Warmups

Right Hand Exercises Index

Pat O'Brian

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Relax tip; follow through deeply, slowly.....

Middle

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Ring

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Follow straight through so finger doesn't twist on string.

Thumb

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Relax thumb under hand; arm moves thumb to string; adduct!

Thumb and index

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Begin in "X" position; move arm from elbow.

Private communication (2002), %5. Encoded and edited by Sarge Gerbode.

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Index passes over thumb on follow-through.

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If middle and thumb "bump" on follow-through: good!

