

Whistle Shift Exercises


1st position to 2nd position and back from index finger

1 1 1 1 1 1 1 1 1 1 1 1 2 2 2 2 1
1 1 1 3 3 3 3 1 1 1 1 4 4 4 4 1
1 1 1 1 1 1 1 1 1 1 1 1 2 2 2 2 1
1 1 1 3 3 3 3 1 1 1 1 4 4 4 4 1
1 1 1 1 1 1 1 1 1 1 1 1 2 2 2 2 1
1 1 1 3 3 3 3 1 1 1 1 4 4 4 4 1
1 1 1 1 1 1 1 1 1 1 1 1 2 2 2 2 1

1st position to 2nd position and back from middle finger

2 2 2 2 2 2 2 2 2 2 2 3 3 3 3 2
2 2 2 4 4 4 4 2
2 2 2 2 2 2 2 2 2 2 2 3 3 3 3 2
2 2 2 4 4 4 4 2


2 2 2 2 2 2 2 2 2 2 2 3 3 3 3 2



2 2 2 4 4 4 4 2



2 2 2 2 2 2 2 2 2 2 2 3 3 3 3 2




2 2 2 4 4 4 4 2



1st position to 2nd position and back from ring finger

3 3 3 3 3 3 3 3 3 3 3 4 4 4 4 3



3 3 3 3 3 3 3 3 3 3 3 4 4 4 4 3



3 3 3 3 3 3 3 3 3 3 3 4 4 4 4 3

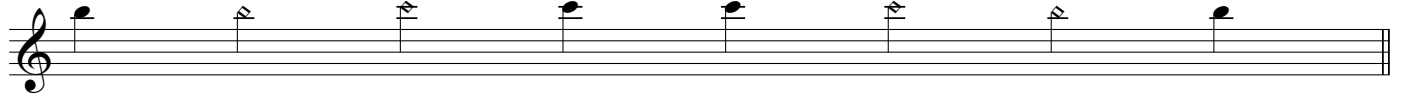


3 3 3 3 3 3 3 3 3 3 3 4 4 4 4 3




1st position to 2nd position and back from pinky finger

4 4 4 4 4 4 4 4 4



4 4 4 4 4 4 4 4 4



4 4 4 4 4 4 4 4 4



4 4 4 4 4 4 4 4 4



1st position to 3rd position and back from index finger

1 1 1 1 1 1 1 1 1 1 1 2 2 2 2 1
1 1 1 3 3 3 3 1 1 1 1 4 4 4 4 1
1 1 1 1 1 1 1 1 1 1 1 2 2 2 2 1
1 1 1 3 3 3 3 1 1 1 1 4 4 4 4 1
1 1 1 1 1 1 1 1 1 1 1 2 2 2 2 1
1 1 1 3 3 3 3 1 1 1 1 4 4 4 4 1
1 1 1 1 1 1 1 1 1 1 1 2 2 2 2 1
1 1 1 3 3 3 3 1 1 1 1 4 4 4 4 1

1st position to 3rd position and back from middle finger

2 2 2 2 2 2 2 2 2 2 2 3 3 3 3 2
2 2 2 4 4 4 4 2
2 2 2 2 2 2 2 2 2 2 2 3 3 3 3 2
2 2 2 4 4 4 4 2

2 2 2 2 2 2 2 2 2 2 2 3 3 3 3 2

2 2 2 4 4 4 4 2

2 2 2 2 2 2 2 2 2 2 2 3 3 3 3 2

2 2 2 4 4 4 4 2

1st position to 3rd position and back from ring finger

3 3 3 3 3 3 3 3 3 3 3 4 4 4 4 3

3 3 3 3 3 3 3 3 3 3 3 4 4 4 4 3

3 3 3 3 3 3 3 3 3 3 3 4 4 4 4 3

3 3 3 3 3 3 3 3 3 3 3 4 4 4 4 3

1st position to 3rd position and back from pinky finger

4 4 4 4 4 4 4 4 4

4 4 4 4 4 4 4 4 4

4 4 4 4 4 4 4 4 4

4 4 4 4 4 4 4 4 4