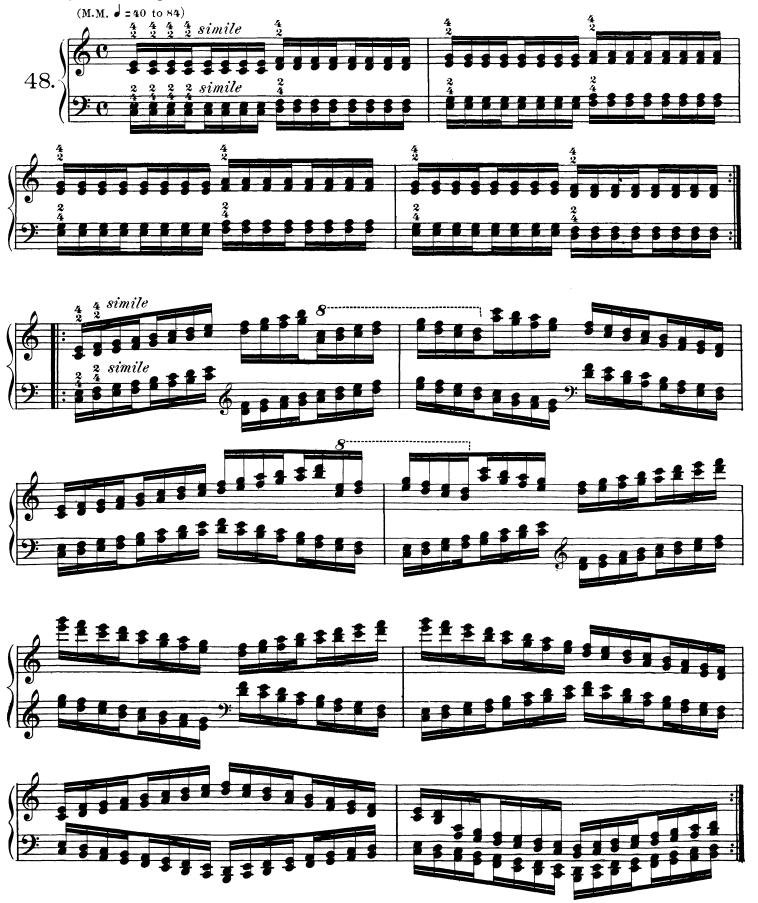
Wrist - exercise. Detached Thirds and Sixths.

Lift the wrists well after each stroke, holding the arms perfectly quiet; the wrist should be supple, and the fingers firm without stiffness. Practise the first four measures until an easy wrist-movement is obtained; then take up the rest of the exercise.



Same remarks as for the thirds. $(M.M. \ne 30 \text{ to } 84)$

