

Practice Routine #1

**Be sure to tune before each practice*

1. Right hand rest-stroke exercise:

Four staves of musical notation for a right hand rest-stroke exercise. Each staff contains a sequence of notes with 'i' and 'm' fingerings above them, indicating rest-stroke patterns. The notes are quarter notes on a treble clef staff in 4/4 time.

2. Left hand (scale) exercise, (alternate i & m rest-stroke):

Patterns starting with 4:

4-3-2-1

4-2-1-3

4-1-3-2

4-3-1-2

4-2-3-1

4-1-2-3

3. Right hand arpeggio exercises, repeat 4x each (thumb rest stroke, i & m free stroke):

A single staff of musical notation showing four arpeggio exercises. Each exercise is a sequence of notes with fingerings 'p', 'i', 'm', 'a' above them. The exercises are numbered 1 through 4 and include repeat signs.

4. Rasgueado (strumming) exercises to the Farrucas chord progression. (down/up always i)

E⁷

2 1

down - up

E⁷

2 1 3

down - up

E⁷

2 1 4

down - up

E⁷

2 1

down - up

Am

x 2 3 1

down - s-a-m-down - down

5. Practice note names on staff below (see Noad pg. 16):

G A B C D E F G

0 2 0 1 3 0 1 3

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