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Harp Exercises For Agility And

You will get exercises for two note chords, triads, inversions, four finger arpeggios, rolled chords, slides, jumps, cross-overs and unders etc. No matter if you need them for warming up or practicing agility and speed, the exercises are good and varied so everyone find what they need.

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## Harp Exercises For Agility And Speed

Harp Exercises for Agility and Speed. Written by Deborah Friou for Lever or Pedal Harp. £ 17.00.

Quantity: at £ 17.00 each. Add To Basket. Standard: Method for All Harp Type: Anything with Strings! This book of harp exercises was designed by Deborah Friou to help harp players develop and maintain strength, suppleness and agility in the fingers and hands.

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muscles in the hand; permitting more flexibility in the hand. Hand Exercise #2: Web Stretch Stretches the small muscles in the hand and between the ligaments in the hands. Hand Exercise #3: Finger Stretch Stretches the fingers and allows for more flexibility in the joints. Exercise #4: Forearm Stretch

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Hand Exercises for Harpists - My Harp's Delight  
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Verified Purchase. This book can be used by harpists of all levels and the tuning is in the key of C. You will get exercises for two note chords, triads, inversions, four finger arpeggios, rolled chords, slides, jumps, cross-overs and unders etc. No matter if you need them for warming up or practicing agility and speed, the exercises are good and varied so everyone find what they need.

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