

Thomas Lang

Warmup and Strength Building Exercises For The Hands

1 Sing Stroke Wrist Exercise

①3:45 R L R L R L R L R L R L R L R L

2 16th Notes With Quarter Note Accents

②6:13 R L R L R L R L R L R L R L R L

3 Unison Strokes

③12:17 B B B B B B B B B B B B B B B B

4 Unison Accented Strokes

④14:30 B B B B B B B B B B B B B B B B

5 | Accent Variation 3,3,2

A musical staff consisting of two measures of eighth-note pairs. The first measure starts with a key signature of one sharp (F#) and a common time signature. The second measure starts with a key signature of no sharps or flats and a common time signature. Each pair of notes is preceded by a right-angle bracket above the staff and a greater-than sign (>) to its left, suggesting a dynamic like 'greater than' or 'more than' the previous pair.

6 | Accent Variation 4,4,3,3,2

A musical staff consisting of ten measures of eighth notes. The notes are grouped into pairs by vertical bar lines. Above each group of two notes is a greater-than symbol (>), likely indicating a dynamic or performance instruction.

7 Unison To Alternate Stroke 3,3,2

8 Weak Hand Exercise

A musical staff in common time with a key signature of one sharp (F#). It features a repeating eighth-note pattern: a note on the first line, a note on the second line, a note on the third line, and a note on the fourth line. This pattern repeats four times across the staff.

⌚22:52 R R R R L L L L L L L L L L L L L L

9 Unison To Alternate (Four Bars)

① 25:16 B B B B B B B B B B B B B B B B