

Finger Independence Exercises

-1-2-1-2----1-2-1-2----1-2-1-2-
-2-1-2-1-----Lift and land the
-----2-1-2-1-----fingers at the
-----2-1-2-1- SAME TIME

Also practice: 1-3, 1-4, 2-3, 2-4, 3-4

-----5---5---
-----5---5-----
-5-6-7-8----lift index -----
--keep-----finger-----5---5-----
--these-----5---5-
--pressed-----

Also try 2nd, 3rd, 4th fingers

Also try moving two fingers in opposite motion (while keeping the other two fingers pressed)