

The 24 Left Hand Fingering Combinations

(15 minutes/day)

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

- Start on 6th string and play pattern on each string across to first string and back.
- Variation: start on 1st string to 6th string and back.
- Pick each pattern down-up-down-up
- Variation: pick each pattern up-down-up-down
- Play staccato in eighth notes with click on 2 & 4. Tap right foot on 1 & 3.
- Tempo target > 160
- Play every other string as a speed burst of 16th notes.
- Play sets of 2 strings as 16th note speed burst, then 3 strings, etc. until you can play the whole exercise in 16th notes.

8 Note Single String Chromatic Patterns

(15 minutes/day)

- Use same practice routine as 24 left hand fingerings.
- Connect chromatically instead of straight across the fretboard.
- Also, practice these as 16th note triplets. The pattern will start on the downbeat every 2 measures. You will cover 3 strings in 2 bars

ascending: 1 2 1 2 3 2 3 4
descending: 4 3 4 3 2 3 2 1