

Left-hand exercise

HenkHaverhoekMusic 2001

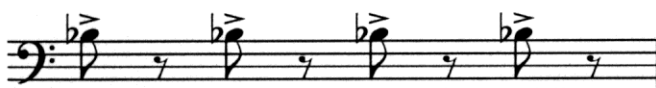
Not fast

$\text{♩} = \pm 50$

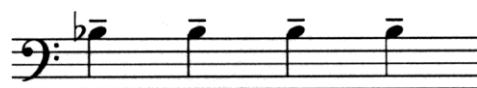
Repeat a few times.



These notes can be played short:



or sustained



Because of the alternation of contraction and relaxation of the the hand- and arm muskels you will develop strength.

Variations



Use arm motion when crossing strings. Dont' bend your wrist too much.



Make your own variations!

You might like the following exercise:

Play the exercise precise, not fast!



On the G-string

