

○ はなす      ● 押す

The left column contains seven rows of musical notation and finger diagrams. Each row consists of a treble clef staff with a single note, followed by a diagram of the shakuhachi instrument. The diagrams show finger positions on the holes, with white circles indicating 'release' (はなす) and yellow circles indicating 'press' (押す). The notes and fingerings progress from a single note to a simple melody.

The right column contains seven rows of musical notation and finger diagrams. Each row consists of a treble clef staff with a single note, followed by a diagram of the shakuhachi instrument. The diagrams show finger positions on the holes, with white circles indicating 'release' (はなす) and yellow circles indicating 'press' (押す). The notes and fingerings progress from a single note to a more complex melody.

