

Ασκήσεις - no. 002

**α' γυμνασίου**

*Hand Positions*

1.1     $\frac{3}{4}$  ↓  $\frac{3}{4}$  ↑  $\frac{3}{4}$  ↓  $\frac{3}{4}$  ↑  
0 0 0 0 ↑  
1.2 5 ↓ 5 ↑ 5 ↓ 5 ↑  
1.3 1 ↓ 1 ↑ 1 ↓ 1 ↑  
1.4 1 ↓ 1 ↑ 1 ↓ 1 ↑  
1.5 1 ↓ 1 ↑ 1 ↓ 1 ↑  
2.1  $\frac{3}{4}$  ↓  $\frac{3}{4}$  ↑ 0 0 ↓  $\frac{3}{4}$  ↑ 0 0 ↑  
2.2 5 ↓ 5 ↑ 1 ↑ 1 ↓ 5 5 ↑ 1 ↑ 1  
2.3 1 ↓ 1 ↑ 1 ↓ 1 ↑ 1 ↓ 1 ↑ 1  
2.4 1 ↓ 1 ↑ 1 ↓ 1 ↑ 1 ↓ 1 ↑ 1  
2.5 1 ↓ 1 ↑ 1 ↓ 1 ↑ 1 ↓ 1 ↑ 1  
3.1  $\frac{3}{4}$  ↓ 0 4 ↑ 0 4 ↑ 0 4 ↑ 0 4 ↑  
3.2 5 ↓ 1 5 ↑ 1 5 ↓ 1 5 ↑ 1 5 ↓ 1 5 ↑  
3.3 1 ↓ 1 ↑ 1 ↓ 1 ↑ 1 ↓ 1 ↑ 1 ↓ 1 ↑ 1  
3.4 1 ↓ 1 ↑ 1 ↓ 1 ↑ 1 ↓ 1 ↑ 1 ↓ 1 ↑ 1  
3.5 1 ↓ 1 ↑ 1 ↓ 1 ↑ 1 ↓ 1 ↑ 1 ↓ 1 ↑ 1  
4.1 0 ↓ 3 4 ↑ 3 4 ↓ 3 4 ↑ 3 4 ↓ 3 4 ↑  
4.2 1 ↓ 5 1 ↑ 5 1 ↓ 5 1 ↑ 5 1 ↓ 5 1 ↑  
4.3 1 ↓ 1 ↑ 1 ↓ 1 ↑ 1 ↓ 1 ↑ 1 ↓ 1 ↑ 1  
4.4 1 ↓ 1 ↑ 1 ↓ 1 ↑ 1 ↓ 1 ↑ 1 ↓ 1 ↑ 1  
4.5 1 ↓ 1 ↑ 1 ↓ 1 ↑ 1 ↓ 1 ↑ 1 ↓ 1 ↑ 1

X. Κόχυλας