

# 130 LEFT HAND EXERCISES

## 1st string left hand exercise

first 4 fret zone

	0	1	2	3	4	3	2	1
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Note Names: E      F      F#      G      G#      G $\flat$       G $\flat$       F

Fingers: 0      1      2      3      4      3      2      1

## second 4 fret zone

Frets: 5      6      7      8      8      7      6      5

Note Names: A      A#      B      C      C      B      B $\flat$       A

Fingers: 1      2      3      4      4      3      2      1

## third 4 fret zone

Frets: 9      10      11      12      12      11      10      9

Note Names: C#      D      D#      E      E      E $\flat$       D      D $\flat$

Fingers: 1      2      3      4      4      3      2      1

2nd string left hand exercise

first 4 fret zone

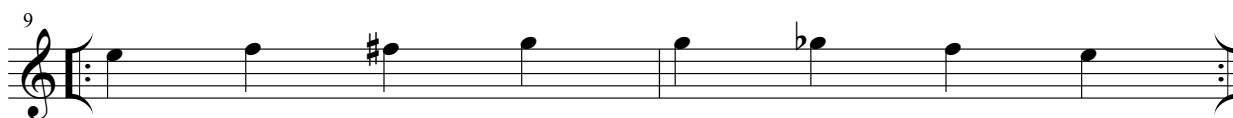
Frets: 0 1 2 3 4 3 2 1



Note Names: B C C# D D# D D# C  
Fingers: 0 1 2 3 4 3 2 1

second 4 fret zone

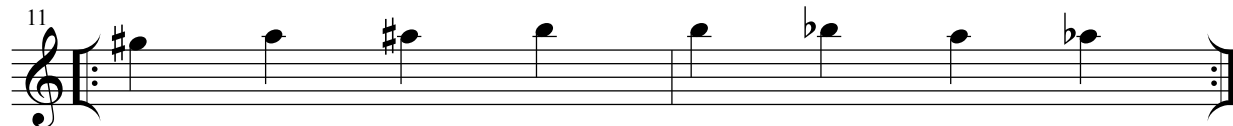
Frets: 5 6 7 8 8 7 6 5



Note Names: E F F# G G G# F E  
Fingers: 1 2 3 4 4 3 2 1

third 4 fret zone

Frets: 9 10 11 12 12 11 10 9



Note Names: G# A A# B B B# A A#  
Fingers: 1 2 3 4 4 3 2 1

Ex. 1 Play this exercise on all string - Make sure that your left hand fingers stay on the note it plays for the entire position. Slide the first finger to each new position. Each position starts on the 1st, 5th and 9th fret. Each position will play in an ascending scale only!

Fingers: 1 2 3 4 1 2 3 4 1 2 3 4 1 2 3 4 1 2 3 4

Ex. 2 Play this exercise on all strings - Make sure that your left hand fingers start by being on each note it plays for the entire position. That is, place all four fingers on all four notes before you start playing the descending scale. Slide the first finger to each new position. Each position will play in a descending scale only!

Fingers: 4 3 2 1 4 3 2 1 4 3 2 1 4 3 2 1 4 3 2 1

3

11

13

9

