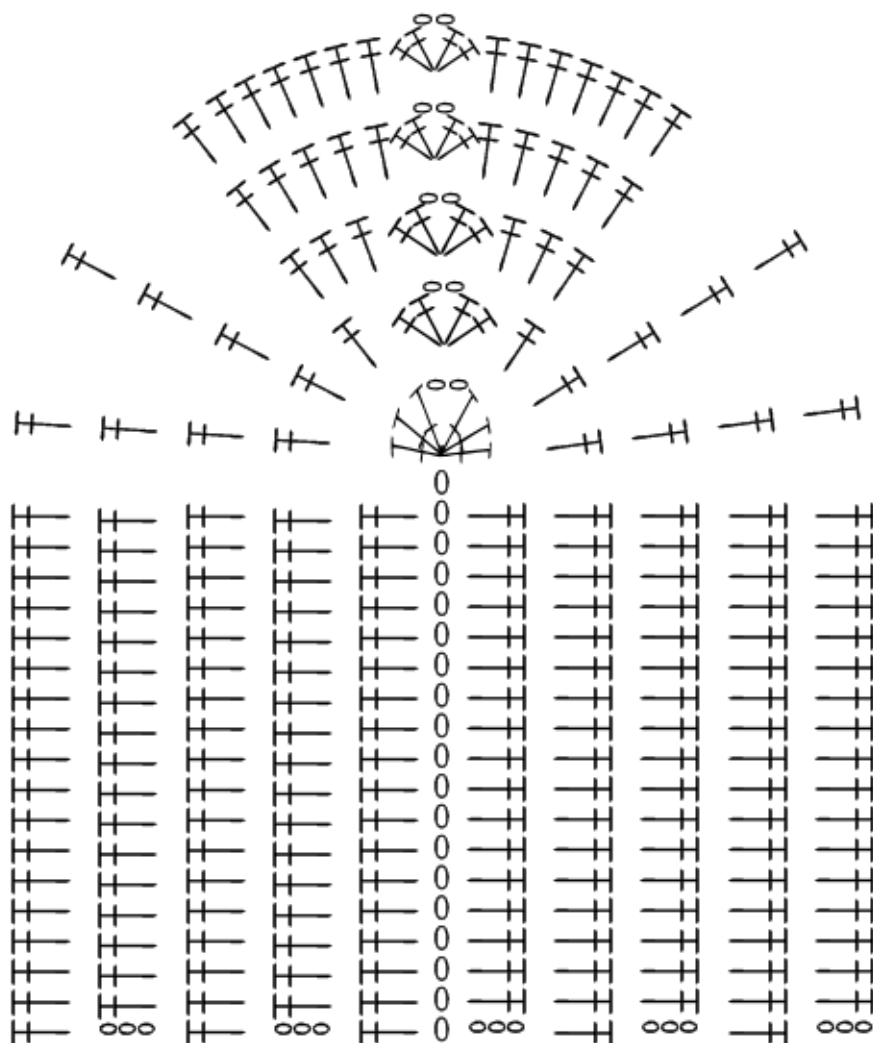


Gráfico 1

Continue repetindo a sequência até a 12ª carr



Legenda

- = corrente
- ⌏ = ponto alto

Gráfico 2

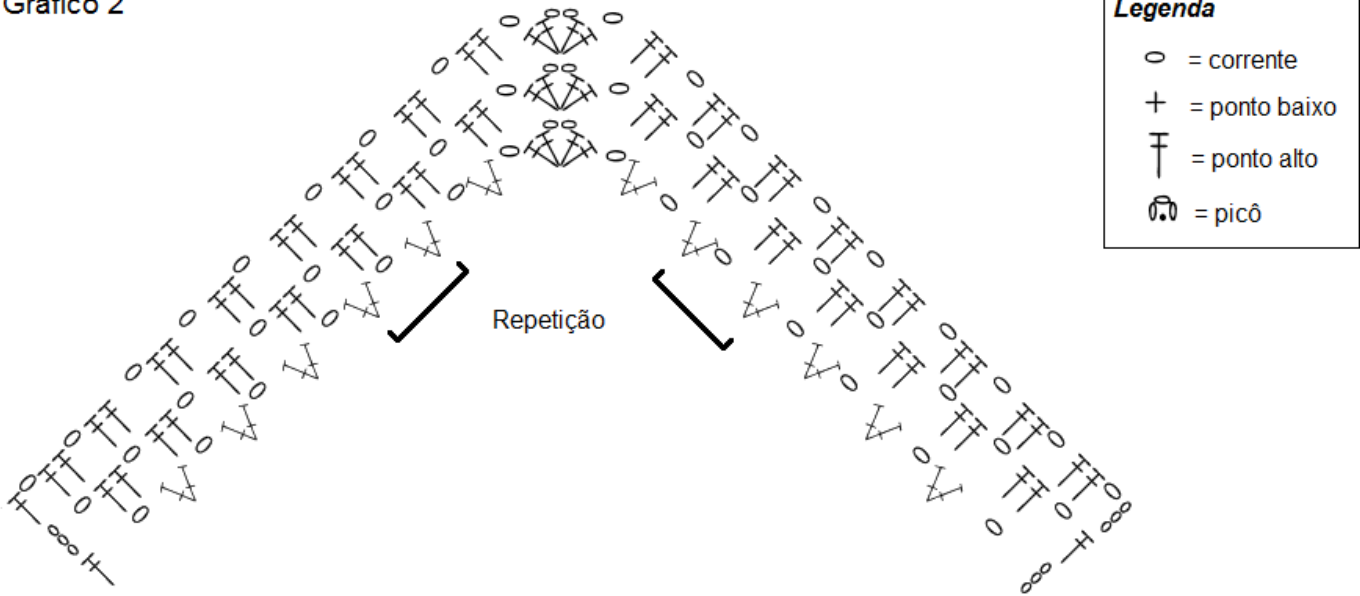


Gráfico 3

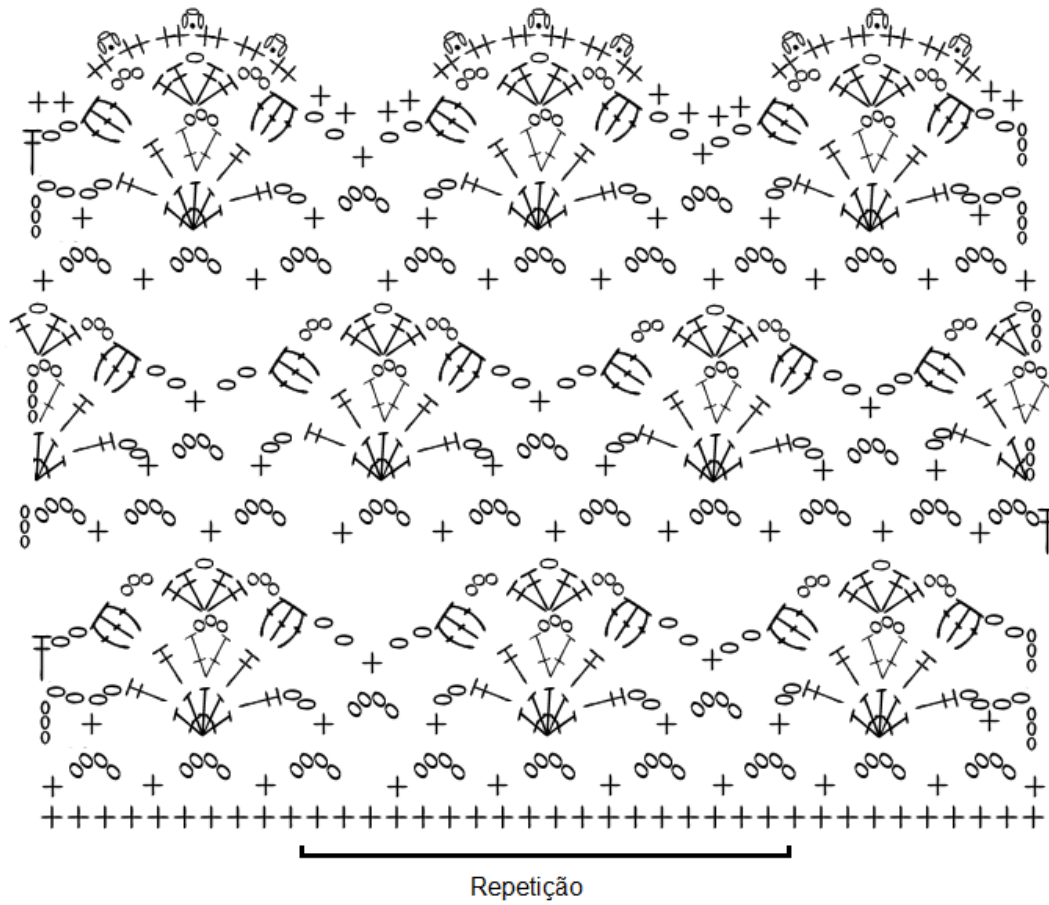


Diagram illustrating the sequence of movements for the exercise:

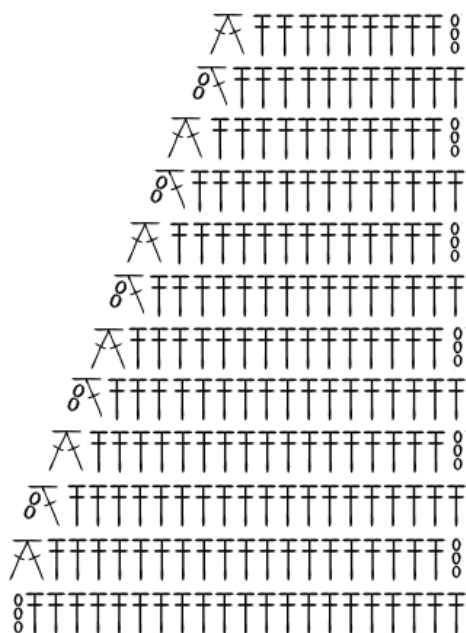
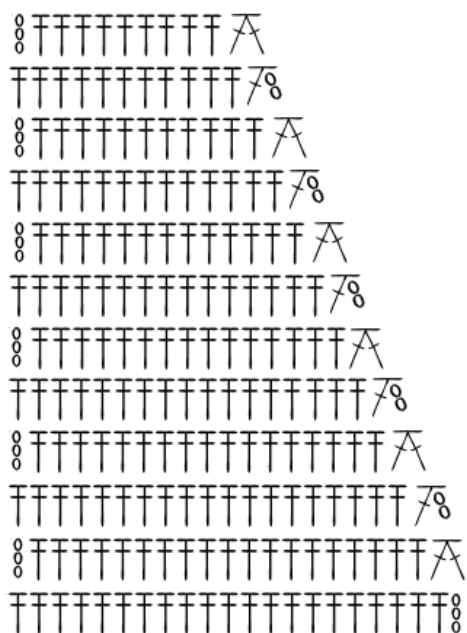
Repetição ao redor dos bojos

Nas laterais do barrado

Lado direito

Lado izquierdo

Cont. repetindo até a 19ª carr, depois siga sem diminuir



Legenda

0 = corrente

+ = ponto baixo

‡ = ponto alto

 = diminuição

 = picô