

TABLE OF CONTENTS

COORDINATION

Parent Pointers

The Thumb and Forearm Motion..... 1

PentaScale Patterns Maps

Map 1.....3

Map 2.....4

Map 3.....5

Warm Ups and Solos

LH Warm Up 1A and 1: IN and OUT..... 6

RH Warm Up 1A and 1: IN and OUT..... 8

HT Warm Up 1A and 1: IN and OUT..... 10

Choo-Choo Train..... 11

LH Warm Up 2: FingerPad Clusters..... 12

RH Warm Up 2: FingerPad Clusters..... 13

HT Warm Up 2: FingerPad Clusters..... 14

Taxi Cab..... 15

LH Warm Up 3: IN and OUT with Thirds..... 16

RH Warm Up 3: IN and OUT with Thirds..... 17

HT Warm Up 3: IN and OUT with Thirds..... 18

Shining Star..... 19

LH Warm Up 4: IN and OUT with Seconds.....20

RH Warm Up 4: IN and OUT with Seconds..... 21

HT Warm Up 4: IN and OUT with Seconds..... 22

Marching Band..... 23

LH Warm Up 5: Push Offs..... 24

RH Warm Up 4: Push Offs..... 25

HT Warm Up 4: Push Offs..... 26

Flags on Parade..... 27

Ode to Joy 28

Bought Me A Cat..... 30