

First Finger Shifting Exercises for Strength: ALL REGIONS

1-1 Thirds

TO BE PLAYED WITH DIFFERENT RHYTHMS AND ON DIFFERENT STRINGS

EXERCISE 1: DIMINISHED 7THS: All minor thirds with no extensions. EXERCISE 1.1

EXERCISE 1.2

EXERCISE 1.3

VARIANTS: ALSO START ON 2ND AND 3RD NOTES OF EACH EXERCISE: for example

EXERCISE 2: DOMINANT SEVENTHS: Mixed minor and major thirds (non-extended and extended)

move exercise 2 and its variants around the fingerboard, for example:

EXERCISE 3: THIRDS AND STEPS

VARIANT 1

VARIANT 2

etc

This exercise can be transposed around the fingerboard, for example:

VARIANT 1

VARIANT 2

etc