

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!**

The musical notation consists of two staves, treble and bass. The bass staff contains a repeating pattern of quarter notes: G2, F2, E2, D2. The treble staff contains random quarter notes: G4, F4, E4, D4, C4, B3, A3, G3, F3, E3, D3, C3, B2, A2, G2.

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

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Now try to "mix " the note patterns up:

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**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*