

Basic Practice for Right Hand -1

1. DaDaDaDa RaRaRaRa || Play for all the notes
2. DaRaDaRa DaRaDaRa || Play for all the notes
3. DaRaDa DaRaDa DaRa || Play for all the notes || 3 3 2
4. DaRaDa DaRa DaRaDa || Play for all the notes || 3 2 3
5. DaRa DaRaDa DaRaDa || Play for all the notes || 2 3 3
6. RaDaRaDa RaDaRaDa || Play for all the notes
7. RaDaRa RaDaRa RaDa || Play for all the notes || 3 3 2
8. RaDaRa RaDa RaDaRa || Play for all the notes || 3 2 3
9. RaDa RaDaRa RaDaRa || Play for all the notes || 2 3 3
10. DiriDiri DaRa DaRa DaRa || Play for all the notes
11. DaRa DiriDiri DaRa DaRa || Play for all the notes
12. DaRa DaRa DiriDiri DaRa || Play for all the notes
13. DaRa DaRa DaRa DiriDiri || Play for all the notes
14. DiriDiri DiriDiri DaRa DaRa || Play for all the notes
15. DiriDiri DaRa DiriDiri DaRa || Play for all the notes
16. DaRa DiriDiri DiriDiri DaRa || Play for all the notes
17. DaRa DaRa DiriDiri DiriDiri || Play for all the notes
18. DaRaDa DaRaDa DaRa DiriDiri DaRa DaRa DaRa || Play for all the notes
DaRa DiriDiri DaRa DaRa || Play for all the notes
DaRa DaRa DiriDiri DaRa || Play for all the notes
DaRa DaRa DaRa DiriDiri || Play for all the notes

Combine with the 5th and 6th practice as well.

Basic Practice for Left Hand -1

I = Index Finger || II = Middle Finger

1. Sa Re Ga Ma Pa Dha Ni Śa | Śa Ni Dha Pa Ma Ga Re Sa||

a. R.Hand Bol Variations :

i> DaRa DaRa DaRa DaRa

ii> DaRaDa DaRaDa DaRa

iii> DaRaDa DaRa DaRaDa

iv> DaRa DaRaDa DaRaDa

b. L.Hand Finger Movement :

I I I I I I I I | II I I I I I I ||

2. SaRe ReGa GaMa MaPa PaDha DhaNi NiŚa | ŚaNi NiDha DhaPa PaMa
MaGa GaRe ReSa ||

a. R.Hand Bol Variations :

i> DaRa DaRa DaRa DaRa

ii> RaDa RaDa RaDa RaDa

b. L.Hand Finger Movement :

I II ,I II.....| II I, II I.....||

3. SaReGa ReGaMa GaMaPa MaPaDha PaDhaNi DhaNiŚa | ŚaNiDha
NiDhaPa DhaPaMa PaMaGa MaGaRe GaReSa ||

a. R.Hand Bol Variations :

i> DaRaDa DaRaDa DaRaDa DaRaDa

ii> DaRaDa RaDaRa DaRaDa RaDaRa

b. L.Hand Finger Movement :

I I II ,I I II| II I I, II I I.....||

4. SaReGaMa ReGaMaPa GaMaPaDha MaPaDhaNi PaDhaNiŚa | ŚaNiDhaPa
NiDhaPaMa DhaPaMaGa PaMaGaRe MaGaReSa ||

a. R.Hand Bol:

i> DaRa DaRa DaRa DaRa

b. L.Hand Finger Movement :

I I I II , I I I II..... | II I I I , II I I I.....||

5. SaReSaReGa ReGaReGaMa GaMaGaMaPa MaPaMaPaDha
PaDhaPaDhaNi DhaNiDhaNiŚa | ŚaNiŚaNiDha NiDhaNiDhaPa
DhaPaDhaPaMa PaMaPaMaGa MaGaMaGaRe GaReGaReSa ||

a. R.Hand Bol:

i> DaRa DaRaDa DaRa DaRaDa || 2 3 2 3

b. L.Hand Finger Movement :

I I I I II , I I I I II..... | II I I I I , II I I I I.....||

6. SaReGaGaReSa ReGaMaMaGaRe GaMaPaPaMaGa MaPaDhaDhaPaMa
PaDhaNiNiDhaPa DhaNiŚaŚaNiDha | ŚaNiDhaDhaNiSa
NiDhaPaPaDhaNi DhaPaMaMaPaDha PaMaGaGaMaPa MaGaReReGaMa
GaReSaSaReGa||

a. R.Hand Bol:

i> DaRaDaDaRaDa DaRaDaDaRaDa

ii> DaRaDaRaDaRa DaRaDaRaDaRa

b. L.Hand Finger Movement :

I I I I I I , I I I I I I..... | II I I I I I , II I I I I I..... ||

7. SaReGaSaReGaMa ReGaMaReGaMaPa GaMaPaGaMaPaDha
MaPaDhaMaPaDhaNi PaDhaNiPaDhaNiŚa | ŚaNiDhaŚaNiDhaPa
NiDhaPaNiDhaPaMa DhaPaMaDhaPaMaGa PaMaGaPaMaGaRe
MaGaReMaGaReSa ||

a. R.Hand Bol:

i> DaRaDaDaRaDaRa DaRaDaDaRaDaRa

b. L.Hand Finger Movement :

I I I I I I I I, I I I I I I I I..... | I I I I I I I I, I I I I I I I I..... ||

8. SaReGaMaSaMaGaRe ReGaMaPaRePaMaGa GaMaPaDhaGaDhaPaMa
MaPaDhaNiMaNiDhaPa PaDhaNiŚaPaŚaNiDha | ŚaNiDhaPaŚaPaDhaNi
NiDhaPaMaNiMaPaDha DhaPaMaGaDhaGaMaPa PaMaGaRePaReGaMa
MaGaReSaMaSaReGa ||

a. R.Hand Bol:

i> DaRaDaRaDaRaDaRa DaRaDaRaDaRaDaRa

ii> RaDaRaDaRaDaRaDa RaDaRaDaRaDaRaDa

b. L.Hand Finger Movement :

I I I I I I I I, I I I I I I I I..... | I I I I I I I I, I I I I I I I I..... ||

Basic Jhala Practice -1

1. Da - - - Da - - - || Play for all the notes
2. - Da - - - Da - - || Play for all the notes
3. - - Da - - - Da - || Play for all the notes
4. - - - Da - - - Da || Play for all the notes
5. - Da Da Da - Da Da Da || Play for all the notes
6. Da - Da Da Da - Da Da || Play for all the notes
7. Da Da - Da Da Da - Da || Play for all the notes
8. Da Da Da - Da Da Da - || Play for all the notes
9. Da - - Da - - Da - || Play for all the notes
10. Da - - Da - Da - - || Play for all the notes
11. Da - Da - - Da - - || Play for all the notes
12. - Da Da - Da Da - Da || Play for all the notes
13. - Da Da - Da - Da Da || Play for all the notes
14. - Da - Da Da - Da Da || Play for all the notes
15. Da - Da - Da - - - || Play for all the notes
16. Da - Da - - - Da - || Play for all the notes
17. Da - - - Da - Da - || Play for all the notes
18. - Da - Da - Da Da Da || Play for all the notes
19. - Da - Da Da Da - Da || Play for all the notes
20. - Da Da Da - Da - Da || Play for all the notes