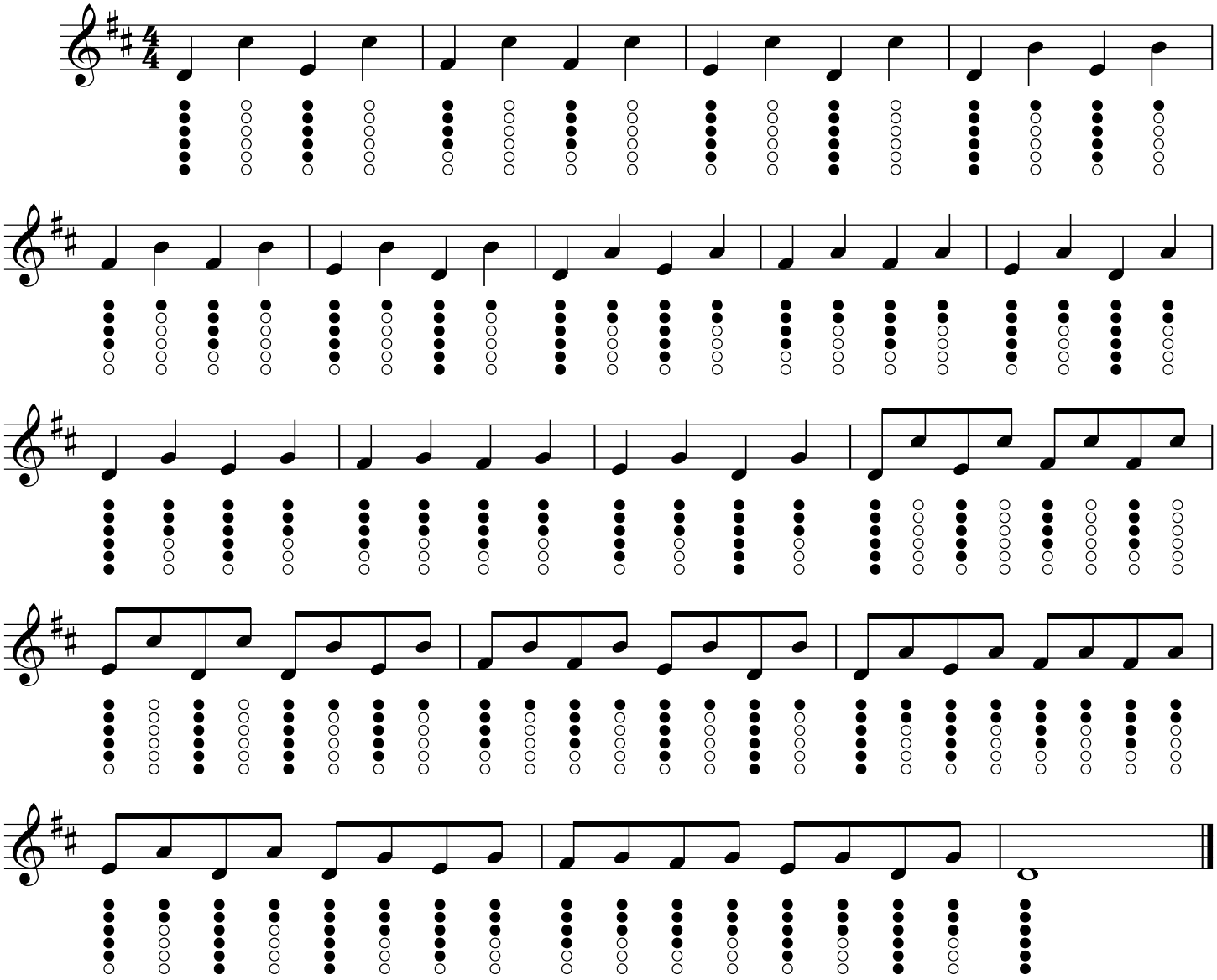Scale Exercise 32 for Low and High D Whistles