

(3-4-5) (1) Special exercise for the 3<sup>rd</sup>, 4<sup>th</sup> and 5<sup>th</sup> fingers of the hand.

4.

1 2 1 2 5  
5 4 5 3 1

1 2 2 5  
5 4 5 3 1

1  
5

1  
5

1  
5

(1) 5 4 5 2 1  
1 2 1 3 5

5  
1

5  
1

5  
1

5  
1

5  
1