

Claw hand exercises - double thumbing

1 - Downward progression

bum pa dit ty bum pa dit ty

2 - Down and up

3 - Alternating 1st and 3rd strings

4 - Alternating 2nd and 4th strings

5 - Alternating 1st, 3rd, 2nd, 4th strings

6 - Alternating 3rd and 1st strings

7 - Alternating 4th and 2nd strings

8 - Alternating 3rd, 1st, 4th, 2nd strings