

# Hand Technique Exercise



Key:  
 U = Up Stroke      R = Right Hand  
 D = Down Stroke    L = Left Hand  
 F = Full Stroke  
 T = Tap Stroke      > = Accent

1

RH  
LH  
BH

2

RH  
LH  
BH

3

RH  
LH  
BH

4

RH  
LH  
BH

5

RH  
LH  
BH

6

L R R L L R R L L R R L L R L L R L R L

7

L R L R L R L R L R L R L R L R L R L