

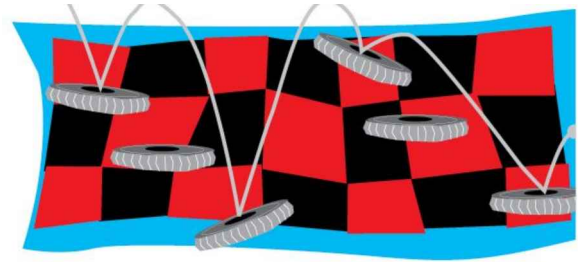


Technique Secret: rounded hand shape

Do *Blooming Flowers* (p. 4) as your daily warm-up.

MON. ___ TUES. ___ WED. ___ THUR. ___ FRI. ___ SAT. ___ SUN. ___

1. Can you trace and then mark each new **pattern**?
2. When you can play this exercise easily, try playing it with your eyes closed.



Skipping with Checkers (for R.H.)

Brightly Play your thumb on the **side tip**.

1 on —? 3 1 3 1

move to D

① 3 1 3 1

mf

5 move to E

① 3 1 3 1

move to F

① 3 1 3 1

Keep going!

➔ Continue the 1 - 3 - 1 - 3 - 1 pattern beginning on G, A, B, and C.



Super Skips: Repeat this exercise using **fingers 2 and 4**.



Technique Secret: **firm fingertips**

Do *Making O's* (p. 5) as your daily warm-up.

MON. ___ TUES. ___ WED. ___ THUR. ___ FRI. ___ SAT. ___ SUN. ___



1. Can you trace and then mark each new **pattern**?
2. When you can play this exercise easily, try playing it with a different **dynamic mark**.

Skipping with Checkers (for L.H.)

Brightly Play your thumb on the **side tip**.

pattern

mf 1 on ___? 3 1 3 1 ① 3 1 3 1

move to B

5

① 3 1 3 1 ① 3 1 3 1

move to A move to G

Keep going!

← Continue the 1 - 3 - 1 - 3 - 1 pattern beginning on F, E, D, and C.



Super Skips: Repeat this exercise using **fingers 2 and 4**.