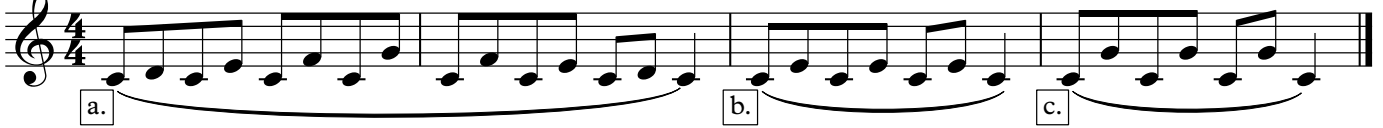


# Finger Workouts

1. Use a mirror to ensure that your fingers stay arched and close to the holes. Try and move them as little as possible, and keep your finger pressure very relaxed.

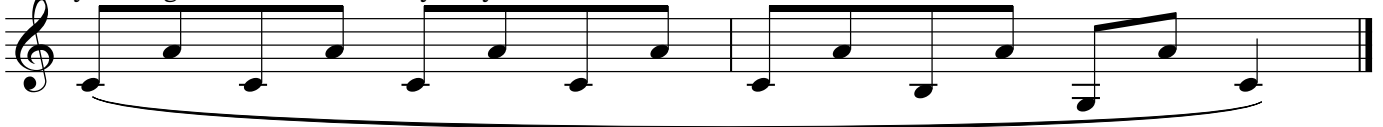


(See video <http://youtu.be/VvOETnVqRiM> for more details to help with lines 1 and 2.)

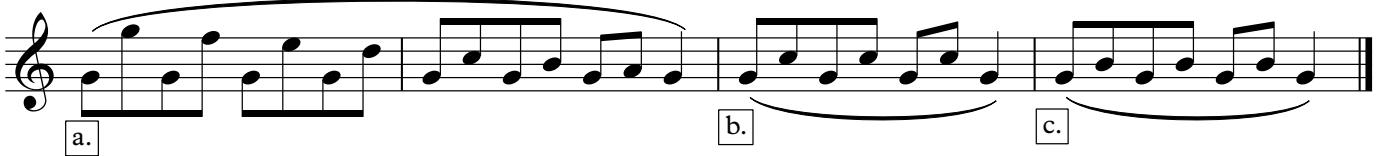
2. Roll your top finger up to the A key while still fingering E. Notice which part of your finger hits the A key.



3. Look in a mirror to ensure that your fingers move as little as possible. Ensure that you use the same part of your finger to touch the "A key" as you did in line 2.



4. Ensure that your thumb moves as little as possible. Use your resonator fingers for the throat tone A.  
(See video <http://youtu.be/MDp6VDUgOOU> for resonator fingering information)



5. Use your resonator fingerings for the A. When you move to the high register, move your thumb as little as possible.

