

Single Stroke Seven - Exercise 1

1 of 2

Exercise 1 consists of four rows of musical notation, each containing three measures. Each measure is marked with a '6' above the staff, indicating a sixteenth-note triplet. The notation is in treble clef with a 2/4 time signature. Below each measure, the fingerings and stroke directions are indicated by numbers and arrows.

Row 1:

- Measure 1: 1 1 2 2 3 3 4 (↑ ↓ ↑ ↓ ↑ ↓ ↑)
- Measure 2: 4 4 3 3 2 2 1 (↓ ↑ ↓ ↑ ↓ ↑ ↓)
- Measure 3: 2 2 3 3 4 4 5 (↑ ↓ ↑ ↓ ↑ ↓ ↑)

Row 2:

- Measure 1: 5 5 4 4 3 3 2 (↓ ↑ ↓ ↑ ↓ ↑ ↓)
- Measure 2: 3 3 4 4 5 5 6 (↑ ↓ ↑ ↓ ↑ ↓ ↑)
- Measure 3: 6 6 5 5 4 4 3 (↓ ↑ ↓ ↑ ↓ ↑ ↓)

Row 3:

- Measure 1: 4 4 5 5 6 6 7 (↑ ↓ ↑ ↓ ↑ ↓ ↑)
- Measure 2: 7 7 6 6 5 5 4 (↓ ↑ ↓ ↑ ↓ ↑ ↓)
- Measure 3: 5 5 6 6 7 7 8 (↑ ↓ ↑ ↓ ↑ ↓ ↑)

Row 4:

- Measure 1: 8 8 7 7 6 6 5 (↓ ↑ ↓ ↑ ↓ ↑ ↓)
- Measure 2: 6 6 7 7 8 8 9 (↑ ↓ ↑ ↓ ↑ ↓ ↑)
- Measure 3: 9 9 8 8 7 7 6 (↓ ↑ ↓ ↑ ↓ ↑ ↓)

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6

10 10 9 9 8 8 7
↑ ↓ ↑ ↓ ↑ ↓ ↑

6

7 7 8 8 9 9 10
↓ ↑ ↓ ↑ ↓ ↑ ↓

6

9 9 8 8 7 7 6
↑ ↓ ↑ ↓ ↑ ↓ ↑

6

5 6 6 7 8 8 9
↓ ↑ ↓ ↑ ↓ ↑ ↓

6

8 8 7 7 6 5 5
↑ ↓ ↑ ↓ ↑ ↓ ↑

6

4 5 5 6 6 7 8
↓ ↑ ↓ ↑ ↓ ↑ ↓

6

7 7 6 5 5 4 4
↑ ↓ ↑ ↓ ↑ ↓ ↑

6

3 4 4 5 5 6 6
↓ ↑ ↓ ↑ ↓ ↑ ↓

6

6 5 5 4 4 3 2
↑ ↓ ↑ ↓ ↑ ↓ ↑

6

2 3 3 4 4 5 5
↓ ↑ ↓ ↑ ↓ ↑ ↓

6

5 4 4 3 3 2 2
↑ ↓ ↑ ↓ ↑ ↓ ↑

6

1 2 2 3 3 4 5
↓ ↑ ↓ ↑ ↓ ↑ ↓

6

4 3 3 2 2 1 1
↑ ↓ ↑ ↓ ↑ ↓ ↑