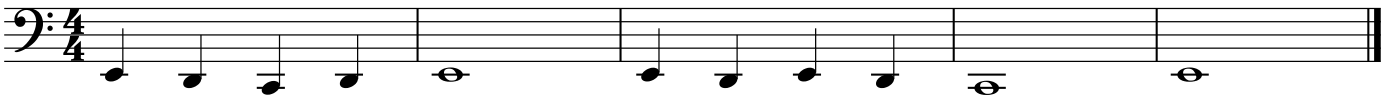
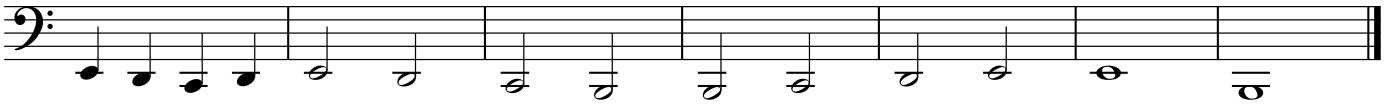
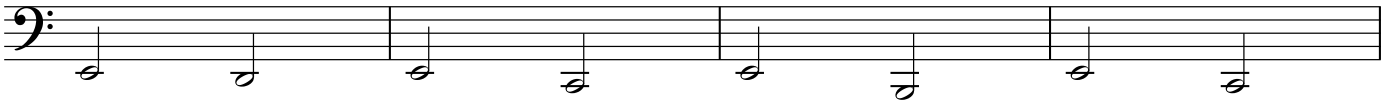
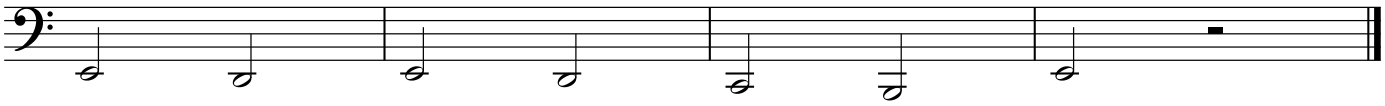
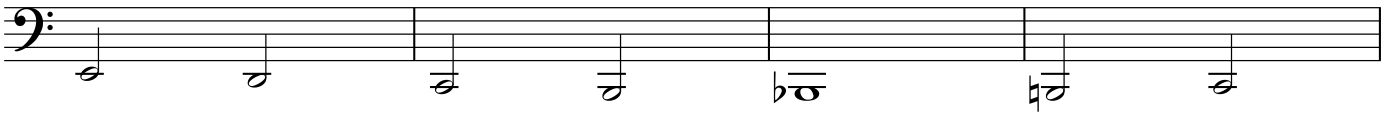
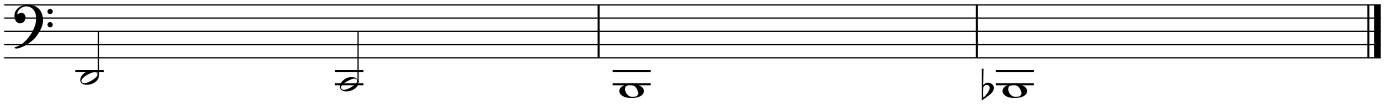
"The Spiral"
Left Hand Thumb

For the best practice, play these at a slow tempo and use the same artilcation throughout the whole exercise, without changing.
It is recommeded to being with slurring all pitches together to allow yourself time to focus on keeping your fingers close to the tone holes and you are not adding any unnecessary tension in your body.

Stepping through E-D-C

Adding B

Intervals

Adding Bb