

The Two-Finger Free Stroke Exercise

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prepare *i*
p

prepare *m*
p

prepare *a*
p

prepare

T
A
B

4

m
i

prepare *a*
m

prepare *a*
i

prepare

T
A
B

Thumb = pulgar (p)
Index finger = indicio (i)
Middle finger = medio (m)
Ring finger = anular (a)