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Normal curve of the finger

Rapid flattening of the 1st joint

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Flat 1st joint

Rapid curving of the finger

- A. Use No. 1 from the 10 Ways to Practice
- B. Do the same on all strings.
- C. Do the same on all positions particularly 3rd or 4th and 8th.

**NOTE:**

FIRST-employ the finger and wrist action.

SECOND-employ the finger and arm action. (Resist the breaking of the wrist)