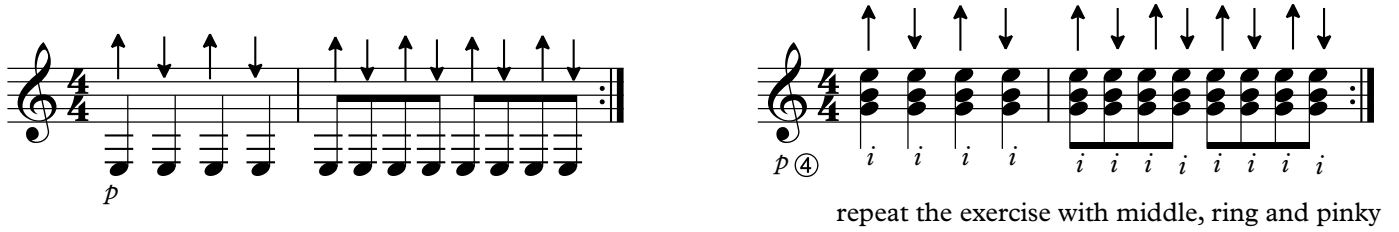


Guitoberfest 2024  
Technique workshop

Sanja Plohl

1. Rasgueado warm-up



*p*

*p* ④ *i i i i i i i i i i i i i i*

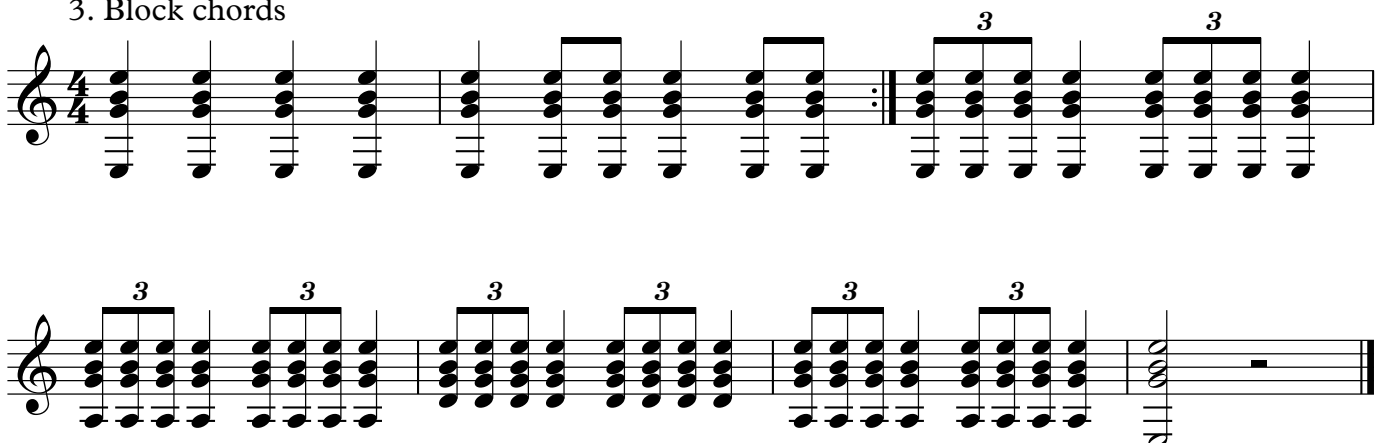
repeat the exercise with middle, ring and pinky

2. Thumb jump play all the notes with a thumb, place fingers i,m,a on the first string, start at a slow tempo



Rhythmic variant

3. Block chords



4. Block chord and arpeggio combination

Exercise 4 consists of two staves of music in 4/4 time. The first staff shows a sequence of block chords (dyads) on the first and second strings, followed by an arpeggiated sequence of the same notes. The second staff continues this pattern, ending with a final block chord and a whole note chord.

5. Finger movement from the top joint (move each finger from the first to the fifth string, first without plucking, and later with plucking the first string)

Exercise 5 consists of two staves of music in 4/4 time. The first staff shows a sequence of notes on the first string, with fingerings *i*, *i*, *i*, *i*, *m*, *m*, *m*, *m*, *a*, *a*, *a*, *a*. The second staff shows the same sequence of notes, but with plucking the first string for the *i* and *m* notes.

6. Walking on open strings

Exercise 6 consists of four staves of music in 5/8 time. Each staff shows a sequence of notes on the first and second strings, with fingerings *i* and *m*. The first two staves start with *i* and *m* fingerings, while the last two start with *m* and *i* fingerings. Each staff ends with a dotted quarter note and an eighth note.

repeat the exercise with m,a and a,m

7. Dynamic changes Play the accented note forte and the rest of the notes piano.

Exercise 7 consists of two staves of music in 4/4 time. The first staff has a treble clef and a key signature of one flat. The notes are: G4 (accented), F4, E4, D4, C4, B3, A3, G3. Dynamics are indicated as *f* for the accented notes and *p* for the others. The second staff is a repeat of the first, with a repeat sign at the end.

8. Dynamic changes Play the accented note forte and the rest of the notes piano. Start slowly

Exercise 8 consists of two staves of music in 6/8 time. The first staff has a treble clef and a key signature of one flat. The notes are: G4 (accented), F4, E4, D4, C4, B3, A3, G3. Dynamics are indicated as *f* for the accented notes and *p* for the others. The second staff is a repeat of the first, with a repeat sign at the end.

9. String change (with planting)

Exercise 9 consists of two staves of music in 4/4 time. The first staff has a treble clef and a key signature of one flat. The notes are: G4 (accented), F4, E4, D4, C4, B3, A3, G3. Dynamics are indicated as *i* for the accented notes and *m* for the others. The second staff is a repeat of the first, with a repeat sign at the end.

Adding the left hand

10. Slow singing notes (with optional vibrato)- play notes of your choice or follow the following example

Exercise 10 consists of two staves of music in 4/4 time. The first staff has a treble clef and a key signature of one flat. The notes are: G4 (accented), F4, E4, D4, C4, B3, A3, G3. Dynamics are indicated as *i* for the accented notes and *m* for the others. The second staff is a repeat of the first, with a repeat sign at the end.

### 11. Chromatic exercise

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

continue on the fifth and 6 strings and back to the first

TAB 3/4

### 12. Pinky training

4 3 4 3 4 3 4 3 4 3 4 3 4 3 4 3

TAB 2/4

4 2 4 2 4 2 4 2

continue -> ⑥

TAB

4 3 4 2

continue -> ⑥

TAB

4 3 4 3 4 3 4 3 4 3 4 3

TAB 3/4

3 4 3 4 3 4 3 4 3 4 3 4

TAB 3/4

### 13. Shifts with one finger on the same string

1 1 1 1 1 1 1 1 1 1 1 1 1 1 1

TAB 4/4

System 1: Treble clef staff with eighth notes. Fret numbers: 1, 8, 1, 9, 1, 10, 1, 11, 1, 12, 1, 13.

System 2: Treble clef staff with eighth notes and triplets. Fret numbers: 12, 11, 12, 10, 12, 9, 12, 8, 12, 7, 12, 6.

System 3: Treble clef staff with eighth notes. Fret numbers: 12, 5, 12, 4, 12, 3, 12, 2, 12, 1, 12, 0.

### 13.2 Continuous shift with one finger on the same string (practice with all fingers)

System 4: Treble clef staff with quarter notes. Fret numbers: 1-4, 5-8, 9-12, 13.

System 5: Treble clef staff with quarter notes. Fret numbers: 12-9, 8-5, 4-1, 0.

14. Continuous chromatic exercise (after Álvaro Pierri)

4 3 2 1 4 3 2 1

TAB 4/4 12 11 10 9

1 2 3 4 3 2 1 4 3

TAB 10 11 12 9 10 11 12 8 9 10 11 10 9 8 11 10 9 8 11 10 9 8 11 10 9 8 11 10

TAB 9 8 11 10 9 8 9 10 11 8 9 10 11 8 9 10

continue until the I position

TAB 11 8 9 10 11 8 9 10 11 7 8 9 10 9 9 7 10 9 8 7 10 9 8 7 10 9 8 7

Rhythmic patterns

a) b) c) d)

15. Chromatic descending pattern with string change

4 3 b2 1 4 3 b2 1

TAB 4/4

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

4 3 2 1 4 3 2 1

TAB

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

TAB

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

4 3 2 1

TAB

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

4 3 2 1

TAB

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