

Blocking Techniques

E⁹ 3:42

Exercises For Strengthening Fingers - Not seen on video

1	Index Finger	Middle Finger	Thumb	
2	Exercise	Exercise	Exercise	
3	R	R	R	
4	P	E	e	
5	O P	O P	O p	
6	e	O E	O e	
7	O O a	O A	O a	
8	O t	O T	O +	
9				
10	i T i m	m m i T	T T m i	