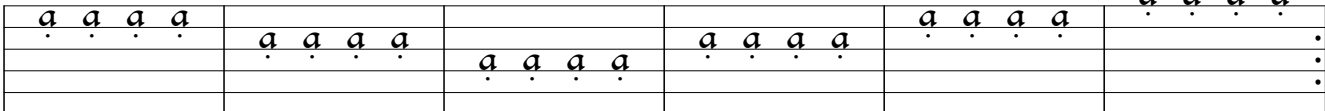# Right Hand Exercises

Warmups
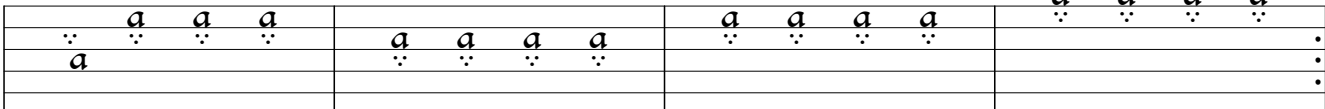
Index

Pat O'Brian

1

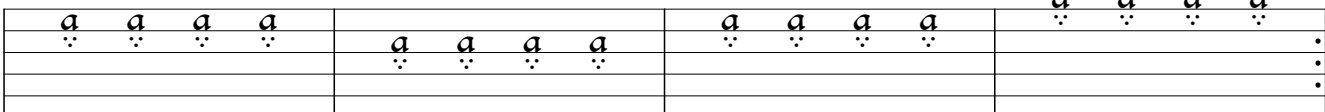Relax tip; follow through deeply, slowly.....

Middle
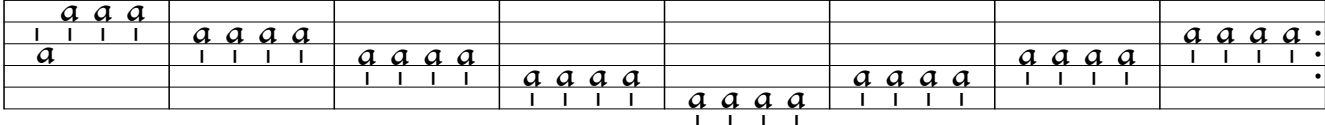
2

Ring

3

Follow straight through so finger doesn't twist on string.
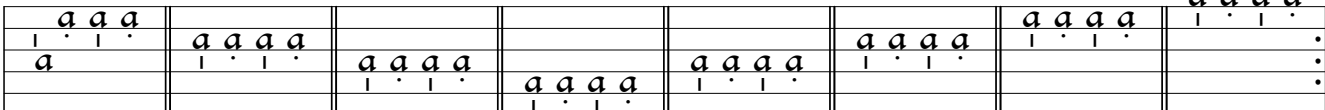
Thumb

4

Relax thumb under hand; arm moves thumb to string; adduct!

Thumb and index

5

Begin in "X" position; move arm from elbow.

Index passes over thumb on follow-through.

If middle and thumb "bump" on follow-through: good!