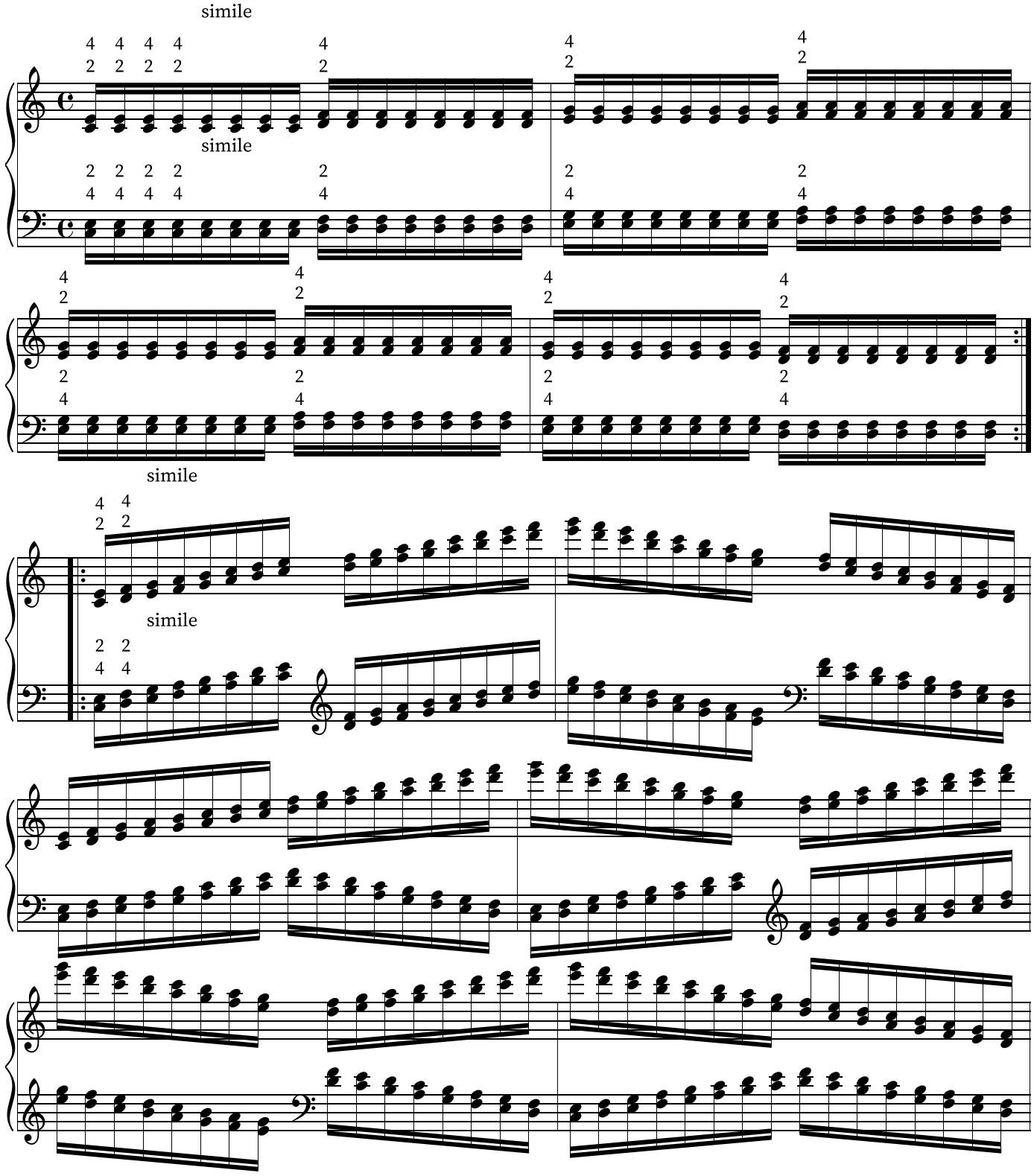
No. 48

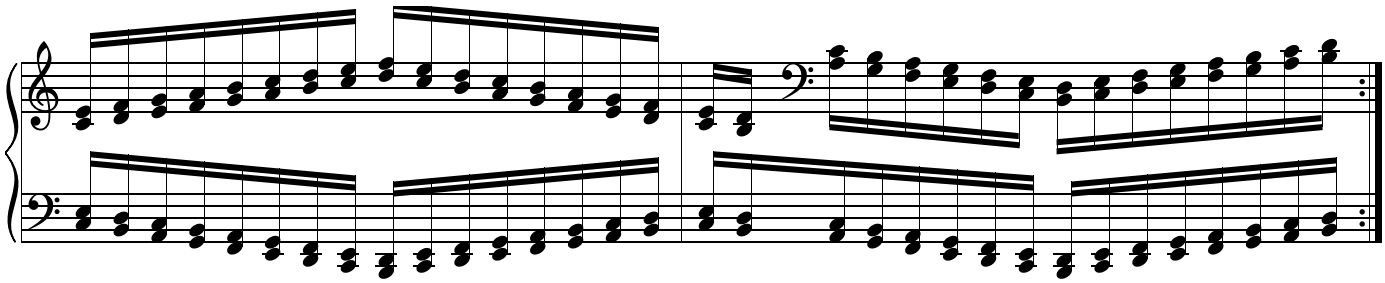
Wrist - exercise.

Detached Thirds and Sixths.

(M.M. ♩ = 40 to 84)

Lift the wrists well after each stroke, holding the arms perfectly quiet; the wrist should be supple, and the fingers firm without stiffness. Practise the first four measures until an easy wrist-movement is obtained; then take up the rest of the exercise.





Detached Sixths

Same remarks as for the thirds.

