

NBN GUITAR

ESSENTIALS PRIMER

FOR BEGINNERS

EXERCISES BOOK



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Introduction

This book contains all of the exercise from the Essentials Primer for Beginners course.

It has been created as a quick reference guide to help you when you are practicing the various exercises and songs within the course.

A point to note is to use the [Table of Contents](#) to quickly navigate to any module by clicking on the module you want to go to. After clicking you will be taken to that module immediately.

The modules appear in the same order that they appear in the primary course book, however in this book they are not separated into individual fragments as they are in the primary book. This provides the following benefits:

- Easier to see the entire exercise or song
- Faster access to specific exercises
- Improved learning experience when repeating a single exercise or piece over and over again

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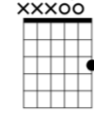
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Module 1

Module 1

First Three Strings, Music Notation & Tablature

G (simple)



Exercise 1: 1st, 2nd, and 3rd Open Strings

1 E 1st string open 2 B 2nd string open 3 G 3rd string open

T
A
B

Exercise 4a: Tablature Explanation

4 5 6

T
A
B

Exercise 4b: Demonstrating Tablature using the G chord

7 E 8 B 9 G G (simple) 10

T
A
B

Module 2

Module 2

G major chord



Lesson 1: Strumming and Strumming Symbols

Lesson 1: Strumming and Strumming Symbols. This section shows three measures of music in 4/4 time. Each measure contains a G major chord (represented by a circled '8' on the staff) and a strumming symbol (a square with a vertical line). The strumming symbols are: 1. Downward stroke (V), 2. Upward stroke (∧), 3. Downward stroke (V). Below each measure is a TAB line with fret numbers: 000000, 000000, and 000000.

Lesson 2: Chord Definition & Chord Diagram

Lesson 2: Chord Definition & Chord Diagram. This section shows three measures of music in 4/4 time, each featuring an Em chord (represented by a circled '8' on the staff). The measures are numbered 4, 5, and 6. Below each measure is a TAB line with fret numbers: 000000, 000000, and 000000.

Lesson 3: G Major Chord & The Fretting/Fingering Hand

Lesson 3: G Major Chord & The Fretting/Fingering Hand. This section shows three measures of music in 4/4 time, each featuring a G major chord (represented by a circled '8' on the staff). The measures are numbered 7, 8, and 9. The strumming symbols are: 7. Downward stroke (V), 8. Upward stroke (∧), 9. Downward stroke (V). Below each measure is a TAB line with fret numbers: 300000, 300000, and 300000.

Exercise 4a: Down Strum

Exercise 4a: Down Strum. This section shows three measures of music in 4/4 time, each featuring a G major chord (represented by a circled '8' on the staff). The measures are numbered 10, 11, and 12. The strumming symbols are: 10. Downward stroke (V), 11. Downward stroke (V), 12. Downward stroke (V). Below each measure is a TAB line with fret numbers: 300000, 300000, and 300000.

Exercise 4b: Up Strum

Exercise 4b: Up Strum. This section shows three measures of music in 4/4 time, each featuring a G major chord (represented by a circled '8' on the staff). The measures are numbered 13, 14, and 15. The strumming symbols are: 13. Upward stroke (∧), 14. Upward stroke (∧), 15. Upward stroke (∧). Below each measure is a TAB line with fret numbers: 300000, 300000, and 300000.

Exercise 4c: Down & Up Strum

163 8 17 3 8 18 3 8

TAB 3 0 0 3 0 0 3 0 0

Exercise 4d: Up & Down Strum

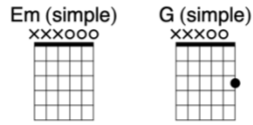
193 8 20 3 8 21 3 8 G(simple)

TAB 3 0 0 3 0 0 3 0 0

Module 3

Module 3

E minor chord (Em) & G to Em Chord Changes



Lesson 1: E minor chord

Em (simple)

Musical notation for Lesson 1: E minor chord. It consists of a treble clef staff in 4/4 time and a guitar TAB staff. The treble staff shows three measures of whole notes: E3 (measure 1), G3 (measure 2), and B2 (measure 3). The TAB staff shows the corresponding fretting: 000000 (measure 1), 000000 (measure 2), and 000000 (measure 3).

Lesson 2: Changing from G major (simple) to E minor (simple)

Musical notation for Lesson 2: Changing from G major (simple) to E minor (simple). It consists of a treble clef staff in 4/4 time and a guitar TAB staff. The treble staff shows four measures: G3 (measure 4), E3 (measure 5), G3 (measure 6), and E3 (measure 7). The TAB staff shows the fretting: 300000 (measure 4), 000000 (measure 5), 300000 (measure 6), and 000000 (measure 7).

Lesson 3: Semibreves/Whole Notes

Musical notation for Lesson 3: Semibreves/Whole Notes. It consists of a treble clef staff in 4/4 time and a guitar TAB staff. The treble staff shows four measures of whole notes: E3 (measure 8), G3 (measure 9), B2 (measure 10), and E3 (measure 11). The TAB staff shows the fretting: 300000 (measure 8), 000000 (measure 9), 000000 (measure 10), and 300000 (measure 11).

Exercise 4a: Using the numbers

Musical notation for Exercise 4a: Using the numbers. It consists of a treble clef staff in 4/4 time and a guitar TAB staff. The treble staff shows four measures of whole notes: E3 (measure 12), G3 (measure 13), B2 (measure 14), and E3 (measure 15). The TAB staff shows the fretting with numbers: 300000 (measure 12), 000000 (measure 13), 300000 (measure 14), and 000000 (measure 15).

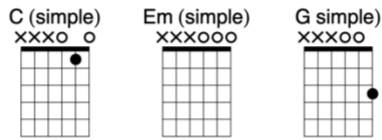
Lesson 4b: Removing the numbers

Musical notation for Lesson 4b: Removing the numbers. It consists of a treble clef staff in 4/4 time and a guitar TAB staff. The treble staff shows four measures of whole notes: E3 (measure 16), G3 (measure 17), B2 (measure 18), and E3 (measure 19). The TAB staff shows the fretting without numbers: 300000 (measure 16), 000000 (measure 17), 300000 (measure 18), and 000000 (measure 19).

Module 4

Module 4

C major chord & G to Em to C Chord Changes



Exercise 1: Strumming the C major chord

C (simple)

Lesson 2: Em - C Chord Change

Em (simple) C (simple) Em (simple) C (simple)

Lesson 3: G - Em - C Chord Progression

G simple Em (simple) C (simple)

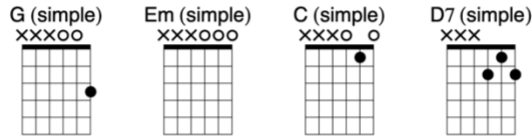
Exercise 4a: Picking with Thumb, Index, and Middle using Em

Exercise 4b: Picking with thumb, index, and middle using the G - Em - C chord progression

Module 5

Module 5

D7 chord & G - Em - C - D7 Chord Changes



Exercise 1: Picking or strumming the D7 chord

Musical notation for Exercise 1: Picking or strumming the D7 chord. The staff shows a 4/4 time signature with three measures of a D7 chord. The first measure has a 3#8 chord symbol, the second a 2#8, and the third a 3#8. The tablature below shows the fretting for each measure: Measure 1 (2 on 1st string, 2 on 2nd), Measure 2 (2 on 1st string, 2 on 2nd), and Measure 3 (2 on 1st string, 2 on 2nd).

Exercise 2a: C - D7 Chord Change using Pivoting & Preparation

Musical notation for Exercise 2a: C - D7 Chord Change using Pivoting & Preparation. The staff shows a 4/4 time signature with four measures. Measure 1 is C (18), Measure 2 is C#8 (128), Measure 3 is C (8), and Measure 4 is D7#8 (8). The tablature shows the fretting for each measure, including pivoting techniques like 0-1-0 and 2-1-2.

Lesson 3: G - Em - C - D7 - G Chord Progression using Preparation, Pivoting, and Guiding

Musical notation for Lesson 3: G - Em - C - D7 - G Chord Progression using Preparation, Pivoting, and Guiding. The staff shows a 4/4 time signature with five measures. Measure 1 is G (30), Measure 2 is Em (9), Measure 3 is C (10), Measure 4 is D7#8 (11) with a slide (sl.) to Measure 5 which is G (30). The tablature shows the fretting and sliding technique.

Lesson 4: Minims/Half Notes & Crotchets/Quarter Notes

Musical notation for Lesson 4: Minims/Half Notes & Crotchets/Quarter Notes. The staff shows a 4/4 time signature with four measures. Measure 13 is G (30) with a Semibreve/Whole Note. Measure 14 is Em (9) with a Minim/Half Note. Measure 15 is C (10) with a Minim/Half Note. Measure 16 is D7#8 (11) with a Crotchet/Quarter Note. The tablature shows the fretting for each measure.

Exercise 5a

Musical notation for Exercise 5a. The staff shows a 4/4 time signature with five measures. Measure 17 is G (30), Measure 18 is Em (9), Measure 19 is C (10), Measure 20 is D7#8 (11) with a slide (sl.) to Measure 21 which is G (30). The tablature shows the fretting and sliding technique, with fingerings 1-2-3-4 and 1-2-3-4 indicated above the notes.

Exercise 5b

Musical score for Exercise 5b, measures 22-26. The score is in 4/4 time and features a treble clef. The melody consists of quarter notes with fingerings 1, 2, 3, 4, 1, 2, 3, 4, 1, 2, 3, 4, 1, 2, 3, 4, 1, 2, 3, 4. The bass line consists of quarter notes with fingerings 3, 0, 0, 0, 0, 0, 0, 0, 0, 0, 0, 0, 2, 2, 2, 2, 2, 2, 2, 2, 2, 2, 3, 0. The piece concludes with a slurred final chord (3, 0, 0, 0) marked *sl.*

Exercise 5c

Musical score for Exercise 5c, measures 27-31. The score is in 4/4 time and features a treble clef. The melody consists of quarter notes with fingerings 1, 2, 3, 4, 1, 2, 3, 4, 1, 2, 3, 4, 1, 2, 3, 4, 1, 2, 3, 4. The bass line consists of quarter notes with fingerings 3, 0, 0, 0, 0, 0, 0, 0, 0, 0, 0, 0, 2, 2, 2, 2, 2, 2, 2, 2, 2, 2, 3, 0. The piece concludes with a slurred final chord (3, 0, 0, 0) marked *sl.*

Exercise 5d

Musical score for Exercise 5d, measures 32-36. The score is in 4/4 time and features a treble clef. The melody consists of quarter notes with fingerings 3, 0, 2, 2, 2, 2, 2, 2, 2, 2, 2, 2, 3, 0. The piece concludes with a slurred final chord (3, 0, 0, 0) marked *sl.*

Exercise 5e

Musical score for Exercise 5e, measures 37-41. The score is in 4/4 time and features a treble clef. The melody consists of quarter notes with fingerings 3, 0, 2, 2, 2, 2, 2, 2, 2, 2, 2, 2, 3, 0. The piece concludes with a slurred final chord (3, 0, 0, 0) marked *sl.*

Exercise 5f

Musical score for Exercise 5f, measures 42-46. The score is in 4/4 time and features a treble clef. The melody consists of quarter notes with fingerings 3, 0, 2, 2, 2, 2, 2, 2, 2, 2, 2, 2, 3, 0. The piece concludes with a slurred final chord (3, 0, 0, 0) marked *sl.*

Exercise 5g

Musical score for Exercise 5g, measures 47-51. The score is in 4/4 time and features a treble clef. The melody consists of quarter notes with fingerings 3, 0, 2, 2, 2, 2, 2, 2, 2, 2, 2, 2, 3, 0. The piece concludes with a slurred final chord (3, 0, 0, 0) marked *sl.*

Module 6

Module 6

Last Three Open Strings, Fretting Hand Positioning & Finger Movement

Lesson 1: 4th, 5th, and 6th Open Strings

D 4th string open A 5th string open E 6th string open

Lesson 2: Classical/Fingerstyle Hand Position & Thumb Movement

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

m i p *i p p* *p p p* *p p p p*

Exercise 3a: P, i, m, i with open strings

8 9 10 11 12

Exercise 3b: P, i, m, i with chords

13 14 15 16 17

Exercise 3c: P, m, i, m with open strings

18 19 20 21 22

Exercise 3d: P, m, i, m with chords

Exercise 3e: m, i, P, i with open strings

Exercise 3f: m, i, P, i with chords

Module 7

This module contains no sheet music and tablature exercises.

Module 8

Module 8

The G Major Scale over Two Octaves

Lesson 1: Open Strings First Octave

Anchor i & m fingers

Exercise 2a: G Major Scale with preferred fingering (first octave)

Exercise 2b: G Major Scale with alternative fingering (first octave)

Exercise 2c: G Major Scale First Octave Progressive

19 20 21 22

TAB: 2 0 3 | 3 0 2 3 | 0 2 0 3 | 2 0 3

23 24 25 26 27

TAB: 3 0 2 3 | 0 2 4 2 | 0 3 2 0 | 3 3 0 | 2 3 0 2

28 29 30

TAB: 4 0 4 2 | 0 3 2 0 | 3

Exercise 3a: Open Strings Second Octave

Circled numbers followed with lines indicate which string the notes are on

31 32 33 34

TAB: 0 0 0 0 | 0 0 0 | 0 0 | 0 0 0

Exercise 3b: G Major Scale Second Octave with Fingering

35 36 37 38

TAB: 0 2 0 1 | 3 0 2 3 | 2 0 3 1 | 0 2 0

Exercise 3c: G Major Scale Second Octave Progressive

39 40 41 42

TAB: 0 2 0 | 0 2 0 2 | 0 0 2 | 0 1 0 2

43 44 45 46 47



TAB

48 49 50 51 52



TAB

53 54 55 56

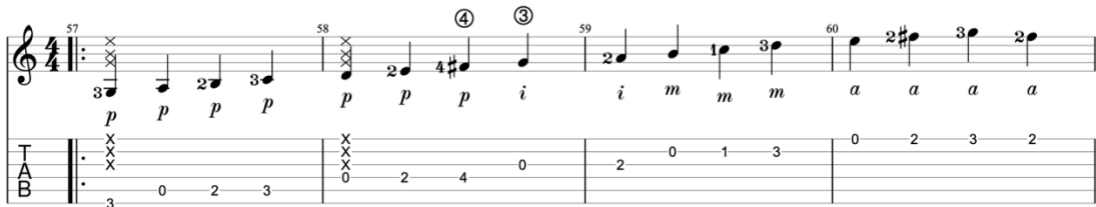


TAB

Lesson 4: G Major Scale Two Octaves (with preferred fingering)

Play notes on strings 4, 5 & 6 with thumb, and notes on string 3, 2 & 1 with i, m, a (Circled numbers indicate thumb to index and vice versa)

57 58 59 60



p p p p p p p i i m m m a a a a

TAB

61 62 63 64



a m m m i i p p p p p p

TAB

Module 9

This module contains no sheet music and tablature exercises.

Module 10

Module 10

The G Major Scale over Two Octaves

Exercise 1a: Alternate picking i, m

Repeat with m, i

1 *i m i m*

TAB

Exercise 1b: G major scale alternate picking open strings i, m

Repeat with m, i

6 *i m i m*

TAB

Exercise 1c: G major scale with fingering second octave

Repeat with m, i

10 *i m i m*

TAB

Exercise 2a: Alternate picking i, m

Repeat with m, i

14 *i m i m*

TAB

18

TAB

22

TAB

Exercise 2b: G major scale alternate picking open strings i, m

Repeat with m, i

25 26 27 28

i m i m

TAB

0 0 0 0 0 0 0 0 0 0 0 0

Exercise 2c: G major scale with fingering first octave

Repeat with m, i

29 30 31 32

i m i m

TAB

3 0 2 3 0 2 4 0 4 2 0 3 2 0 3

Exercise 3: G Major Scale Two Octaves with i, m

Repeat with m, i

33 34 35 36

i m i m

TAB

3 0 2 3 0 2 4 0 2 0 1 3 0 2 3 2

37 38 39 40

m i p

TAB

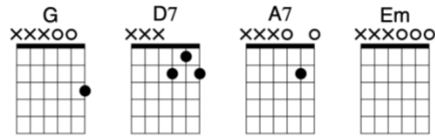
0 3 1 0 2 0 4 2 0 3 2 0 3

Module 11

Module 11

"Ode to Joy"

G Major Key Signature, 1st & 2nd Time Indicators, Quavers/Eighth Notes, Dotted Note, & the A7 Chord, Repeat Two Bars Symbol, C Sharp (C#) and C Natural (C ♮)



Lesson 1: Ode to Joy

Lesson 1: Ode to Joy

1. *i m i m*

TAB: 0 0 1 3 | 3 1 0 2 | 0 0 2 0 | 0 2 2

2. *i m i m i p*

TAB: 2 0 0 | 2 2 0 0 | 2 0 1 0 0 | 2 0 1 0 2 | 0 2 0

3. *i m i m*

TAB: 0 0 1 3 | 3 1 0 2 | 0 0 2 0 | 2 0 0

Exercise 1a: Recognise 1st & 2nd Time Repeats

Exercise 1a: Recognise 1st & 2nd Time Repeats

1. *i m i m*

TAB: 0 0 1 3 | 3 1 0 2 | 0 0 2 0 | 0 2 2

2. *i m i m*

TAB: 2 0 0

Exercise 1b: Dotted Crotchet/Quarter Note

Exercise 1b: Dotted Crotchet/Quarter Note

1. *i m i m*

TAB: 0 0 1 3 | 3 1 0 2 | 0 0 2 0 | 0 2 2

2. *i m i m*

TAB: 2 0 0

Exercise 1c: Quaver and Beamed Quavers

1 + 2 + 3 + 4 +

TAB

1 + 2 + 3 + 4 +

TAB

Lesson 2: G to D7 Chord Change

G D7 G D7 G D7 G D7 G

TAB

Lesson 3: A7 - D7 Chord Changes, C Natural & Repeat Two Bars Symbols

D7 A7 D7

TAB

Lesson 4: G, D7, Em & A7 Chordal Accompaniment

1 2 3 4 1 2 3 4

G D7 G D7

TAB

1. 1 2 3 4

2. 1 2 + 3 4 1 2 + 3 4

D7 G D7 G D7 G D7 Em D7 D7

TAB

1 + 2 + 3 4

G D7 G D7 G

TAB

Exercise 5a: You play the Melody (guitar 1)

G D7 G D7 D7 G

TAB

D7 G D7 G D7 Em A7 D7 G

TAB

D7 G D7 G

TAB

Exercise 5b: You play the Chords (guitar 2)

G D7 G D7 D7 G

TAB

D7 G D7 G D7 Em D7 D7 G

TAB

77 D7 G 78 D7 G 79

T
A
B

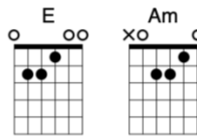
3 1 0 2 | 0 0 2 0 | 2 0 0

Module 12

Module 12

"Malagueña Facil"

3/4 Time Signature, Repeat One Bar Symbol, Am & E Chords, Inverted Pedal Point, G Sharp (G#) and F on the 6th String



Lesson 1: 3/4 Time Signature, Repeat One Bar Symbol, G# & F

Lesson 2: Counting and Inverted Pedal Point

Lesson 3: E Major Chord

Lesson 4: A Minor Chord

Lesson 5: E - Am - E Chord Change

Lesson 6: E & Am Chordal Accompaniment

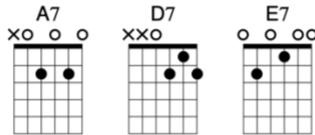
Exercise 7a: You play the melody (guitar 1)

Exercise 7b: You play the Chords (guitar 2)

Module 13

Module 13

12 Bar Blues Riff in A
A7, D7, & E7 Full Chords



Lesson 1: Open Strings

Musical notation for Lesson 1: Open Strings. It consists of a treble clef staff in 4/4 time and a guitar tablature staff below it. The treble staff shows a sequence of notes: 1 + 2 + 3 + 4 + (measures 1-4), followed by a sequence of notes (measures 5-8), and a final sequence of notes (measures 9-12). The tablature staff shows the corresponding fret numbers for each note.

Lesson 2: Full Riff

Musical notation for Lesson 2: Full Riff, measures 5-8. It consists of a treble clef staff in 4/4 time and a guitar tablature staff below it. The treble staff shows a sequence of notes with accidentals (measures 5-8). The tablature staff shows the corresponding fret numbers.

Musical notation for Lesson 2: Full Riff, measures 9-12. It consists of a treble clef staff in 4/4 time and a guitar tablature staff below it. The treble staff shows a sequence of notes with accidentals (measures 9-12). The tablature staff shows the corresponding fret numbers.

Musical notation for Lesson 2: Full Riff, measures 13-17. It consists of a treble clef staff in 4/4 time and a guitar tablature staff below it. The treble staff shows a sequence of notes with accidentals (measures 13-17). The tablature staff shows the corresponding fret numbers. A first ending bracket is shown above measures 16 and 17, with a second ending bracket above measure 17. The word "A7" is written above measure 17.

Lesson 3: A7, D7, & E7 Chords

Musical notation for Lesson 3: A7, D7, & E7 Chords. It consists of a treble clef staff in 4/4 time and a guitar tablature staff below it. The treble staff shows three chords: A7 (measure 18), D7 (measure 19), and E7 (measure 20). The tablature staff shows the corresponding fret numbers for each chord.

4/4

48 **D7** 49 **A7** 50 **E7** 51 **A7**

1. 2.

T
A
B

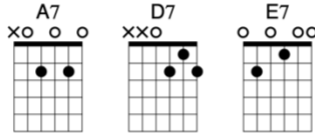
2 2 4 4 5 5 4 4 | 2 2 4 4 5 5 4 4 | 2 2 4 4 5 5 4 4 | 2 0

0 0 0 0 0 0 0 0 | 0 0 0 0 0 0 0 0 | 0 0 0 0 0 0 0 0 | 0

Module 14

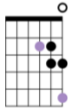
Module 14

Improvisation with Notes from the G Major Scale over 12 Bar Blues Riff in A



Lesson 1: Improvising with A Pentatonic Major over A7

A Pentatonic Major



A7

Exercise 1a: Changing rhythm

Exercise 1b: Changing one note

Exercise 1c: Changing a note in every bar

Exercise 1d: Changing rhythm and notes

Musical notation for Exercise 1d, measures 13-15. The notation includes a treble clef, a 4/4 time signature, and a guitar TAB below. The notes in the treble clef are: 13: D4, E4, F4, G4; 14: A4, B4, A4, G4; 15: F4, E4, D4, C4. The TAB fret numbers are: 13: 2, 2, 3, 0, 0, 3; 14: 5, 5, 3, 0, 3, 2; 15: 3, 3, 2, 2.

Exercise 1e: Introducing a note from outside the scale (brackets)

Musical notation for Exercise 1e, measures 16-18. The notation includes a treble clef, a 4/4 time signature, and a guitar TAB below. The notes in the treble clef are: 16: D4, E4, F4, G4; 17: A4, B4, A4, G4; 18: F4, E4, D4, C4. The TAB fret numbers are: 16: 2, 2, 3, (4); 17: 0, 3, 5, 3; 18: (4), 3, 2, 2.

Exercise 1f: Introducing two notes from outside the scale (brackets)

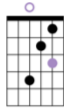
Musical notation for Exercise 1f, measures 19-21. The notation includes a treble clef, a 4/4 time signature, and a guitar TAB below. The notes in the treble clef are: 19: D4, E4, F4, G4; 20: A4, B4, A4, G4; 21: F4, E4, D4, C4. The TAB fret numbers are: 19: 2, 2, 3, (4); 20: 0, 2, 3, 5; 21: 0, (4), 2, 2.

Exercise 1g: Changing rhythm and adding two notes from outside the scale

Musical notation for Exercise 1g, measures 22-24. The notation includes a treble clef, a 4/4 time signature, and a guitar TAB below. The notes in the treble clef are: 22: D4, E4, F4, G4; 23: A4, B4, A4, G4; 24: F4, E4, D4, C4. The TAB fret numbers are: 22: 2, 2, 3, (4), 0; 23: 5, 3, (2), 0, (4); 24: 0, (4), 3, 2, 2.

Lesson 2: Improvising with D Pentatonic Major over D7

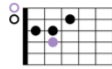
D Pentatonic Major



D7

Musical notation for Lesson 2, measures 25-27. The notation includes a treble clef, a 4/4 time signature, and a guitar TAB below. The notes in the treble clef are: 25: D4, E4, F4, G4; 26: A4, B4, A4, G4; 27: F4, E4, D4, C4. The TAB fret numbers are: 25: 0, (4), 0, 2; 26: 1, 3, 1, 2; 27: 0, 4, 0.

Lesson 3: Improvising with E Pentatonic Major over E7



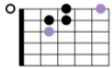
E7

Musical notation for Lesson 3, measures 28-30. The staff shows a melodic line in 4/4 time. The guitar tablature below shows the fret numbers for each note.

28: 2 1# 2 3 29: 3 3 3 0 30: 2 1# 2

Lesson 4: Improvising over 12 Bar Blues Riff in A

A Pentatonic Major

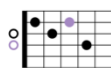


A7

Musical notation for Lesson 4, measures 31-34. The staff shows a blues riff in 4/4 time. The guitar tablature below shows the fret numbers for each note.

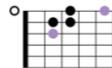
31: 2 2 4 4 (5) (5) 4 4 2 2 4 4 5 5 4 4 34: //

D Pentatonic Major



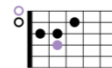
D7

A Pentatonic Major



A7

E Pentatonic Major

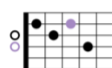


E7

Musical notation for Lesson 4, measures 35-39. The staff shows a blues riff in 4/4 time. The guitar tablature below shows the fret numbers for each note.

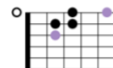
35: 2 2 4 4 (5) (5) 4 4 // 37: 2 2 4 4 5 5 4 4 // 39: 2 2 4 4 (5) (5) 4 4

D Pentatonic Major



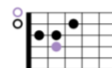
D7

A Pentatonic Major



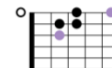
A7

E Pentatonic Major



E7

A Pentatonic Major



A7

Musical notation for Lesson 4, measures 40-43. The staff shows a blues riff in 4/4 time. The guitar tablature below shows the fret numbers for each note.

40: 2 2 4 4 5 5 4 4 41: 2 2 4 4 5 5 4 4 42: 2 2 4 4 5 5 4 4 43: 2

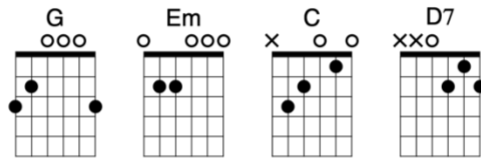
Module 15

This module contains no sheet music and tablature exercises.

Module 16

Module 16

Finger Stretching & Dexterity Exercises



Lesson 1: Dexterity

Lesson 1: Dexterity exercises in 4/4 time, featuring guitar tablature and fretboard diagrams.

Exercise 1: Fretboard diagrams show finger positions on strings 5, 6, 7, and 8. The musical notation shows a sequence of notes: 1 (5th fret), 2# (6th fret), 3 (7th fret), 4 (8th fret). The TAB is: 5 6 7 8.

Exercise 2: Fretboard diagrams show finger positions on strings 5, 7, 6, and 8. The musical notation shows a sequence of notes: 1 (5th fret), 3 (7th fret), 2# (6th fret), 4 (8th fret). The TAB is: 5 7 6 8.

Exercise 3: Fretboard diagrams show finger positions on strings 6, 8, 5, and 7. The musical notation shows a sequence of notes: 2# (6th fret), 4# (8th fret), 1 (5th fret), 3 (7th fret). The TAB is: 6 8 5 7.

Exercise 4: Fretboard diagrams show finger positions on strings 5, 7, 6, and 8. The musical notation shows a sequence of notes: 5 (5th fret), 7 (7th fret), 6 (6th fret), 8 (8th fret). The TAB is: 5 7 6 8.

Exercise 5: Fretboard diagrams show finger positions on strings 6, 8, 5, and 7. The musical notation shows a sequence of notes: 6 (6th fret), 8 (8th fret), 5 (5th fret), 7 (7th fret). The TAB is: 6 8 5 7.

Exercise 6: Fretboard diagrams show finger positions on strings 5, 7, 6, and 8. The musical notation shows a sequence of notes: 5 (5th fret), 7 (7th fret), 6 (6th fret), 8 (8th fret). The TAB is: 5 7 6 8.

Exercise 7: Fretboard diagrams show finger positions on strings 6, 8, 5, and 7. The musical notation shows a sequence of notes: 6 (6th fret), 8 (8th fret), 5 (5th fret), 7 (7th fret). The TAB is: 6 8 5 7.

Exercise 8: Fretboard diagrams show finger positions on strings 5, 7, 6, and 8. The musical notation shows a sequence of notes: 5 (5th fret), 7 (7th fret), 6 (6th fret), 8 (8th fret). The TAB is: 5 7 6 8.

Exercise 9: Fretboard diagrams show finger positions on strings 6, 8, 5, and 7. The musical notation shows a sequence of notes: 6 (6th fret), 8 (8th fret), 5 (5th fret), 7 (7th fret). The TAB is: 6 8 5 7.


Exercise 10: Fretboard diagrams show finger positions on strings 5, 7, 6, and 8. The musical notation shows a sequence of notes: 5 (5th fret), 7 (7th fret), 6 (6th fret), 8 (8th fret). The TAB is: 5 7 6 8.

Exercise 11: Fretboard diagrams show finger positions on strings 6, 8, 5, and 7. The musical notation shows a sequence of notes: 6 (6th fret), 8 (8th fret), 5 (5th fret), 7 (7th fret). The TAB is: 6 8 5 7.

Exercise 12: Fretboard diagrams show finger positions on strings 5, 7, 6, and 8. The musical notation shows a sequence of notes: 5 (5th fret), 7 (7th fret), 6 (6th fret), 8 (8th fret). The TAB is: 5 7 6 8.


Exercise 13: Fretboard diagrams show finger positions on strings 5, 6, 7, and 8. The musical notation shows a sequence of notes: 5 (5th fret), 6 (6th fret), 7 (7th fret), 8 (8th fret). The TAB is: 5 6 7 8.

Lesson 2: Vertical Stretching



Measures 14-17: Treble clef, 4/4 time. Notes: 14: 1# (F#), 2 (G), 3# (A#), 4 (B); 15: 1# (F#), 1 (G), 1 (A), 1 (B); 16: 1 (G), 1 (A), 1 (B), 1 (C); 17: 2 (G), 2# (A#), 2 (B), 2 (C).

TAB: 1 2 3 4 | 1 1 | 1 1 | 2 2



Measures 18-21: Treble clef, 4/4 time. Notes: 18: 2# (D#), 2 (E), 2 (F), 2 (G); 19: 3 (A), 3 (B), 3 (C), 3 (D); 20: 3 (A), 3 (B), 3 (C), 3 (D); 21: 4# (E#), 4 (F), 4 (G), 4 (A).

TAB: 2 2 | 3 3 | 3 3 | 4 4



Measures 22-25: Treble clef, 4/4 time. Notes: 22: 4# (E#), 4 (F), 4 (G), 4 (A); 23: 4# (E#), 4 (F), 4 (G), 4 (A); 24: 3 (A), 3 (B), 3 (C), 3 (D); 25: 3 (A), 3 (B), 3 (C), 3 (D).

TAB: 4 4 | 4 4 | 3 3 | 3 3

Measures 26-30: Treble clef, 4/4 time. Notes: 26: 2# (D#), 2 (E), 2 (F), 2 (G); 27: 2# (D#), 2 (E), 2 (F), 2 (G); 28: 1 (G), 1 (A), 1 (B), 1 (C); 29: 1# (F#), 1 (G), 1 (A), 1 (B); 30: 1# (F#), 2 (G), 3# (A#), 4 (B).

TAB: 2 2 | 2 2 | 1 1 | 1 1 | 1 2 3 4

Lesson 3: Horizontal Stretching

Measures 31-34: Treble clef, 4/4 time. Notes: 31: 1 (G), 2# (D#), 2# (D#), 2# (D#), 2# (D#), 2# (D#), 2# (D#), 2# (D#); 32: 1 (G), 2 (A), 2 (A), 2 (A), 2 (A), 2 (A), 2 (A), 2 (A); 33: 1 (G), 3 (A), 3 (A), 3 (A), 3 (A), 3 (A), 3 (A), 3 (A); 34: 1 (G), 3# (A#), 3# (A#), 3# (A#), 3# (A#), 3# (A#), 3# (A#), 3# (A#).

TAB: 5 6 5 6 5 6 5 6 | 5 7 5 7 5 7 5 7 | 5 7 5 7 5 7 5 7 | 5 8 5 8 5 8 5 8

35 36 37 38

TAB

5 8 5 8 5 8 5 8 | 5 9 5 9 5 9 5 9 | 9 5 9 5 9 5 9 5 | 8 5 8 5 8 5 8 5

39 40 41 42

TAB

8 5 8 5 8 5 8 5 | 7 5 7 5 7 5 7 5 | 7 5 7 5 7 5 7 5 | 6 5 6 5 6 5 6 5

Exercise 4a: G major

43

G

3 0 0 0 2 1 3

TAB

3 0 0 0 2 1 3

Exercise 4b: E minor

44

Em

2 1 0 0 2 1 0

TAB

0 0 0 0 2 1 0

Exercise 4c: C major

45

C

1 0 0 0 3 2 0

TAB

0 1 0 0 3 2 0

Lesson 5: Arpeggios

The image displays a musical score for Lesson 5: Arpeggios, consisting of two staves: a standard musical staff and a guitar tablature staff. The music is in 4/4 time and features a sequence of five chords: G, Em, C, D7, and G. The score is divided into two first endings, labeled 1. and 2., which both conclude with a G chord. Measure numbers 46, 47, 48, 49, and 50 are indicated above the notes. The tablature staff uses numbers 0-3 to denote fret positions and includes a repeat sign at the beginning and end of the piece.

Measure	Chord	Standard Notation (Notes)	Tablature (Frets)
46	G	G4, B4, D5, G4	3, 0, 0, 2, 3
47	Em	G4, B4, D5, G4	0, 0, 0, 2, 0
48	C	C4, E4, G4, C5	0, 1, 0, 2, 3
49	D7	D4, F#4, A4, D5	2, 1, 2, 0
50	G	G4, B4, D5, G4	3, 0, 0, 2, 3