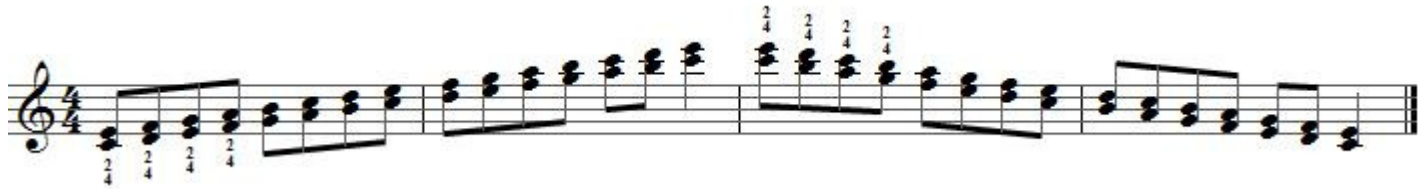


Lessons with SCALERAIL Ideas for Teachers 7

Exercises for the wrist

The following exercises use 3rds, 6ths and octaves to begin developing a supple and flexible wrist.

Exercise 1 Right Hand



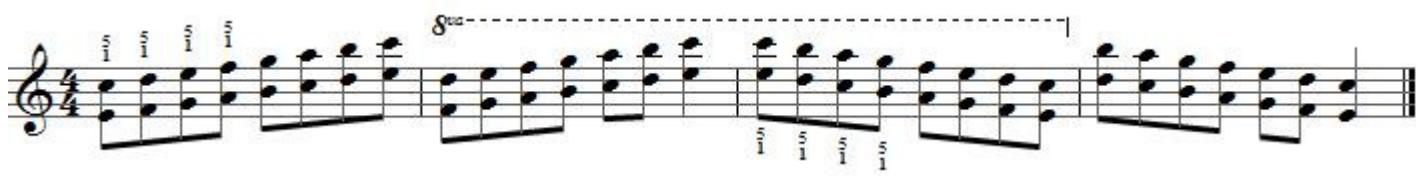
Musical notation for Exercise 1 Right Hand in 4/4 time. The exercise consists of four measures of music. The first measure contains four groups of two eighth notes, each with a '2/4' fingering above it. The second measure contains four groups of two eighth notes. The third measure contains four groups of two eighth notes. The fourth measure contains four groups of two eighth notes. The piece ends with a double bar line.

Exercise 1 Left Hand



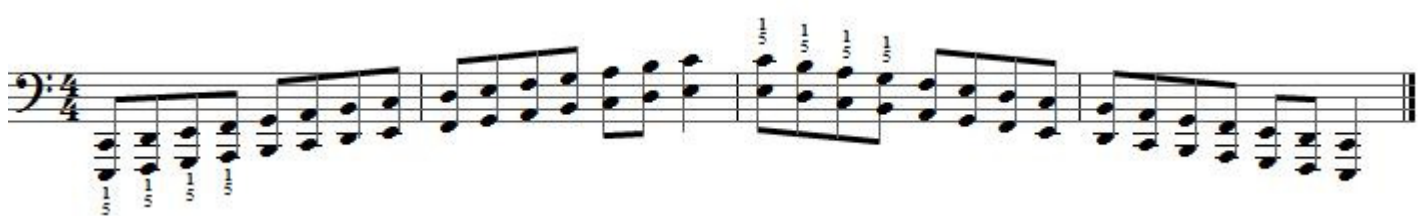
Musical notation for Exercise 1 Left Hand in 4/4 time. The exercise consists of four measures of music. The first measure contains four groups of two eighth notes, each with a '2/4' fingering above it. The second measure contains four groups of two eighth notes. The third measure contains four groups of two eighth notes. The fourth measure contains four groups of two eighth notes. There are dashed lines with '8va' and '8vb' markings below the staff, indicating octave transpositions. The piece ends with a double bar line.

Exercise 2 Right Hand



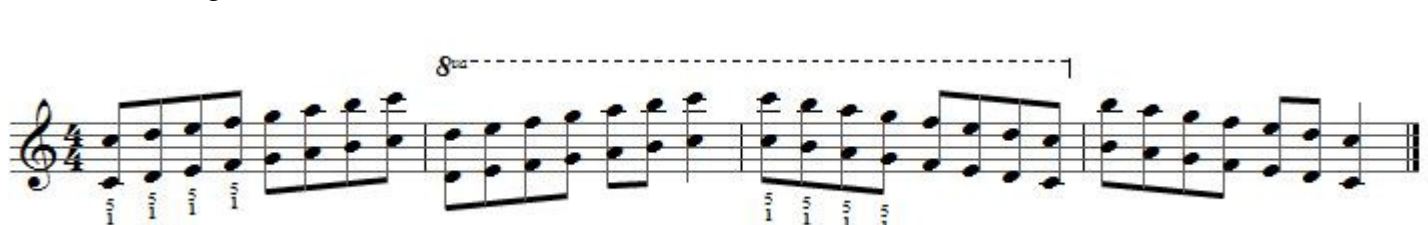
Musical notation for Exercise 2 Right Hand in 4/4 time. The exercise consists of four measures of music. The first measure contains four groups of two eighth notes, each with a '1 2' fingering above it. The second measure contains four groups of two eighth notes. The third measure contains four groups of two eighth notes. The fourth measure contains four groups of two eighth notes. There is a dashed line with '8va' marking above the staff, indicating an octave transposition. The piece ends with a double bar line.

Exercise 2 Left Hand



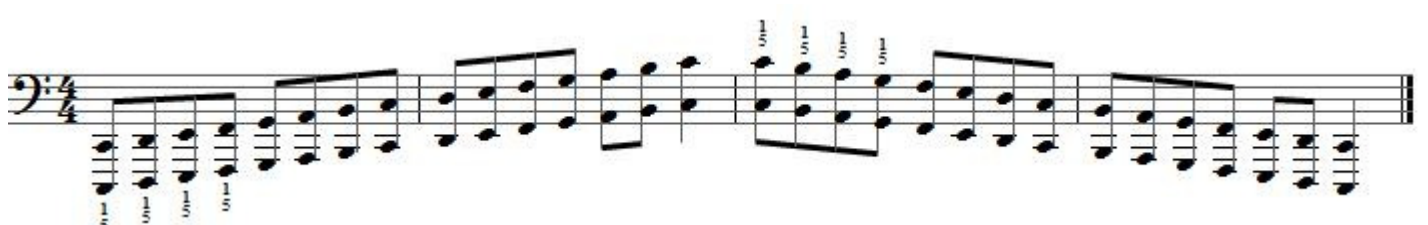
Musical notation for Exercise 2 Left Hand in 4/4 time. The exercise consists of four measures of music. The first measure contains four groups of two eighth notes, each with a '1 2' fingering above it. The second measure contains four groups of two eighth notes. The third measure contains four groups of two eighth notes. The fourth measure contains four groups of two eighth notes. There are dashed lines with '8va' markings above the staff, indicating octave transpositions. The piece ends with a double bar line.

Exercise 3 Right Hand



Musical notation for Exercise 3 Right Hand in 4/4 time. The exercise consists of four measures of music. The first measure contains four groups of two eighth notes, each with a '1 2' fingering above it. The second measure contains four groups of two eighth notes. The third measure contains four groups of two eighth notes. The fourth measure contains four groups of two eighth notes. There is a dashed line with '8va' marking above the staff, indicating an octave transposition. The piece ends with a double bar line.

Exercise 3 Left Hand



Musical notation for Exercise 3 Left Hand in 4/4 time. The exercise consists of four measures of music. The first measure contains four groups of two eighth notes, each with a '1 2' fingering above it. The second measure contains four groups of two eighth notes. The third measure contains four groups of two eighth notes. The fourth measure contains four groups of two eighth notes. There are dashed lines with '8va' markings above the staff, indicating octave transpositions. The piece ends with a double bar line.

Exercise 4 Right Hand

Musical notation for Exercise 4 Right Hand, consisting of two staves in 4/4 time. The first staff features a sequence of chords with fingerings 1-4, 2-4, 3-4, and 4-4. The second staff continues the exercise with similar chordal patterns.

Exercise 4 Left Hand

Musical notation for Exercise 4 Left Hand, consisting of two staves in 4/4 time. The first staff includes fingerings 2-4, 2-4, 2-4, and 2-4, and an 8va marking. The second staff continues the exercise with similar patterns and an 8va marking.

Exercise 5 Right Hand

Musical notation for Exercise 5 Right Hand, consisting of two staves in 4/4 time. The first staff includes fingerings 1-5, 1-5, 1-5, and 1-5, and an 8va marking. The second staff continues the exercise with similar patterns and an 8va marking.

Exercise 5 Left Hand

Musical notation for Exercise 5 Left Hand, consisting of two staves in 4/4 time. The first staff includes fingerings 1-5, 1-5, 1-5, and 1-5. The second staff continues the exercise with similar patterns.

Exercise 6 Right Hand

Musical notation for Exercise 6 Right Hand, consisting of two staves in 4/4 time. The first staff includes an 8va marking. The second staff continues the exercise with similar patterns and an 8va marking.

Exercise 6 Left Hand

Exercise 6 Left Hand musical notation. It consists of two staves in bass clef with a 4/4 time signature. The first staff has four fingerings (1, 2, 3, 4) written above the first four notes. The second staff has four fingerings (1, 2, 3, 4) written below the first four notes. The piece concludes with a double bar line.

Exercise 7 Right Hand

Exercise 7 Right Hand musical notation. It consists of two staves in treble clef with a 4/4 time signature. The first staff has fingerings 1, 5, 1, 5 above the first four notes. The second staff has fingerings 1, 5, 1, 5 above the first four notes. The piece concludes with a double bar line.

Exercise 7 Left Hand

Exercise 7 Left Hand musical notation. It consists of two staves in bass clef with a 4/4 time signature. The first staff has fingerings 5, 1, 5, 1 above the first four notes and an 8th octave sign below the first note. The second staff has fingerings 5, 1, 5, 1 below the first four notes and an 8th octave sign below the first note. The piece concludes with a double bar line.

Exercise 8 Right hand

Exercise 8 Right hand musical notation. It consists of two staves in treble clef with a 4/4 time signature. The first staff has fingerings 1, 5, 1, 5 above the first four notes. The second staff has fingerings 1, 5, 1, 5 above the first four notes. The piece concludes with a double bar line.

Exercise 8 Left hand

Exercise 8 Left hand musical notation. It consists of two staves in bass clef with a 4/4 time signature. The first staff has fingerings 5, 1, 5, 1 above the first four notes and an 8th octave sign below the first note. The second staff has fingerings 5, 1, 5, 1 below the first four notes and an 8th octave sign below the first note. The piece concludes with a double bar line.

Exercise 9 Right Hand

Two staves of music in 4/4 time, treble clef. The first staff contains six measures of music, each starting with a triplet of eighth notes. The second staff contains seven measures of music, also starting with triplets. The notes are primarily eighth and sixteenth notes, with some beamed sixteenth notes.

Exercise 9 Left Hand

Two staves of music in 4/4 time, bass clef. The first staff contains six measures of music, each starting with a triplet of eighth notes. The second staff contains seven measures of music, also starting with triplets. The notes are primarily eighth and sixteenth notes, with some beamed sixteenth notes.

Exercise 10 Right Hand

Two staves of music in 4/4 time, treble clef. The first staff contains six measures of music, each starting with a triplet of eighth notes. The second staff contains seven measures of music, also starting with triplets. The notes are primarily eighth and sixteenth notes, with some beamed sixteenth notes.

Exercise 10 Left Hand

Two staves of music in 4/4 time, bass clef. The first staff contains six measures of music, each starting with a triplet of eighth notes. The second staff contains seven measures of music, also starting with triplets. The notes are primarily eighth and sixteenth notes, with some beamed sixteenth notes.



Keep your wrists relaxed and build up the speed of each exercise gradually.