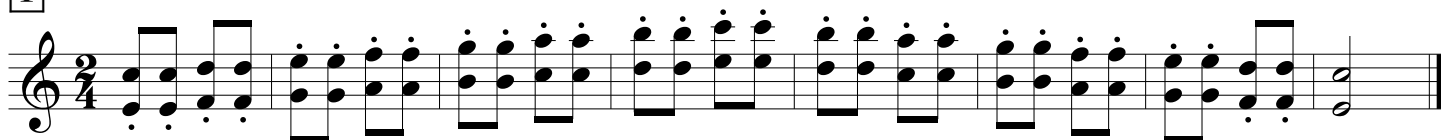
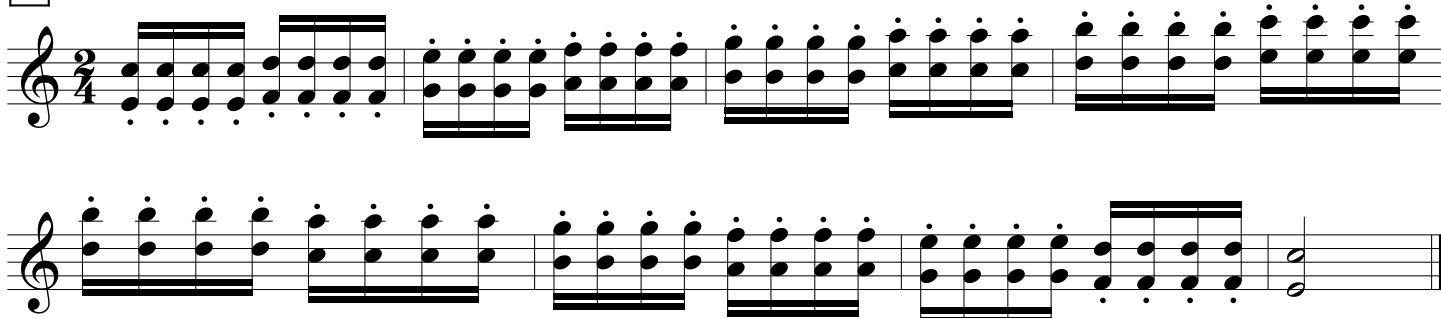


Examples [1], [2] and [3] are for practicing with forearms and palms.
When practicing [1] and [2], the palms use one energy per measure.

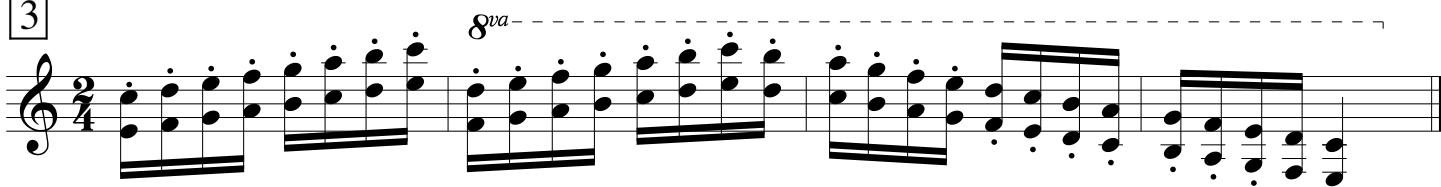
[1]



[2]

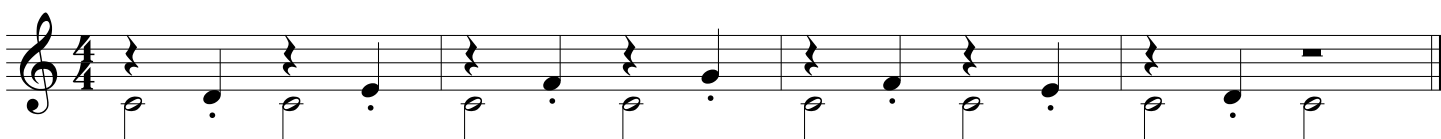


[3]



Examples [1] and [2] are used for finger exercises.

[1]



[2]

