

Open Close Basic

f: full (open) stroke
o: open stroke
c: closed stroke

Exercise OC1

f f f f f f f f

o c o c o c o c o c o c o c

o c o c o c o c o c o c o c o c o c

o c o c o c o c o c o c o c o c o c o c

Notes: Play both R and L hands together. Can also be practiced with each hand separately