**Exercise List**

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| **Exercise No.** | **Description** |
|  | ***Simple Exercises*** |
| 1a | The Scale (up) |
| 1b | The Scale (down) |
| 2 | The Scale with ‘G’ Gracenote |
| 3 | Scale and Cross Finger Exercises |
| 4 | Gracenote Exercise |
|  | ***Finger Exercises*** |
| 5 | Double High ‘A’ |
| 6 | Double High ‘G’ |
| 7 | Double ‘F’ |
| 8 | Double ‘E’ |
| 9 | Double ‘D’ |
| 10 | Double ‘C’ |
| 11 | Double ‘B’ |
| 12 | Double ‘LA’ |
| 13 | Double ‘LG’ |
| 14 | Throw on ‘D’ |
| 15 | Doublings ‘C’ and ‘B’ |
| 16 | Tachums |
| 17 | Reel Movement |
| 18 | Taorluaths |
| 19 | Lemluaths (Grips) |
|  | ***Doublings Exercises*** |
| 20 | Doublings Exercise (all doublings) |
|  | ***Strathspey and Reel Exercises*** |
| 21 | Strathspey Exercises |
| 22 | Reel Exercises |
| 23a | Birls |
| 23b | Birls with ‘G’ Gracenotes |
|  | ***Piobaireachd Exercises*** |
| 24 | Taorluath |
| 25 | Crunluath |
| 26 | Lemluath |
| 27 | Dre |
| 28 | Edre |
| 29 | Chedare |
| 30 | Dare |
| 31 | Vedare |
| 32 | Embari |
| 33 | Endari |
| 34 | Darodo |
| 35 | Horodin |
| 36 | Haradin |
| 37 | Throw on ‘D’ |
| 38 | Adeda |
| 39 | Double Echos |
| 40 | Taorluath A Mach |
| 41 | Crunluath A Mach |