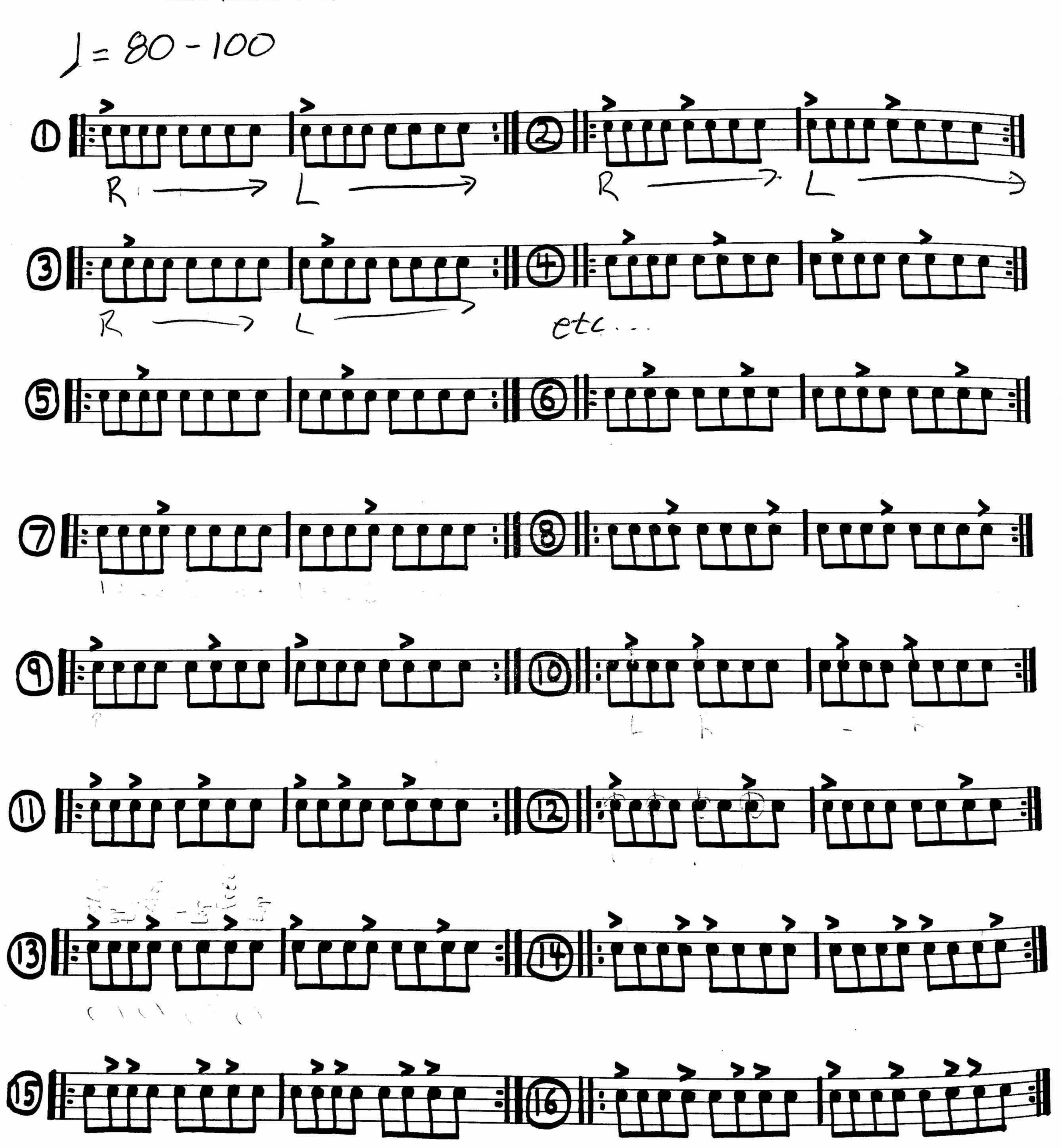
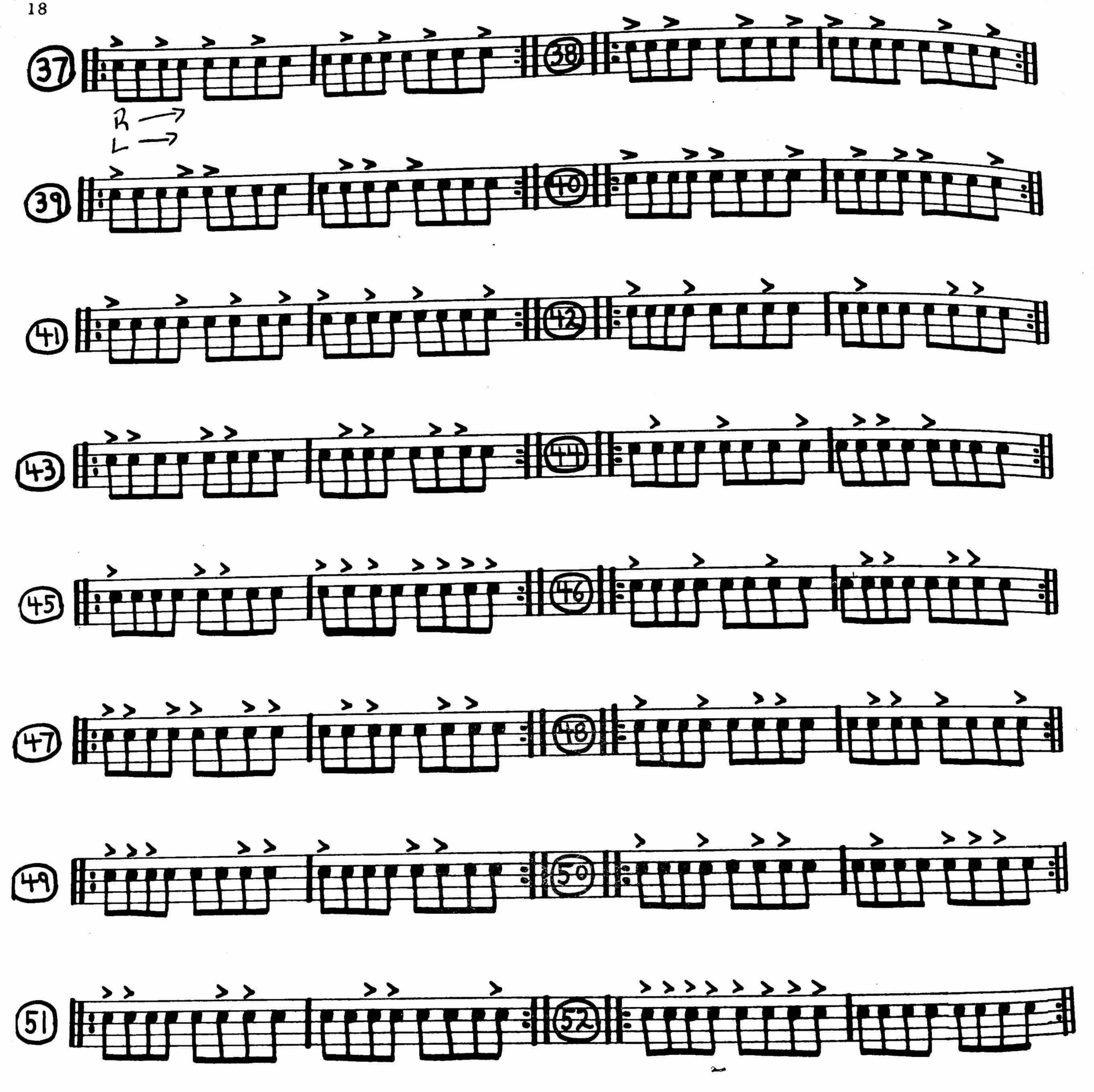
The following exercises should be practiced first at a steady tempo. Then after mental and physical relaxation are achieved, they should be practiced starting slowly - gradually speeding up - then slowing down to the original speed. Each exercise should be practiced using strict alternation, first starting with the right hand (rlrlrl etc.), then starting with the left hand (lrlrlr etc.).



Play all accents very sharp. Play unaccented notes very light.





NOTE -- For added practice, the above accent patterns should be played using a double stroke sticking rather than the single stroke sticking. Both starting with the right hand (rrllrrll etc.), and starting with the left hand (llrrllrr etc.). For example:

