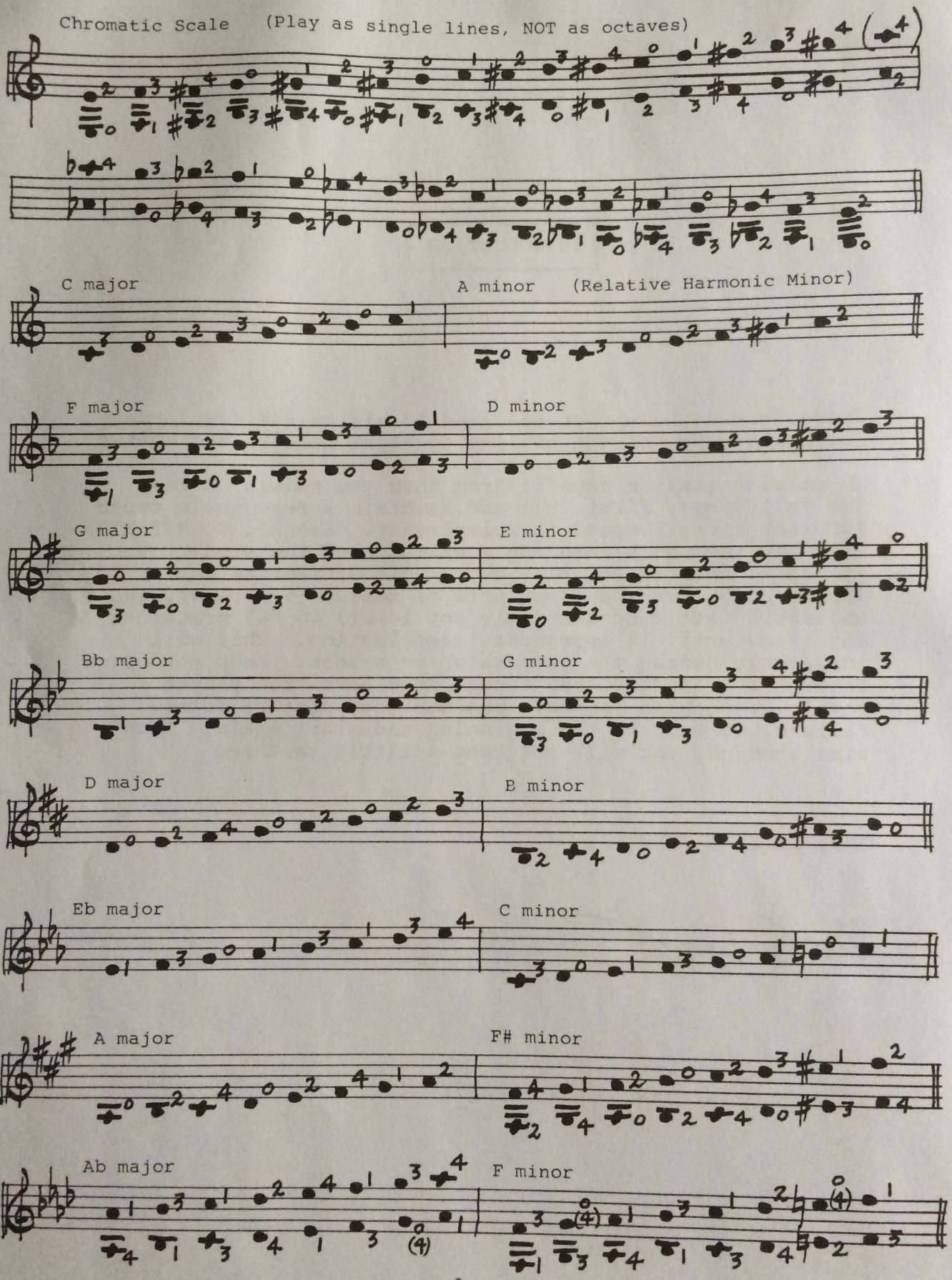FIRST (OR OPEN) POSITION SCALES AND FINGERINGS