

Übungen zum Erwärmen und Training der Finger

I Exercises mit Impuls:

1. 1 1 2 2 3 3 4 4

2.

5 5 6 6 7 7 8 8

3. 1 1 2 2 3 3 4 4

5 5 6 6 7 7 8 8

4. 1 2 3 4 1 2 3 4

5 6 7 8 5 6 7 8

II Exercises für die Unabhängigkeit der Finger und Geschwindigkeit:

5. 1 1 1 2 2 2 3 3 3 4 4 4

5 5 5 6 6 6 7 7 7 8 8 8

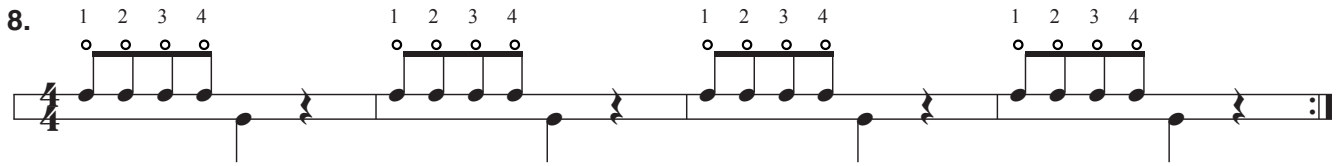
6. 1 2 3 4 1 2 3 4

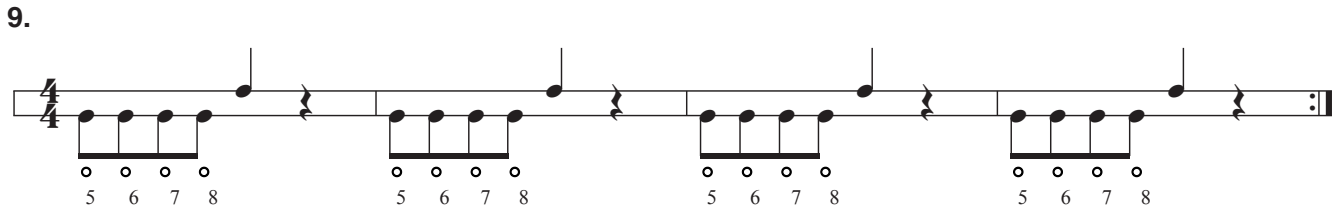
5 6 7 8 5 6 7 8

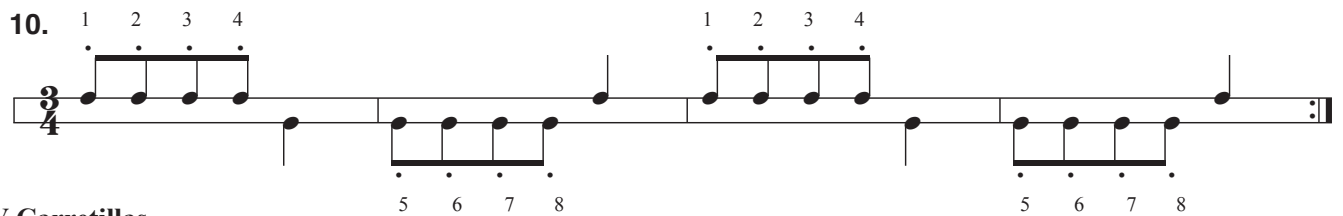
7. 4 3 2 1 4 3 2 1

8 7 6 5 8 7 6 5

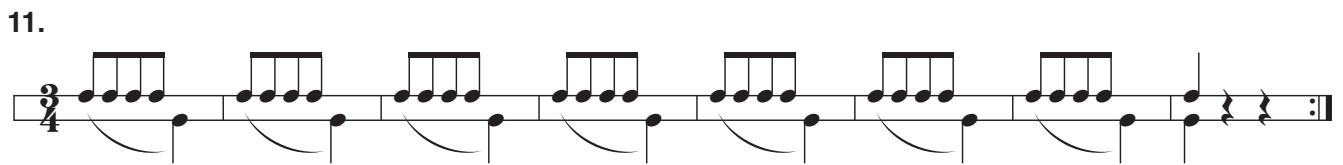
III Carretilla picada

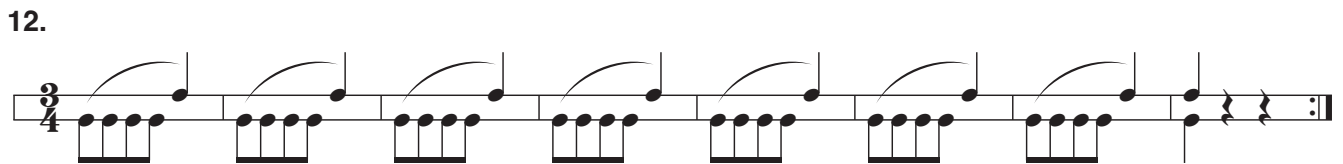
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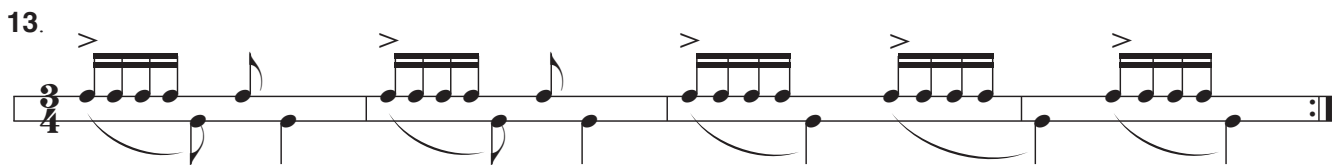
9. 

10. 

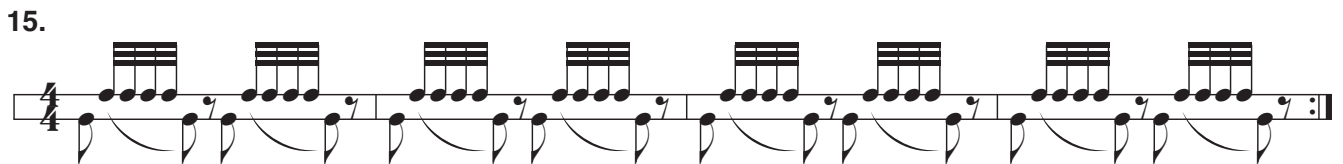
IV Carretillas

11. 

12. 

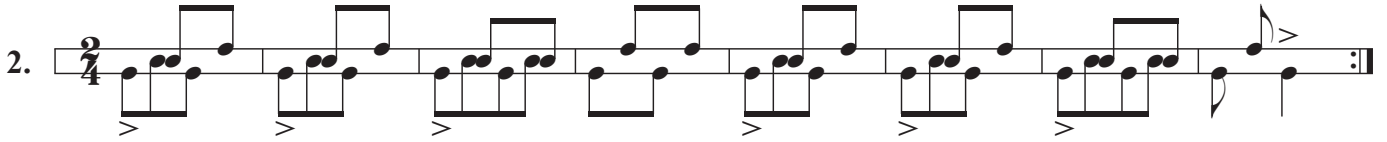
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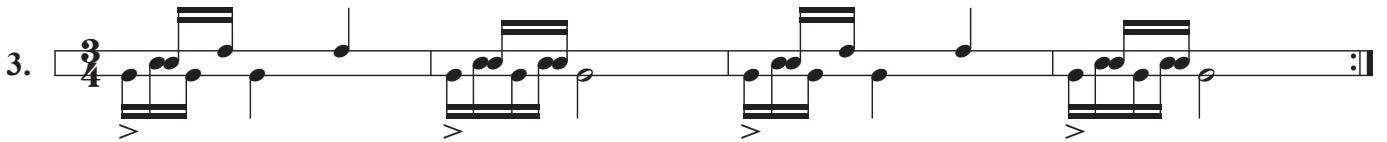
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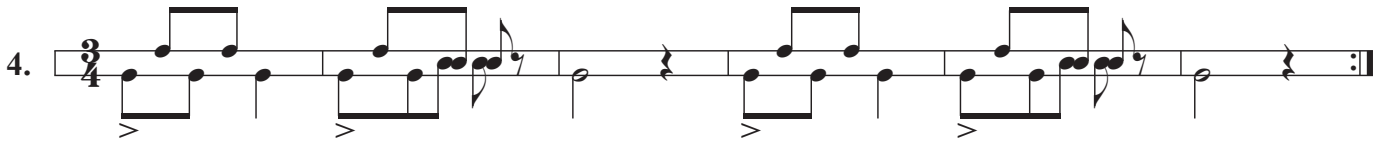
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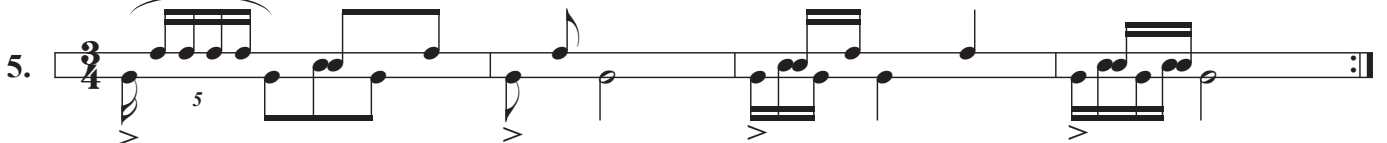
V Posticeos etc.

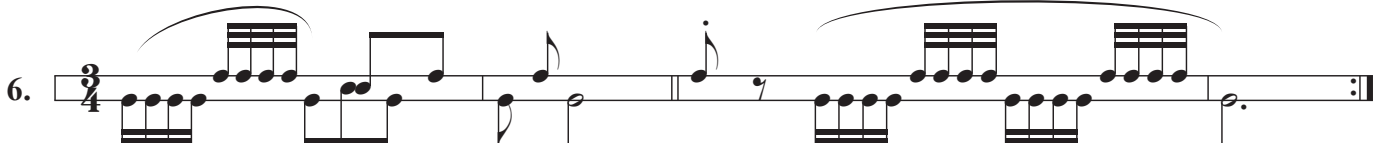
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