



Arm-to-Arm Independence

Arm-to-Arm Independence is the skill of doing one motion with one arm and a different motion with the other arm at the same time.

Preparation before Playing

On a tabletop or the fallboard, practice the different motions of the following exercises, hands separately and then hands together.

Three Steps for Developing Arm-to-Arm Independence:

- A. *Practice hands separately* at first.
- B. *Practice hands together slowly.*
- C. **Be patient!** Developing the brain connections for arm-to-arm independence takes time.

1

1 slur
mf
1 forearm staccato

2

forearm staccato
1
mf slur
1

3

1 elastic wrist
mf
5 rolling wrist