

Left Hand Fingers Workout

1. Vertical motion

Duo Klier

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 key signature of one sharp (F#). The time signature is 4/4. The notes are organized into groups of four, with each group containing a quarter note followed by three eighth notes. The exercises progress through various key signatures and rhythmic patterns. Staff 1 includes a large slur over the first two groups and a square box above the first note. Staff 2 has square boxes above the first and third notes. Staff 3 has square boxes above the first and third notes. Staff 4 has square boxes above the first and third notes, and a 'V' above the second note. Staff 5 has square boxes above the first and third notes, and a 'V' above the second note. Staff 6 has square boxes above the first and third notes. Staff 7 has square boxes above the first and third notes. Staff 8 has square boxes above the first and third notes. Staff 9 has square boxes above the first and third notes. Staff 10 has square boxes above the first and third notes. Each staff ends with a double bar line and repeat dots.

2A.Horizontal motion (direct chromatics)

Exercise 2A consists of six staves of music, each with a treble clef and a key signature of one sharp (F#). The exercises are as follows:

- Staff 1: Treble clef, key signature of one sharp. Pattern: $\text{A4} \text{B4} \text{C}\sharp\text{5} \text{D5} \text{E5} \text{F}\sharp\text{5} \text{G}\flat\text{5} \text{F}\sharp\text{5} \text{E5} \text{D5} \text{C}\sharp\text{5} \text{B4} \text{A4}$. Fingering: 2 2, 2 2.
- Staff 2: Treble clef, key signature of one sharp. Pattern: $\text{A4} \text{B4} \text{C}\sharp\text{5} \text{D5} \text{E5} \text{F}\sharp\text{5} \text{G}\flat\text{5} \text{F}\sharp\text{5} \text{E5} \text{D5} \text{C}\sharp\text{5} \text{B4} \text{A4}$. Fingering: 3 3, 3 3.
- Staff 3: Treble clef, key signature of one sharp. Pattern: $\text{A4} \text{B4} \text{C}\sharp\text{5} \text{D5} \text{E5} \text{F}\sharp\text{5} \text{G}\flat\text{5} \text{F}\sharp\text{5} \text{E5} \text{D5} \text{C}\sharp\text{5} \text{B4} \text{A4}$. Fingering: 1 1, 1 1.
- Staff 4: Treble clef, key signature of two sharps (F#, C#). Pattern: $\text{A4} \text{B4} \text{C}\sharp\text{5} \text{D5} \text{E5} \text{F}\sharp\text{5} \text{G}\flat\text{5} \text{F}\sharp\text{5} \text{E5} \text{D5} \text{C}\sharp\text{5} \text{B4} \text{A4}$. Fingering: 4, 4 4.
- Staff 5: Treble clef, key signature of two flats (Bb, Eb). Pattern: $\text{A4} \text{B4} \text{C}\sharp\text{5} \text{D5} \text{E5} \text{F}\sharp\text{5} \text{G}\flat\text{5} \text{F}\sharp\text{5} \text{E5} \text{D5} \text{C}\sharp\text{5} \text{B4} \text{A4}$. Fingering: 2 2, 3 3, 3 3, 2 2.
- Staff 6: Treble clef, key signature of one flat (Bb). Pattern: $\text{A4} \text{B4} \text{C}\sharp\text{5} \text{D5} \text{E5} \text{F}\sharp\text{5} \text{G}\flat\text{5} \text{F}\sharp\text{5} \text{E5} \text{D5} \text{C}\sharp\text{5} \text{B4} \text{A4}$. Fingering: 1 1, 2 2, 3 3, 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 treble clef and a key signature of one sharp (F#). The exercises are as follows:

- Staff 7: Treble clef, key signature of one sharp. Pattern: $\text{A4} \text{B4} \text{C}\sharp\text{5} \text{D5} \text{E5} \text{F}\sharp\text{5} \text{G}\flat\text{5} \text{F}\sharp\text{5} \text{E5} \text{D5} \text{C}\sharp\text{5} \text{B4} \text{A4}$.
- Staff 8: Treble clef, key signature of one sharp. Pattern: $\text{A4} \text{B4} \text{C}\sharp\text{5} \text{D5} \text{E5} \text{F}\sharp\text{5} \text{G}\flat\text{5} \text{F}\sharp\text{5} \text{E5} \text{D5} \text{C}\sharp\text{5} \text{B4} \text{A4}$.
- Staff 9: Treble clef, key signature of one sharp. Pattern: $\text{A4} \text{B4} \text{C}\sharp\text{5} \text{D5} \text{E5} \text{F}\sharp\text{5} \text{G}\flat\text{5} \text{F}\sharp\text{5} \text{E5} \text{D5} \text{C}\sharp\text{5} \text{B4} \text{A4}$.
- Staff 10: Treble clef, key signature of one sharp. Pattern: $\text{A4} \text{B4} \text{C}\sharp\text{5} \text{D5} \text{E5} \text{F}\sharp\text{5} \text{G}\flat\text{5} \text{F}\sharp\text{5} \text{E5} \text{D5} \text{C}\sharp\text{5} \text{B4} \text{A4}$.
- Staff 11: Treble clef, key signature of one sharp. Pattern: $\text{A4} \text{B4} \text{C}\sharp\text{5} \text{D5} \text{E5} \text{F}\sharp\text{5} \text{G}\flat\text{5} \text{F}\sharp\text{5} \text{E5} \text{D5} \text{C}\sharp\text{5} \text{B4} \text{A4}$.
- Staff 12: Treble clef, key signature of one sharp. Pattern: $\text{A4} \text{B4} \text{C}\sharp\text{5} \text{D5} \text{E5} \text{F}\sharp\text{5} \text{G}\flat\text{5} \text{F}\sharp\text{5} \text{E5} \text{D5} \text{C}\sharp\text{5} \text{B4} \text{A4}$.

3.Lateral motion

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IDEAS for HIGHER POSITIONS