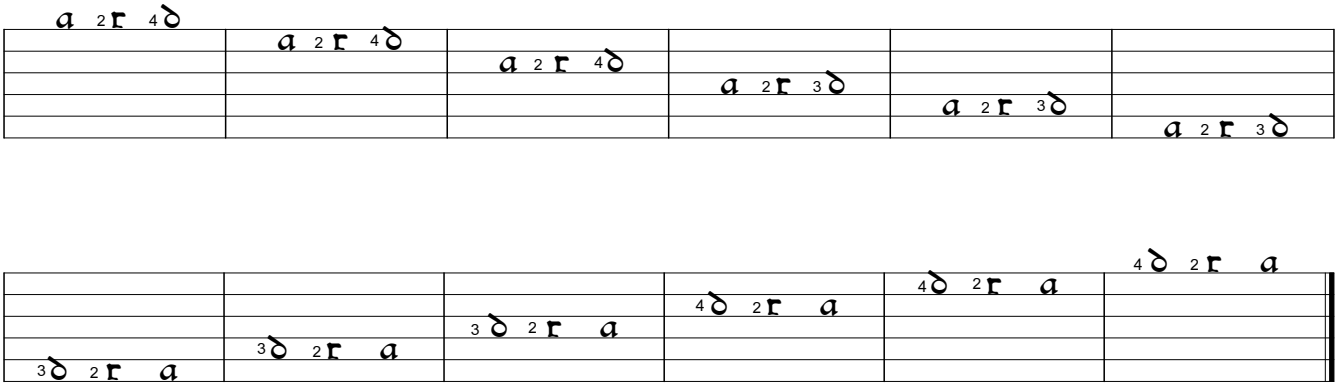
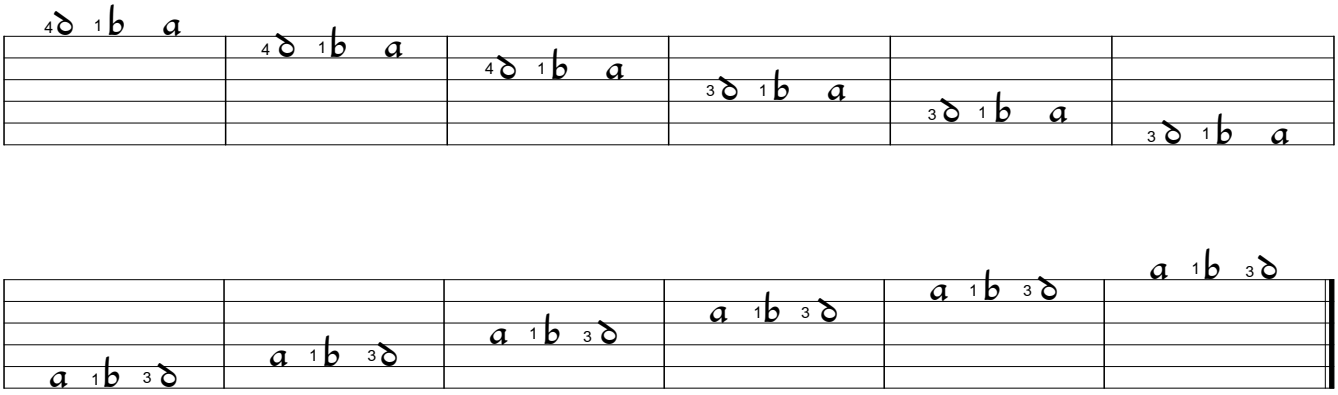
Left Hand Exercises

Exercise 1

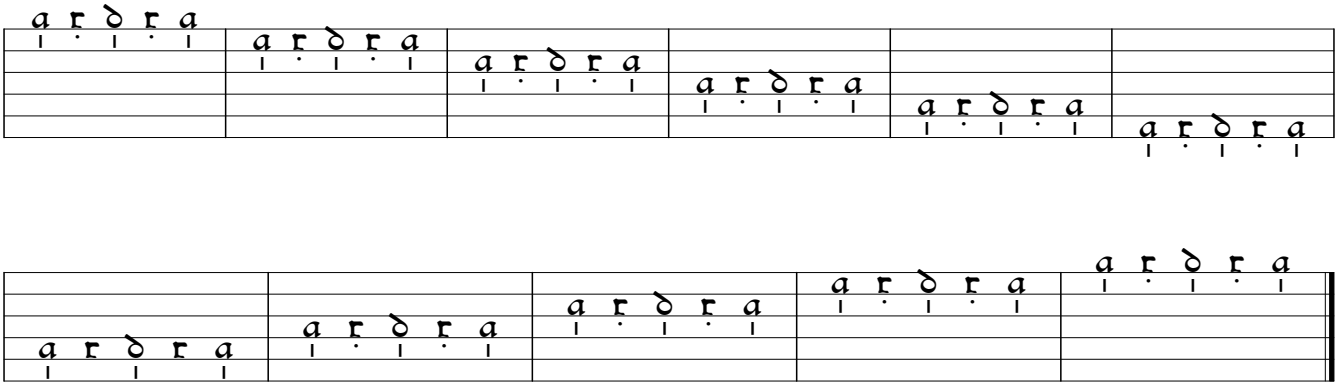
Pat O'Brian



Exercise 2

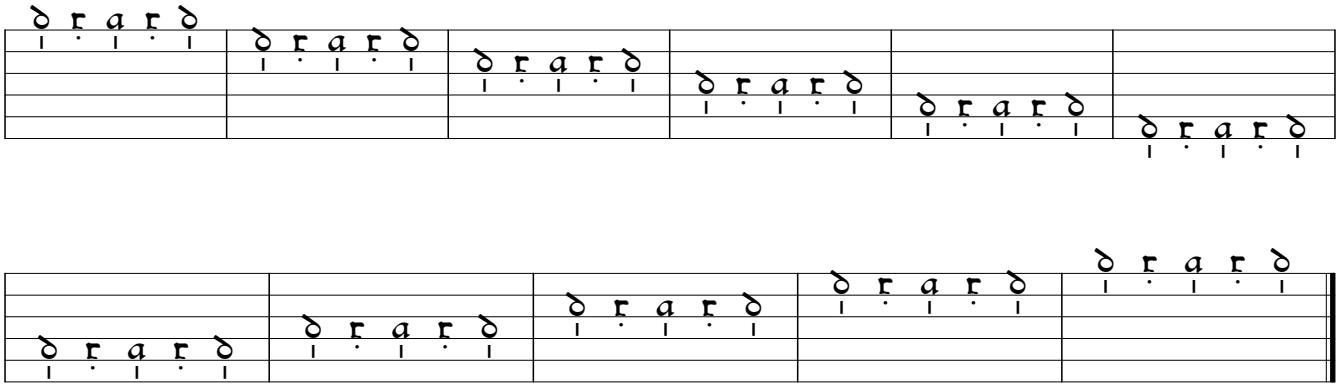


Exercise 3



Private communication (2002), %6. Encoded and edited by Sarge Gerbode.

Exercise 4



These are basic left hand exercises in first position.

Remember:

1. Relax the lower finger.
2. Fingers are relaxed and directly over the string you are playing.
3. The elbow hangs down (relaxed).
4. The arm shifts over the neck to keep the fingers over the string you are playing.
5. The palm remains level, parallel to the surface of the fingerboard.
6. When descending, place the lower finger just before gently relaxing the upper one.
7. Don't forget to adduct.