Left Hand Exercises Exercise 1

Pat O'Brian

| <u>a 2</u> r 48 | | | | | |
|------------------------|-----------|-----------|-------------------------|------------------|-----------|
| | a 2 r 4 d | | | | |
| | | a 2 r 4 d | _ | | |
| | | | a 2 r 3 d | | |
| | | | | a 2 r 3 d | |
| | | | | | a 2 r 3 d |

| | | | | | 4 8 2 r a |
|-------------------------|-------------------------|-------------------------|-------------------------|-------------------------|-------------------------|
| | | | | 4 8 2 r a | |
| | | | 4 0 2 r a | | |
| | | 3 0 2 r a | · | | |
| | 3 0 2 r a | | | | |
| 3 0 2 r a | | | | | |

Exercise 2

| <u>48 16 a</u> | | | | | |
|----------------|---------|---------|-------------------------|------------------|-------------------------|
| | 40 1b a | | | | |
| | | 48 1b a | | | |
| | | | 3 0 1 b a | | |
| | | | | 3 0 1 b a | |
| | | | | | 3 0 1 b a |

| | | | | | a 1b 38 |
|----------|---------|----------|----------|---------|---------|
| | | | 1 . | a 1b 3δ | |
| | | 1 . | a 1b 3 d | | |
| | 1 . | a 1b 3 8 | | | |
| 1 . | a 1b 30 | | | | |
| a 1b 3 8 | | | | | |

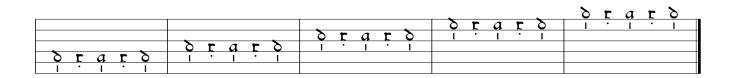
Exercise 3

| ardra | | | | | |
|-----------|-----------|-----------|-----------|-------|-------|
| 1 ' 1 ' 1 | ardra | | | | |
| | 1 . 1 . 1 | ardra | | | |
| | | 1 . 1 . 1 | arbra | | |
| | | | 1 ' 1 ' 1 | ardra | _ |
| | | | | 1 1 1 | arbra |
| | | | | | 1 |

| | | | | arbra |
|-------|-----------|-----------|-------|-----------|
| | | | arbra | 1 , 1 , 1 |
| | _ | arbra | 1 1 1 | |
| _ | arbra | 1 ' 1 ' 1 | | |
| arbra | 1 . 1 . 1 | | | |
| | | | | |

Exercise 4





These are basic left hand exercises in first position.

Remember:

- 1. Relax the lower finger.
- 2. Fingers are relaxed and directly over the string you are playing.
- 3. The elbow hangs down (relaxed).
- 4. The arm shifts over the neck to keep the fingers over the string you are playing.
- 5. The palm remains level, parallel to the surface of the fingerboard.
- 6. When descending, place the lower finger just before gently relaxing the upper one.
- 7. Don't forget to adduct.