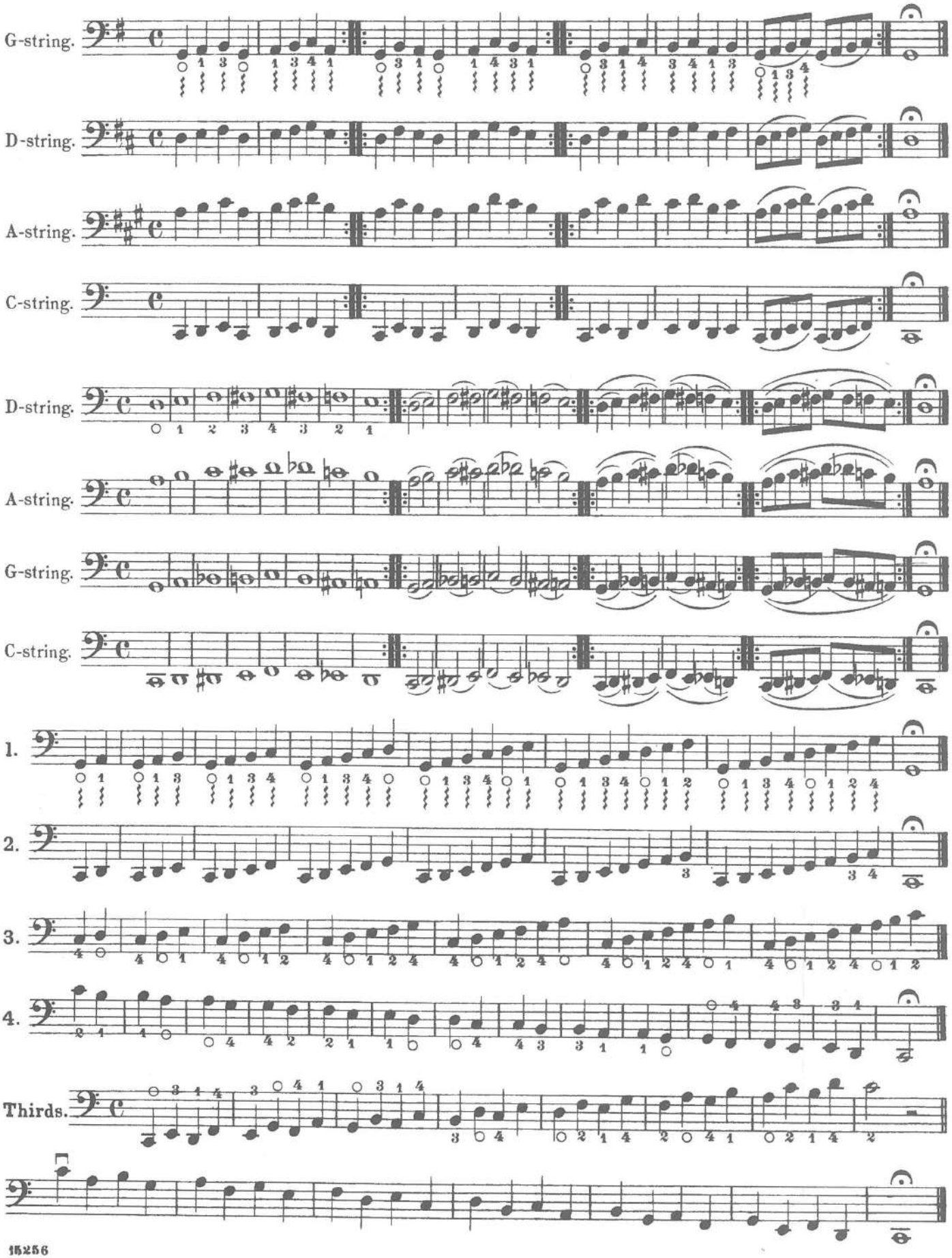Each of the following exercises must be practised very slowly to begin with; at first in whole notes, then in half notes, later in quarter notes.