

Element 19

right hand thumb and index sequence exercise

Moto Fukushima

17 16 14 17 15 14 15 17 14 15 17 19 15 17 14 16 16 17
15 15 15 15 13 14 15 17 16 17 17 16 16 15 14 13 13 12

3

17 16 14 12 10 12 14 12 10 9 7 10 7 9 7
15 11 10 10 10 10 8 7 10 7 10 7 7 7
12 11 10 10 10 10 8 7 10 7 10 8