

Two Handed Tips

Closing your eyes will help relax the body and to focus the mind, giving yourself permission to relax the hands more and learn coordination. For people who do not read music: left hand: play the same string and let the right hand play random strings - first alternate hands, then pluck strings the same time. Then mix it up!

**The following exercise works wonders! I call it the "alternate hand" pattern:
Do the SAME note for the bass. Play treble notes at random!**

Then try these exercises. I call these the "same time" patterns

Now try to "mix " the note patterns up:

**As you practice these exercises, you will find coordination will naturally follow!
Play the patterns one hand at a time with each clef, then try to pluck different notes at the SAME
time. That what music is ! A series of patterns played the same time or one at a time!**

*You must always do the thing you think you cannot do
Eleanor Roosevelt*

Now try to add a 2 pattern with the treble hand. Keep playing the SAME one bass note
 One note in the 2 pattern is played the SAME time
 as one bass note, then play the other treble note by itself

Try a 3 note pattern on the treble hand with the same bass note!

Now try the "alternate hand" approach, first one hand, then the next etc.

Try a 3 pattern as the "alternate hand" approach

Now try to mix all the patterns up. This is what happens in music. The right hand plays
 the same time as a bass note is plucked, or they "take turns"

If you keep on saying things are going to be bad,
 you have a good chance of being a prophet
 Jssace Bashevis Singer

Now try these patterns! Continue on with this idea and play at random with the dominant hand, keeping a fixed bass pattern with the non-dominant hand. This will teach your body coordination!

The first system of music consists of two staves. The treble clef staff contains three measures of eighth notes: the first measure has a quarter rest followed by eighth notes G4, F4, and E4; the second measure has eighth notes D4, C4, and B3; the third measure has eighth notes A3, G3, and F3. The bass clef staff contains three measures of a steady quarter-note pattern: G2, A2, B2, C3, D3, E3, F3, G3, A3, B3, C4, D4, E4, F4, G4, A4, B4, C5, D5, E5, F5, G5, A5, B5, C6, D6, E6, F6, G6, A6, B6, C7, D7, E7, F7, G7, A7, B7, C8, D8, E8, F8, G8, A8, B8, C9, D9, E9, F9, G9, A9, B9, C10, D10, E10, F10, G10, A10, B10, C11, D11, E11, F11, G11, A11, B11, C12, D12, E12, F12, G12, A12, B12, C13, D13, E13, F13, G13, A13, B13, C14, D14, E14, F14, G14, A14, B14, C15, D15, E15, F15, G15, A15, B15, C16, D16, E16, F16, G16, A16, B16, C17, D17, E17, F17, G17, A17, B17, C18, D18, E18, F18, G18, A18, B18, C19, D19, E19, F19, G19, A19, B19, C20, D20, E20, F20, G20, A20, B20, C21, D21, E21, F21, G21, A21, B21, C22, D22, E22, F22, G22, A22, B22, C23, D23, E23, F23, G23, A23, B23, C24, D24, E24, F24, G24, A24, B24, C25, D25, E25, F25, G25, A25, B25, C26, D26, E26, F26, G26, A26, B26, C27, D27, E27, F27, G27, A27, B27, C28, D28, E28, F28, G28, A28, B28, C29, D29, E29, F29, G29, A29, B29, C30, D30, E30, 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