

The exercises are played without participation of the right hand.

Through emphasizing the beat, both upwards and downwards legato are practiced.

Make sure that you don't practice too fast!!!
Relax the fingers that are not in use for the moment and use only that speed that allow you to produce the tones evenly, both dynamically and rhythmically.

With exception for the exercises n:o 6 and 7, these exercises are not any tonality trainings for the ear. They are mainly for strengthening the left hand and learning to govern your fingers to use exactly the right force combined with relaxation. So don't overdo it! Just use it as a warming up, together with the right hand exercises...

Have fun!
Siddhi J Sundt

Left hand exercises

Siddhi J Sundt

1

Guitar

The diagram shows a guitar fretboard with six strings. A slur covers the first four frets. Fingerings are indicated by numbers 1, 2, 3, and 4 above the notes. Accents (>) are placed under the first, third, fifth, seventh, ninth, and eleventh frets. The sequence of frets is: 1, 4, 3, 4, 2, 4, 3, 4, 1, 4, 3, 4, 2, 4, 3, 4, 1, 4, 3, 4, 2, 4, 3, 4.

The diagram shows a guitar fretboard with six strings. A slur covers the second through fifth frets. Fingerings are indicated by numbers 1, 2, 3, and 4 above the notes. Accents (>) are placed under the second, fourth, sixth, eighth, tenth, twelfth, and fourteenth frets. The sequence of frets is: 2, 5, 4, 5, 3, 5, 4, 5, 2, 5, 4, 5, 3, 5, 2, 5, 4, 5, 3, 5, 4, 5, 3, 5.

The diagram shows a guitar fretboard with six strings. A slur covers the third through sixth frets. Fingerings are indicated by numbers 1, 2, 3, and 4 above the notes. Accents (>) are placed under the third, fifth, seventh, ninth, eleventh, thirteenth, and fifteenth frets. The sequence of frets is: 3, 6, 5, 6, 4, 6, 5, 6, 3, 6, 5, 6, 4, 6, 5, 6, 3, 6, 5, 6, 4, 6, 5, 6.

etc.

Left hand exercises

Barré

2

The image displays six staves of musical notation for left hand exercises. Each staff begins with a bar line and a brace on the left. The notation consists of a single melodic line on a five-line staff, with fingerings (1, 2, 3, 4) and accents (>) indicated below the notes. The exercises are organized into six groups, each with a slur over the notes and a brace under the staff. The first group is marked with a '2' on the left. The exercises involve various fingerings and accents, such as 1 4 3 4, 2 4 3, 4 1 4, 3 4 2, 4 3 4, 1 4 3, 4 2 4, and 3 4. The exercises are written in a single melodic line, with the notes and fingerings/accents clearly visible.

3a

0 1 0 1 0 1 0 1 0 1 0 1 0 1 0 1 0 1 0 1 0 1 0 1

4 3 2 3

3b

1 4 1 4 1 4 1 3 1 3 1 3 1 3 1 3 1 3 1 3 1 3 1 3

2 3 2 3

1 4 1 4 1 4 1 3 1 3 1 3 1 3 1 3 1 3 1 3 1 3 1 3

3 2 3 2

3c

1 3 1 3 1 3 1 2 1 2 1 2 1 2 1 2 1 2 1 2 1 2 1 2

2 3 2 3

1 2 1 2 1 2 1 2 1 2 1 2 1 2 1 2 1 2 1 2 1 2 1 2

3 2 3 2

3d

1 3 1 3

1 2 3 2 3 2 3 2 3 2 3 2 3 2 3 2 3

3e

3 4 3 4

2 3 2 3 2 3 2 3 2 3 2 3 2 3 2 3 2 3

3f

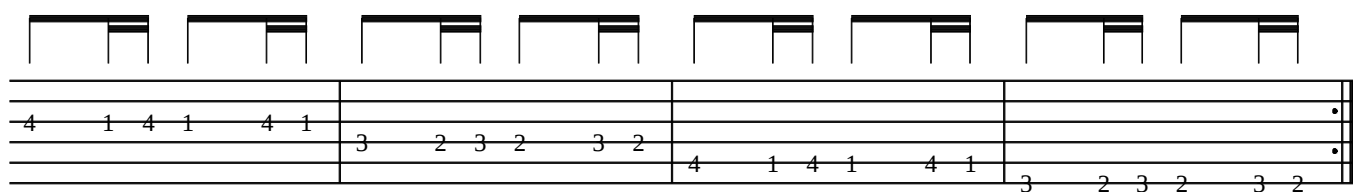
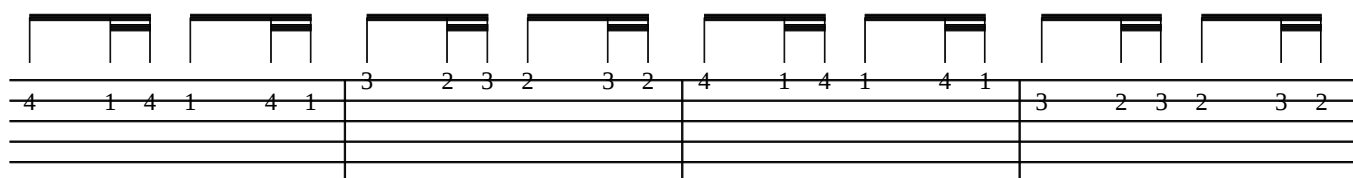
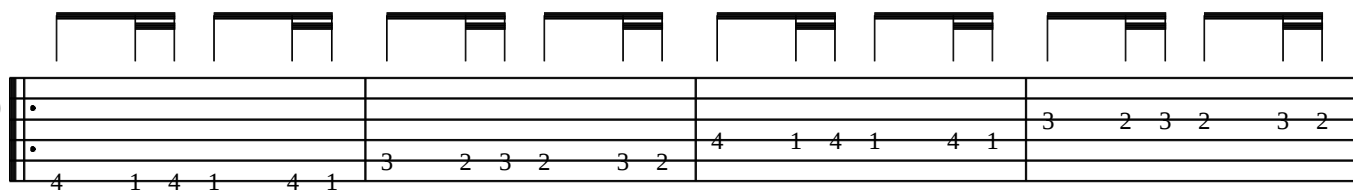
3 4 3 4

2 1 2 1

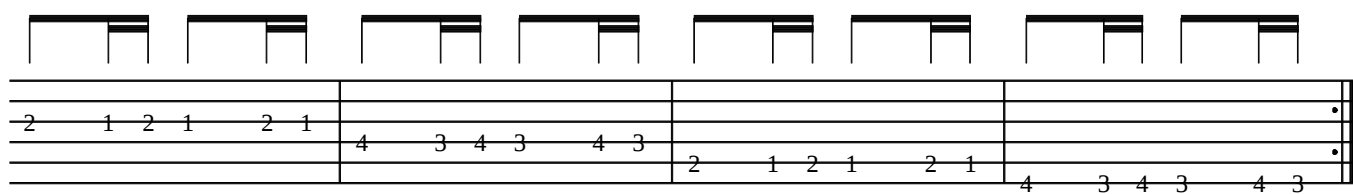
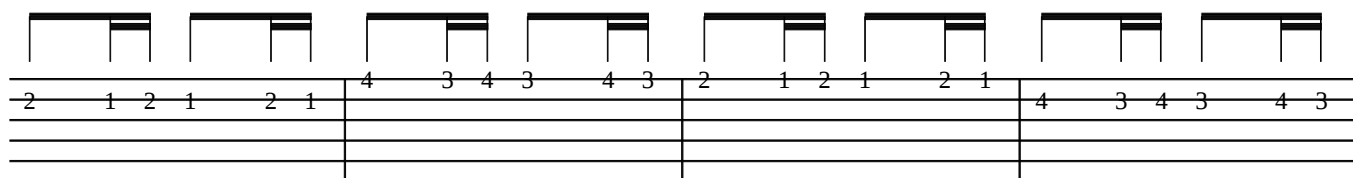
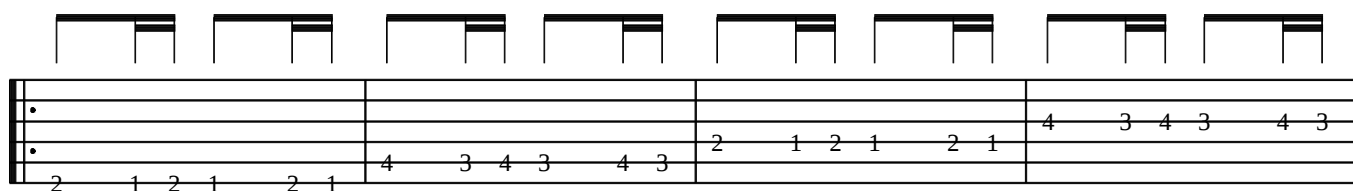
3g

4a

4b



4c



5a

5b

Triads, sixth- and seventh chords a-minor

6

dm6


Diagram showing a sequence of four-measure phrases for the **dm6** exercise. The first measure contains a whole note chord. The subsequent measures contain eighth-note patterns. The sequence of notes across the four measures is: 8 7 6 7, 7 5 4 5, 10 8 7 8, 9 7 6 7, 10 9 8 9, 9 7 6 7, 12 10 9 10, 12 10 9 10.



Diagram showing a sequence of four-measure phrases for the **dm6** exercise. The first measure contains a whole note chord. The subsequent measures contain eighth-note patterns. The sequence of notes across the four measures is: 13 12 11 12, 12 10 9 10, 15 13 12 13, 12 10 9 10, 13 12 11 12, 12 10 9 10, 12 10 9 10, 9 7 6 7.

E7


Diagram showing a sequence of four-measure phrases for the **E7** exercise. The first measure contains a whole note chord. The subsequent measures contain eighth-note patterns. The sequence of notes across the four measures is: 10 9 8 9, 9 7 6 7, 10 8 7 8, 7 5 4 5, 8 7 6 7, 7 5 4 5, 5 4 3 4, 8 7 6 7.



Diagram showing a sequence of four-measure phrases for the **E7** exercise. The first measure contains a whole note chord. The subsequent measures contain eighth-note patterns. The sequence of notes across the four measures is: 7 5 4 5, 8 7 6 7, 7 6 5 6, 10 9 8 9, 9 7 6 7, 10 9 8 9, 10 9 8 9, 8 7 6 7.



Diagram showing a sequence of four-measure phrases for the **E7** exercise. The first measure contains a whole note chord. The subsequent measures contain eighth-note patterns. The sequence of notes across the four measures is: 12 10 9 10, 13 12 11 12, 12 10 9 10, 8 7 6 7, 10 9 8 9, 10 9 8 9, 10 9 8 9, 10 9 8 9.



9 7 6 7	10 9 8 9	7 6 5 6	8 7 6 7	7 5 4 5	8 7 6 7	5 4 3 4	7 5 4 5
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F


10 8 7 8	10 8 7 8	9 7 6 7	12 10 9 10	12 10 9 10	12 10 9 10	10 8 7 8	15 13 12 13
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10 8 7 8	12 10 9 10	12 10 9 10	12 10 9 10	9 7 6 7	10 8 7 8	10 8 7 8	7 5 4 5
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C


5 3 2 3	10 8 7 8	8 7 6 7	7 5 4 5	7 5 4 5	6 5 4 5	10 8 7 8	10 8 7 8
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13 12 11 12	10 8 7 8	10 8 7 8	6 5 4 5	7 5 4 5	7 5 4 5	8 7 6 7	10 8 7 8
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dm6

5 3 2 3 7 5 4 5		8 7 6 7 7 5 4 5		10 8 7 8 9 7 6 7		10 9 8 9 9 7 6 7	

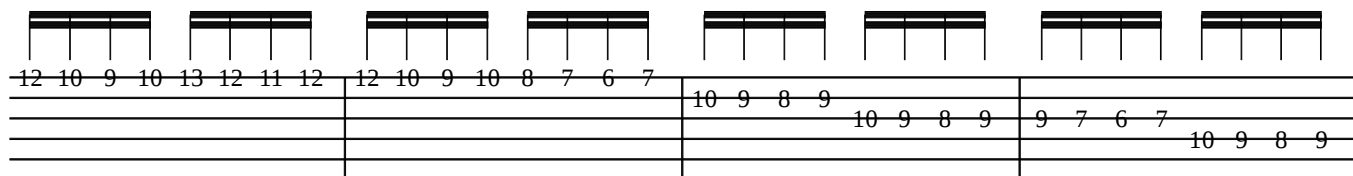
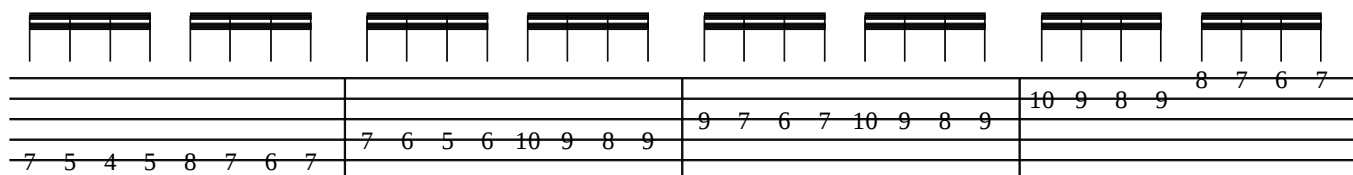
12 10 9 10		13 12 11 12		12 10 9 10		15 13 12 13 12 10 9 10	
12 10 9 10		13 12 11 12		12 10 9 10		13 12 11 12 12 10 9 10	

12 10 9 10 9 7 6 7		10 9 8 9 9 7 6 7		10 8 7 8 7 5 4 5		8 7 6 7 7 5 4 5	

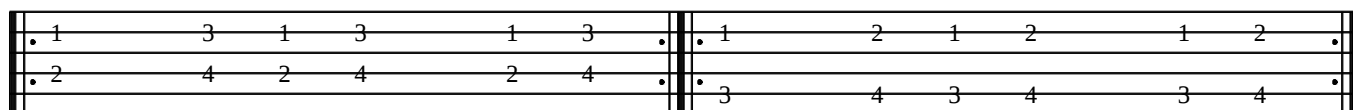
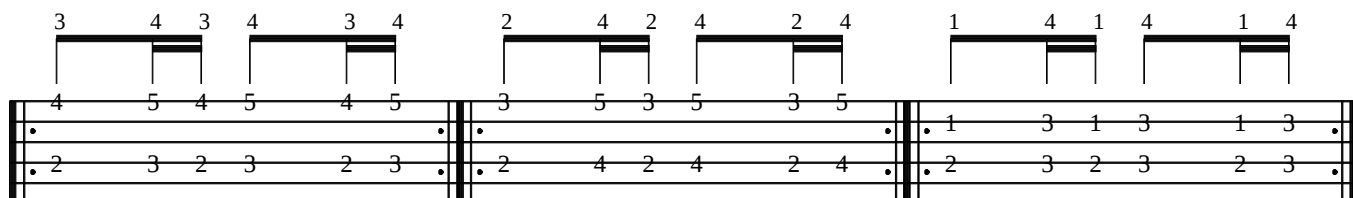
B7

7 6 5 6		6 4 3 4 9 7 6 7		10 9 8 9 9 8 7 8		9 7 6 7 12 10 9 10	
8 7 6 7							

12 11 10 11		16 14 13 14 12 11 10 11		13 12 11 12 12 10 9 10		9 7 6 7 9 8 7 8	
13 12 11 12							

E7**am****Dubble Legato**

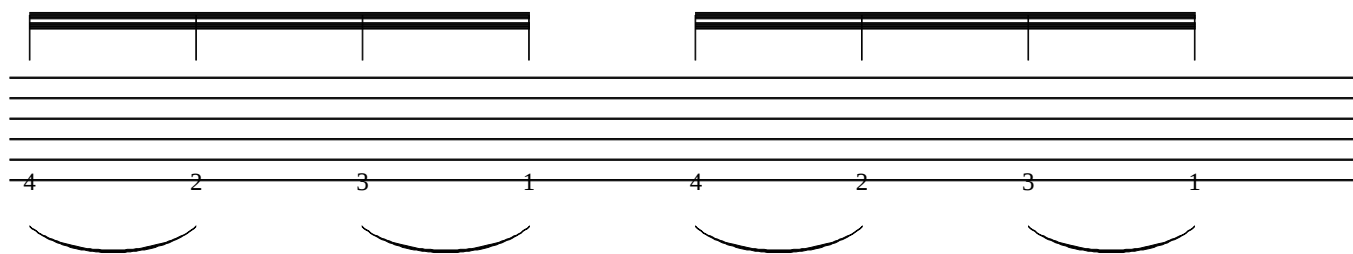
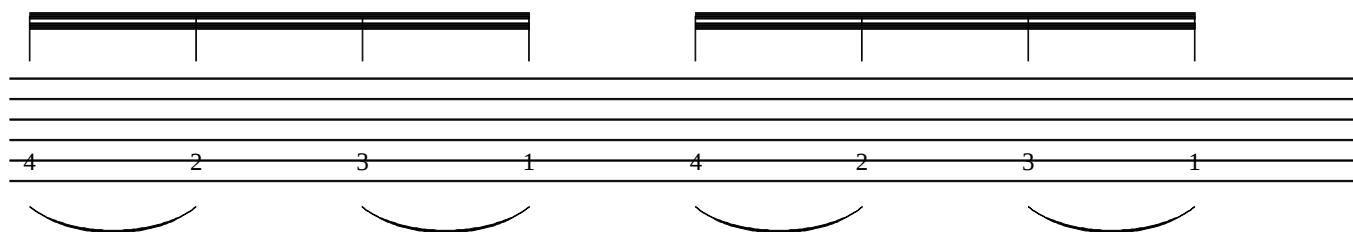
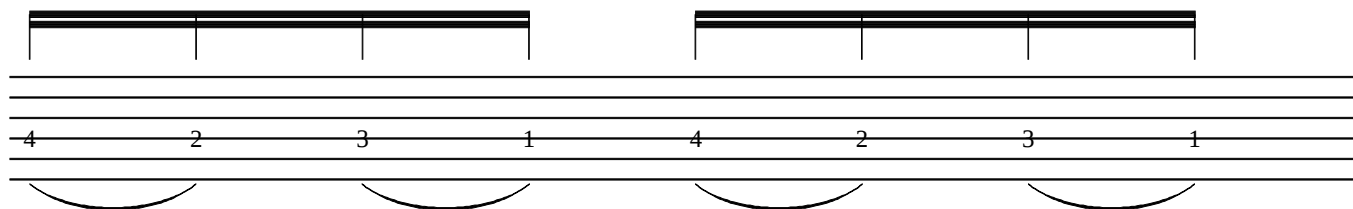
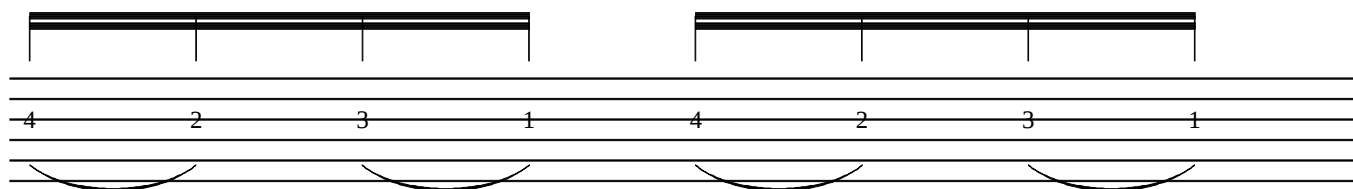
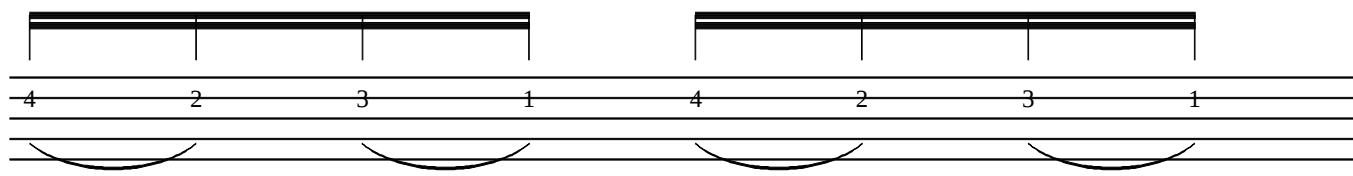
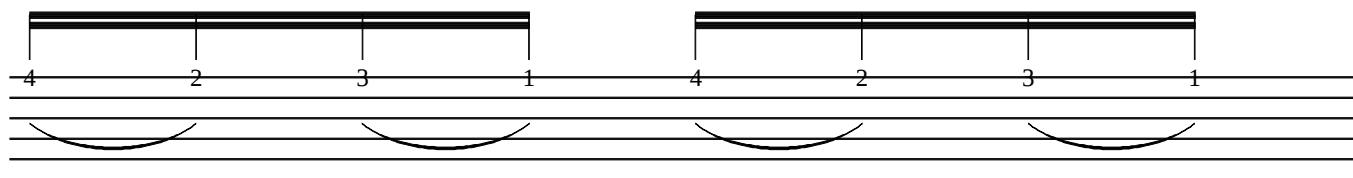
7



8a Barré

The image displays six systems of guitar exercises for the left hand, each consisting of a single staff with a barre and four fingerings (1, 3, 2, 4) indicated by numbers above the staff. Each system is divided into two measures, each containing a single note. The notes are connected by a slur, indicating a single melodic line. The exercises are arranged in a 3x2 grid. The first system is labeled '8a' and 'Barré'. The second system is labeled '8b' and 'Barré'. The third system is labeled '8c' and 'Barré'. The fourth system is labeled '8d' and 'Barré'. The fifth system is labeled '8e' and 'Barré'. The sixth system is labeled '8f' and 'Barré'. The exercises are designed to improve left hand technique and finger strength.

8b



Barré I

8c

Barré II

etc...