

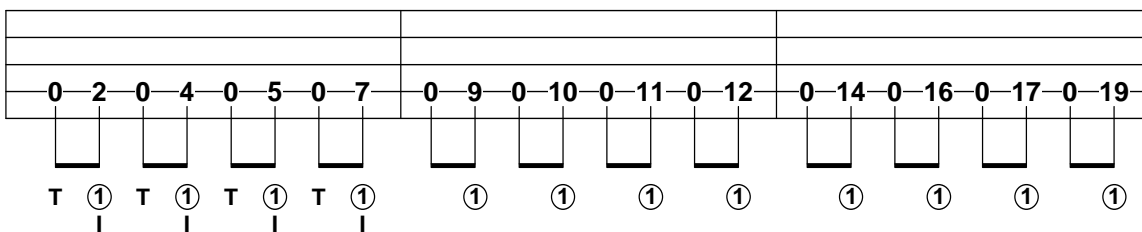
In the exercises below, start by picking each note with the thumb, and then as your ability increases in your left hand, use an alternating thumb index pattern. You can use the same approach for any of the exercises in this chapter as well.

## A Reminder Before You Start the Exercises

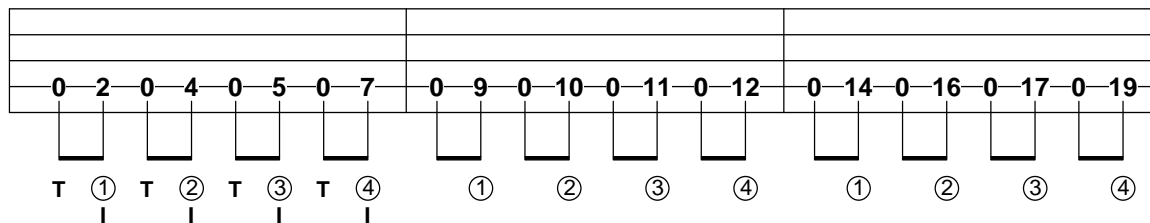
The object of these exercises is to make your left-hand fingers more responsive, accurate, coordinated, and flexible. Be sure to play these exercises slowly. Concentrate on accuracy, not speed. These exercises may be difficult, but try to keep in mind that when you take the time to exercise the left hand, you will make everything you do with the left hand in the chapters ahead easier.

## Left Hand Exercises

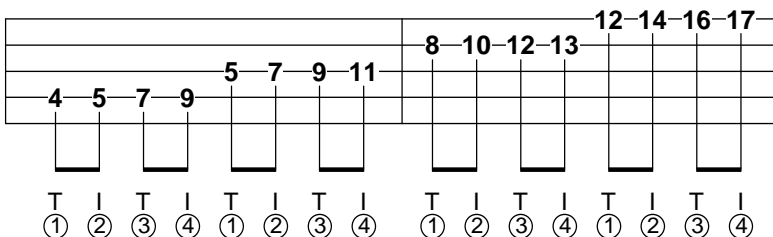
First, learn this pattern below by playing each fretted note with the index finger only, then the middle finger only, then the ring finger, and finally the little finger. When you reach the top, go back down the neck.



After you have done the exercise one finger at a time, play this exercise using a different finger for each fret as indicated below.



Give this one a try and remember to implement the basics you learned in the text and exercises above. Remember to come back down the neck for additional exercise.



Now try this descending G scale pattern. It drops four notes and then does it again starting from the next note down the scale. Remember: accuracy, not speed!

17-16-14-12-16-14-12-10 14-12-10-9-12-10-9-7 10-9-7-5-9-7-5-4 7-5-4-2-5-4-2-0

④ ③ ② ① ④ ③ ② ① ④ ③ ② ① ④ ③ ② ① ④ ③ ② ① ④ ③ ② ① ④ ③ ② ① ④ ③ ② ①

T I T I T I T T

0-2-4-5-2-4-5-7 4-5-7-10-6-7-9-10 7-9-10-12-9-10-12-14 10-12-14-16-12-14-16-17

① ② ③ ④ ① ② ③ ④ ① ② ③ ④ ① ② ③ ④ ① ② ③ ④ ① ② ③ ④ ① ② ③ ④ ① ② ③ ④

Now play it going up. Do you have it memorized? Just checking!

0-2-4-5-2-4-5-7 4-5-7-9-5-7-9-10 7-9-10-12-9-10-12-14

① ② ③ ④ ① ② ③ ④ ① ② ③ ④ ① ② ③ ④ ① ② ③ ④ ① ② ③ ④ ① ② ③ ④

T I T I T I T T

10-12-14-16-12-14-16-17

① ② ③ ④ ① ② ③ ④

Now lets try the same pattern on the second, third, and fourth strings.

20-19-17-15-19-17-15-13 17-15-13-12-15-13-12-10 13-12-10-8-12-10-8-7 10-8-7-5-8-7-5-3

④ ③ ② ① ④ ③ ② ① ④ ③ ② ① ④ ③ ② ① ④ ③ ② ① ④ ③ ② ① ④ ③ ② ① ④ ③ ② ①

T I T I T I T I

19 17 16 14 17 16 14 12 | 16 14 12 11 14 12 11 9 | 12 11 9 7 11 9 7 5

④ ③ ② ① ④ ③ ② ① | ④ ③ ② ① ④ ③ ② ① | ④ ③ ② ① ④ ③ ② ①

T I T I T I T I

9 7 5 4 7 5 4 2

④ ③ ② ① ④ ③ ② ①

0 2 4 5 2 4 5 7 | 4 5 7 9 5 7 9 11 | 7 9 11 12 9 11 12 14 | 11 12 14 16 12 14 16 17

① ② ③ ④ ① ② ③ ④ | ① ② ③ ④ ① ② ③ ④ | ① ② ③ ④ ① ② ③ ④ | ① ② ③ ④ ① ② ③ ④

T I T I T I T I

Now try these chord arpeggios to learn and exercise these positions better. Be sure to use the correct left-hand fingers.

**G**                      **G**

5 4 3 5 | 9 7 8 9

③ ② ① ④ | ③ ① ② ④

**Am**                      **Am**                      **Am**

2 2 1 2 | 7 5 5 7 | 10 9 10 10

② ③ ① ④ | ③ ① ① ④ | ② ① ③ ④

**C7**                      **C7**                      **C7**                      **C7**

2 3 1 2 | 5 5 5 8 | 10 9 8 8 | 14 12 11 14

② ④ ① ③ | ① ① ① ④ | ③ ② ① ① | ③ ② ① ④

# Left-Hand Exercises Using Thirds

Learning these thirds exercises can be useful not only in developing left-hand coordination but in many aspects of your overall playing. Knowing your thirds and being able to switch easily between them will help you in improvising, backup, and playing up the neck.

0	2	4	5	12	11	10	9
0	1	4	5	12	11	10	8

M	M	M	M	M	M	M	M
T	T	T	T	T	T	T	T
	③	③	③	③	③	③	③
	①	②	②	②	②	②	①

0	2	4	5	7	9	10	12	14	16	17	19	21
0	1	3	5	7	8	10	12	13	14	17	19	20

M	M	M	M	I	I	I	I	M	I	M	M	③
T	T	T	T	③	③	③	③	③	③	③	③	②
	③	③	③	③	③	③	③	③	①	③	③	②
	①	①	②	②	①	②	②	①	①	②	②	

0	1	3	5	7	8	10	12	13	15	17	19	19
0	2	4	5	7	9	11	12	14	16	17	19	20

I	I	I	I	③	①	①	③	①	①	③	③	①
T	T	T	T	②	②	②	②	③	③	②	②	②
	①	①	③	②	②	②	②	③	③	②	②	②
	②	②	②									

0	0	2	4	5	7	9	11	12	14	16	17	19
0	2	4	5	7	9	10	12	14	16	17	19	21

I	I	I	I	①	①	①	①	①	①	①	①	①
T	T	T	T	③	③	③	③	③	③	③	③	③
	②	①	①	②	②	②	②	②	②	②	③	③
		③	②									

0	2	4	5	7	9	10	12	14	16	17	19	21
0	0	2	4	5	7	9	11	12	14	16	17	19

M	M	M	M	④	④	③	③	③	③	③	③	
T	T	T	T	①	①	①	①	①	①	①	①	
	③	④	③	①	①	①	①	①	①	①	①	
		①	①									

