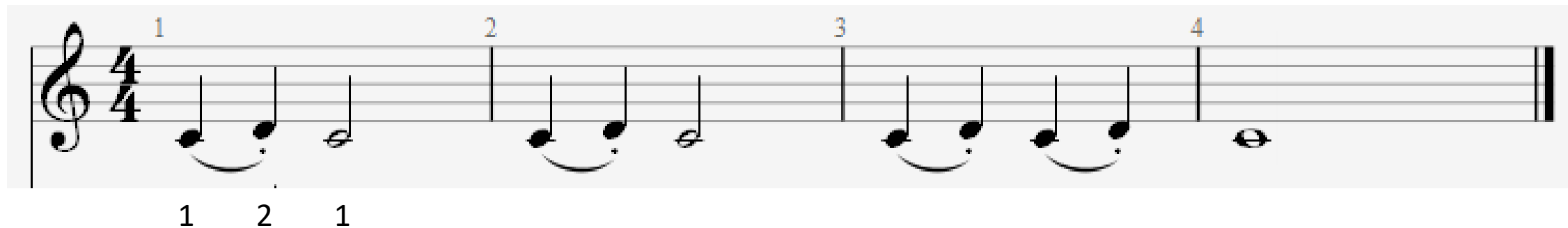


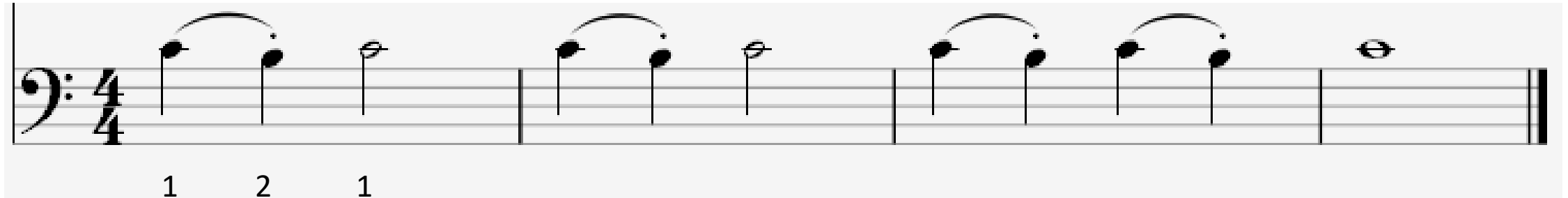
Bouncing a ball with right hand



Start on middle C with
your thumb.



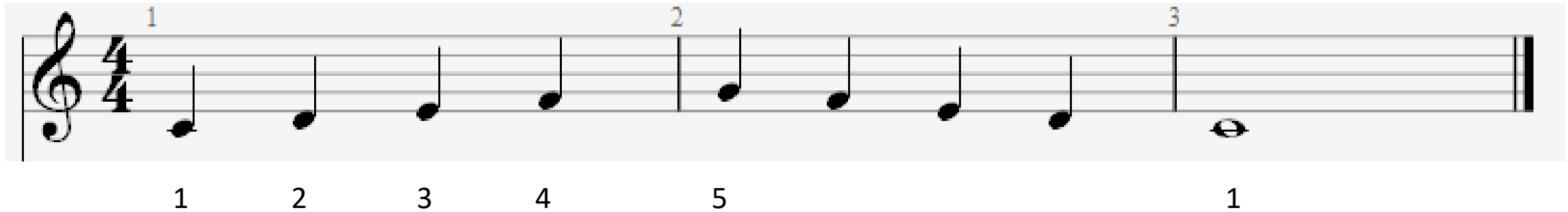
Bouncing a ball with left hand



Start on middle C with
your thumb (1).



Walking – right hand

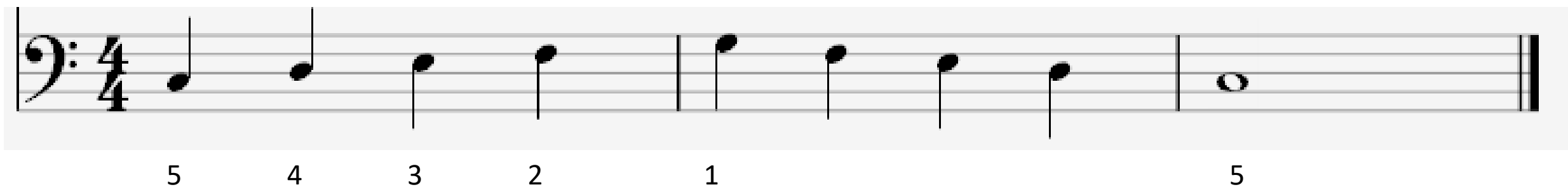


A musical staff in 4/4 time, treble clef, showing a walking bass line. The notes are: C4 (quarter), D4 (quarter), E4 (quarter), F4 (quarter), G4 (quarter), F4 (quarter), E4 (quarter), D4 (quarter), C4 (half). Fingerings are indicated by numbers 1 through 5 above the notes, and a final 1 above the final C4. The staff is highlighted with a light gray background.

Start on middle C with
your thumb.



Walking - left hand



Start on the C below
middle C with your little
finger (5).



Skipping - right hand

A musical staff in 4/4 time with a treble clef. The melody consists of quarter notes: C4, D4, E4, D4, C4, D4, E4, D4, C4, D4, E4, D4, C4, and a final whole note C4. The staff is divided into four measures by vertical bar lines. Fingerings are indicated by numbers 1-5 below the notes: 1, 3, 5, 3, 1, 1, 1, 1, 1, 1, 1, 1, 1, 1. Above the staff, the measure numbers 1, 2, 3, and 4 are written in a light blue color.

Start on middle C with
your thumb.



Skipping - left hand

A musical staff in bass clef with a 4/4 time signature. The melody consists of a sequence of notes: G2 (quarter), A2 (quarter), B2 (quarter), A2 (quarter), G2 (quarter), F2 (quarter), E2 (quarter), D2 (quarter), C2 (half). Fingering numbers are placed below the notes: 5, 3, 1, 3, 5, and 5.

Start on the C below middle C with your little finger (5).



Hammering – right hand



Start on middle C with your thumb (1). Hold down the thumb through the whole exercise.



NOW TRY THIS:
Hold down your thumb on middle C and try a different note to 'hammer' with.

Hammering - left hand



Start on middle C with your thumb (1). Hold down the thumb through the whole exercise.



NOW TRY THIS:
Hold down your thumb on middle C and try a different note to 'hammer' with.