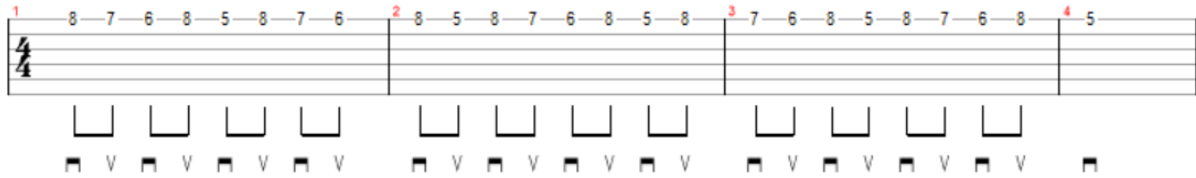


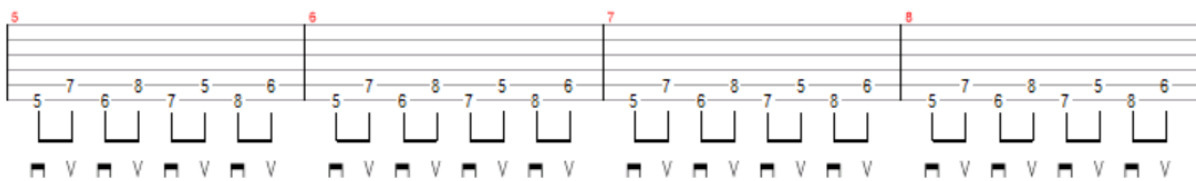
Exercices pour délier les doigts

Exercice 1



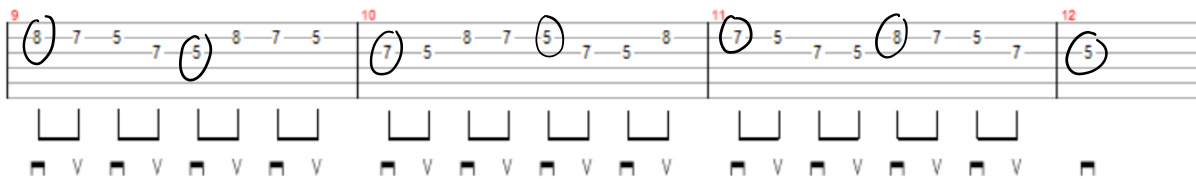
Exercise 1 is a four-measure exercise in 4/4 time. The notes are: 8-7-6-8-5-8-7-6 (measures 1-2), 8-5-8-7-6-8-5-8 (measures 3-4), 7-6-8-5-8-7-6-8 (measures 5-6), and 4-5 (measures 7-8). The notes 8, 5, 7, and 4 are circled in red. Below the staff are 16 diagrams showing the pick direction for each note: down (▣) and up (∨).

Exercice 2



Exercise 2 is an eight-measure exercise. The notes are: 5-7-6-8-7-5-8-6 (measures 1-2), 5-7-6-8-7-5-8-6 (measures 3-4), 5-7-6-8-7-5-8-6 (measures 5-6), and 5-7-6-8-7-5-8-6 (measures 7-8). The notes 5, 7, and 8 are circled in red. Below the staff are 16 diagrams showing the pick direction for each note: down (▣) and up (∨).

Exercice 3



Exercise 3 is a four-measure exercise. The notes are: 8-7-5-7-5-8-7-5 (measures 1-2), 7-5-8-7-5-7-5-8 (measures 3-4), 7-5-7-5-8-7-5-7 (measures 5-6), and 5-7-5-7-5-7-5-8 (measures 7-8). The notes 8, 7, 5, and 8 are circled in red. Below the staff are 16 diagrams showing the pick direction for each note: down (▣) and up (∨).

▣ → coup de médiator vers le bas

∨ → coup de médiator vers le haut