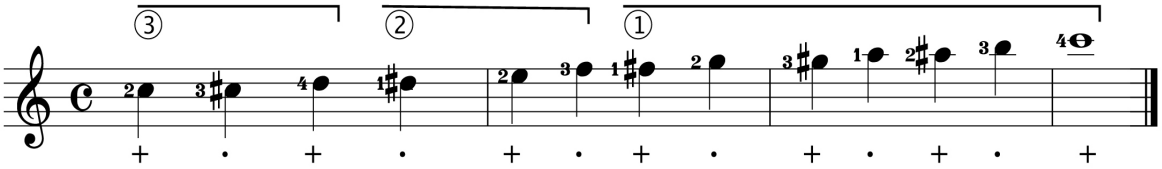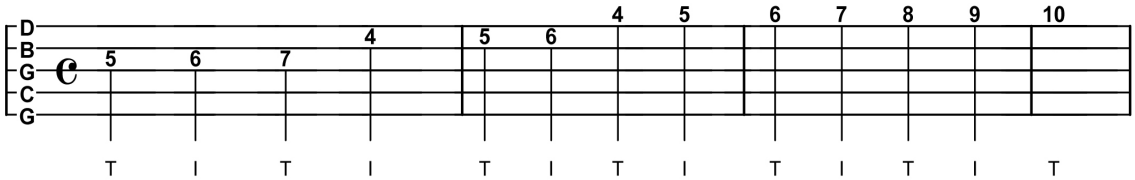Fingering exercise, chromatic and alternate fingering