This exercise should be played with each pair of adjacent fingers, except 1&2.
It should be practised separate hands only.

The interval used need not be a perfect 4th. Choose an interval which comfortably stretches each pair of fingers - it might well be different for each pair.
Exercise No 2

To be practised hands separately

..and so on, up to the trill with 4&5

..and so on, up to the trill with 2&1

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Exercise No 3
Separate hands only.
Also to be played with 1&3 and 1&4
This exercise should be played with a rotary movement of the forearm.
Pronate to play the thumb and supinate to play the finger.

Exercise No 4
Separate hands only.
Also to be played with all other pairs of adjacent fingers.

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