRUPLETS: 1-2-4-2 1-2-1-4 1-4-2-4 1-4-1-2
 2-1-2-4 2-1-4-1 2-4-1-4 2-4-2-1
 4-1-2-1 4-1-4-2 4-2-1-2 4-2-4-1

EXERCISE 1: Minor Third Hand-frame. Ex 1A: TRIPLETS

EX 1AA: 1-2-4

by cellofun.eu

EX 1AB: 1-4-2

EX 1AC: 2-4-1

continue likewise with the other triplet finger combinations (2-1-4, 4-1-2, and 4-2-1).

EX 1B: Minor third hand frame: QUADRUPLETS.

EX 1BA: 1-2-4-2

EX 1BD: 2-1-2-4

continue likewise with the other quadruplet finger combinations

EXERCISE 2: Alternating minor third and major third hand frames. EX 2A: TRIPLETS

EX 2AA: 1-2-4

EX 2AB: 1-4-2

continue likewise with the other triplet finger combinations (2-1-4, 4-1-2, and 4-2-1).

EX 2B: QUADRUPLETS. EX 2BA: 1-2-4-2

EX 2BG: 2-4-1-4

continue likewise with the other quadruplet finger combinations

QUADRUPLETS WITH ALL FINGERS

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|---------|---------|---------|---------|---------|---------|
| 1-2-3-4 | 1-2-4-3 | 1-3-4-2 | 1-3-2-4 | 1-4-3-2 | 1-4-2-3 |
| 2-1-3-4 | 2-1-4-3 | 2-3-1-4 | 2-3-4-1 | 2-4-1-3 | 2-4-3-1 |
| 3-1-2-4 | 3-1-4-2 | 3-2-1-4 | 3-2-4-1 | 3-4-1-2 | 3-4-2-1 |

EX 3: Minor third hand frame: ALL FINGERS: QUADRUPLETS. EX 3A: 1-2-3-4

EX 3B: 2-1-3-4

continue likewise with the other quadruplet finger combinations

Ex 4: Mixed minor and major third hand frame QUADRUPLETS. EX 4A: 1-2-3-4

EX 4B: 2-1-3-4

continue likewise with the other quadruplet finger combinations