






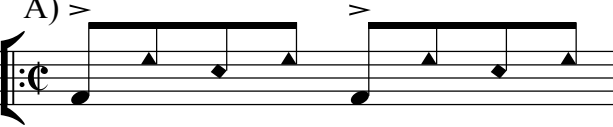
Transition Exercises

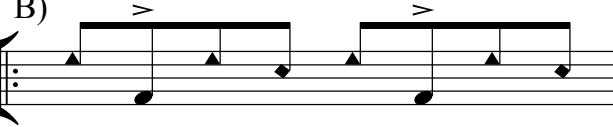
S. Hemphill

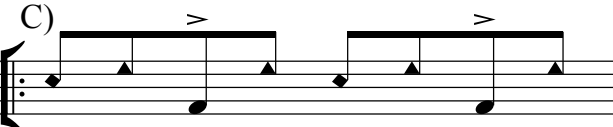
NOTATION KEY:

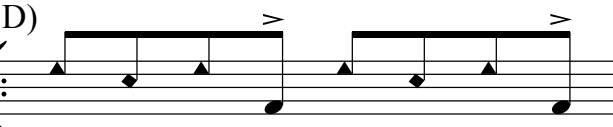
					
Thumb	→/↓↑	("Toe")	Heel of Palm (at edge)	Roll - (middle finger near edge)	Rotation

Training Drills


A) 

B) 

C) 

D) 

Continuous Transitions



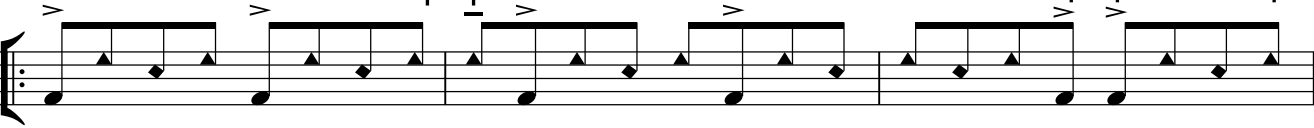
Finger Double

Finger Double

Finger Double

Thumb Double

Variation #1

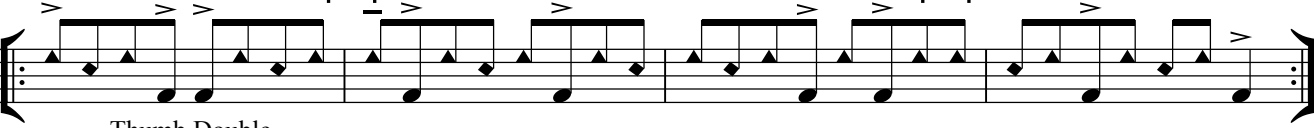


Finger Double

Thumb Double

Finger Double

Variation #2



Finger Double

Finger Double

Thumb Double