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control. [Gregory G Irwin;  
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Fingers are the Work of Art -  
William C. C. Chen

With the help of my wife, Lorraine  
and Certified Hand Therapist Meg  
Robinson I organized the exercises

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"Liquid and digits is a type of gestural, interpretive, rave and urban street dance that sometimes involve aspects of pantomime. The term invokes the word liquid to describe the fluid-like motion of the dancer's body and appendages, and digits to refer to illusions

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constructed with the dancer's fingers".

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Greg Irwin is the founder of  
HandFitness.com He is a musician  
who started exercising his fingers



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to play the piano better. He is the creator of the Finger Fitness exercise program which was first published as the book Finger Fitness: The Art of Finger Control in 1988.

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