

# Left Hand Fingers Workout

## 1. Vertical motion

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The image displays ten numbered musical staves, each containing a sequence of notes for a left hand finger workout. The staves are numbered 1 through 10 on the left side. Each staff begins with a treble clef and a 4/4 time signature. Staff 1 is in the key of D major (one sharp) and features a sequence of eighth notes with a slur and a '4' above it. Staff 2 is in the key of B minor (two flats) and features a sequence of eighth notes with a slur. Staff 3 is in the key of D major (one sharp) and features a sequence of eighth notes with a slur. Staff 4 is in the key of B minor (two flats) and features a sequence of eighth notes with a slur and a 'V' above it. Staff 5 is in the key of D major (one sharp) and features a sequence of eighth notes with a slur and a 'V' above it. Staff 6 is in the key of B minor (two flats) and features a sequence of eighth notes with a slur. Staff 7 is in the key of D major (one sharp) and features a sequence of eighth notes with a slur. Staff 8 is in the key of D major (one sharp) and features a sequence of eighth notes with a slur. Staff 9 is in the key of D major (one sharp) and features a sequence of eighth notes with a slur. Staff 10 is in the key of D major (one sharp) and features a sequence of eighth notes with a slur. Each staff ends with a double bar line and repeat dots.

2 2A.Horizontal motion (direct chromatics)

Exercise 2A consists of six staves of music, each with a different key signature and fingering. Staff 1: Key of G major, fingering 2 2. Staff 2: Key of G major, fingering 3 3. Staff 3: Key of F major, fingering 1 1. Staff 4: Key of G major, fingering 4 4. Staff 5: Key of B-flat major, fingering 2 2, 3 3, 3 3, 2 2. Staff 6: Key of B-flat major, fingering 1 1, 2 2, 3 3, 4 4, 4 4, 3 3, 2 2, 1 1.

2B.Horizontal motion (indirect chromatics)

Exercise 2B consists of six staves of music, each with a different key signature. Staff 7: Key of B-flat major. Staff 8: Key of B-flat major. Staff 9: Key of B-flat major. Staff 10: Key of B-flat major. Staff 11: Key of B-flat major. Staff 12: Key of B-flat major.

### 3.Lateral motion

The musical score for '3.Lateral motion' consists of two systems, each with four staves. The first system is marked with a '1' and the second with a '2'. The notation includes various rhythmic patterns, slurs, and fingerings (1-4) for both hands. The first system includes slurs for groups of three and four notes, with fingerings such as 1-1-1, 2-2-2, 3-3-3, and 4-4-4. The second system continues with similar patterns, including slurs for groups of three and four notes, with fingerings like 1-1-1, 2-2-2, and 3-3-3.

### IDEAS for HIGHER POSITIONS

The 'IDEAS for HIGHER POSITIONS' section contains five systems of musical notation. The first system is in 6/8 time with a key signature of one sharp (F#) and features a single slur over a group of six notes. The second system is in 4/4 time with a key signature of one sharp (F#) and consists of a continuous eighth-note pattern. The third system is in 4/4 time with a key signature of one sharp (F#) and includes various rhythmic patterns with fingerings such as 2 2, 3 3, 3 3, 2 2, 2 2, 2 2, 3, 3, 3, 3, 2, 2. The fourth system is in 4/4 time with a key signature of two flats (Bb) and includes slurs and fingerings like 2-2-2, 1-1-1, 3-3-3, 3-3-3, and 2-2-2. The fifth system is in 4/4 time with a key signature of two flats (Bb) and includes slurs and fingerings like 1-1-1, 1-1-1, 1-1-1, 1-1-1, 1-1-1, 1-1-1, 2-2-2, 2-2-2, 2-2-2, and 2-2-2.