

# Alternate fingering exercise

to increase speed of both hands

The exercise is written for a single melodic line on a treble clef staff in common time (C). It consists of six staves of music, each followed by a rhythm pattern indicated by dots and plus signs. The notes are quarter notes, and the exercise is designed to be played with both hands, alternating between the right and left hands for each staff.

**Staff 1:** 0 1 3 4 0 2 0 1 | 0 1 0 2 0 4 3 1 |  
Rhythm: . + . + . + .. + . + . +

**Staff 2:** 3 4 0 2 0 1 0 2 | 3 2 0 1 0 2 0 4 | 0 2 0 1 0 2 3 0 |  
Rhythm: . + . + . + .. . .. + . + . + . + .. . .. +

**Staff 3:** 4 0 3 2 0 1 0 2 | 0 1 0 2 3 0 1 3 | 4 3 2 0 3 2 0 1 |  
Rhythm: .. + .. . .. + . + . + .. . .. + .. . .. +

**Staff 4:** 0 1 0 2 3 0 1 3 | 1 0 3 2 0 1 0 2 | 0 2 0 1 0 2 3 0 |  
Rhythm: . + .. . .. + .. . .. + .. + . + . + .. . .. +

**Staff 5:** 3 2 0 1 0 2 0 4 | 3 4 0 2 0 1 0 2 | 0 1 0 2 0 4 3 1 |  
Rhythm: .. . .. + . + . + . + . + . + .. . .. + . + . +

**Staff 6:** 0 1 3 4 0 2 0 1 | 0 1 0 2 0 4 3 1 | 0 1 0 2 0 4 3 1 |  
Rhythm: . + . + .. . + . .. + . + . + 0

# Alternate Fingering Exercise

First system of the exercise, showing a sequence of notes on a four-line staff (D, B, G, G) with fingerings (0, 2, 4, 5, 0, 2, 0, 1, 3, 1, 0, 2, 0, 5, 4, 2) and alternating 'I' and 'T' markings below the staff.

Second system of the exercise, continuing the sequence of notes and fingerings (0, 2, 3, 2, 0, 0, 1, 0, 2, 0, 5, 0, 2, 0, 1, 0, 2, 3, 7, 3, 2, 0, 1, 0, 2) with alternating 'I' and 'T' markings.

Third system of the exercise, continuing the sequence of notes and fingerings (0, 2, 3, 7, 9, 10, 9, 7, 3, 2, 0, 1, 0, 1, 0, 2, 3, 7, 9, 7, 3, 2, 0, 1, 0, 2) with alternating 'I' and 'T' markings.

Fourth system of the exercise, continuing the sequence of notes and fingerings (0, 2, 3, 3, 2, 0, 1, 0, 2, 0, 5, 4, 5, 0, 2, 0, 1, 0, 2, 0, 5, 4, 2, 0) with alternating 'I' and 'T' markings.

Fifth system of the exercise, concluding the sequence of notes and fingerings (0, 2, 4, 5, 0, 2, 0, 1, 3, 1, 0, 2, 0, 5, 4, 2, 0) with alternating 'I' and 'T' markings.