

Daily Warm-up Routine II

Right Hand

1. Walking on the B String

Musical notation for the first exercise, 'Walking on the B String'. It is written on a single staff in 4/4 time. The melody consists of a sequence of quarter notes: G4, A4, B4, C5, D5, E5, F5, G5, A5, B5, C6, D6, E6, F6, G6. The notes are grouped into four measures of four notes each. Below the staff, the following fingerings are indicated: 'index middle index middle' for the first measure, 'i m i m' for the second, 'i m i m' for the third, and 'i m i m' for the fourth. A double bar line with repeat dots is at the end of the staff.

2. String Crossing

Musical notation for the second exercise, 'String Crossing'. It is written on a single staff in 4/4 time. The first two measures consist of eighth notes: G4, A4, B4, C5, D5, E5, F5, G5. The next two measures consist of eighth notes: G5, F5, E5, D5, C5, B4, A4, G4. The notes are grouped into four measures of four notes each. Below the staff, the following fingerings are indicated: 'i m i m' for the first measure of the second part, and 'i m' for the second measure of the second part. A double bar line with repeat dots is at the end of the staff.

Watch out for the right-hand finger alternating in the second part of this exercise as you play each note three times. Because each string is played three times, you will have to change your starting finger each time you change strings. Keep your eyes and your focus on your right hand during this part of your warm-up.

Left Hand

3. LH 3rd Finger - No RH

Musical notation for the third exercise, 'LH 3rd Finger - No RH'. It is written on a single staff in 4/4 time. The melody consists of a sequence of half notes: G4, A4, B4, C5, D5, E5, F5, G5, A5, B5, C6, D6, E6, F6, G6. The notes are grouped into four measures of two notes each. A double bar line with repeat dots is at the end of the staff.

This is the most important left-hand exercise in the book. It allows you to focus only on your LH and each of the details that make for relaxed, accurate fingers. Curve your finger, land on its tip just behind the fret, keep your thumb behind the neck, flat, relaxed and pointed up. While you are focused on your left hand alone, hold your right hand in playing position with your "m" finger resting on the B string and your thumb anchored on the low E. Keep your eyes and your focus on your left hand during this part of your warm-up.

Combining the Hands

4. Chromatic Scale

Musical notation for the fourth exercise, 'Chromatic Scale'. It is written on a single staff in 4/4 time. The melody consists of a sequence of quarter notes: G4, A4, B4, C5, D5, E5, F5, G5, A5, B5, C6, D6, E6, F6, G6. The notes are grouped into four measures of four notes each. Below the staff, the following fingerings are indicated: 'i m' for the first measure, and '0 1 2 3 4' for the second, third, and fourth measures. A double bar line with repeat dots is at the end of the staff.

We start with playing each note twice to reinforce our RH finger alternating - each note is played with an index then a middle finger before moving to the next note. Later, you can substitute this scale with the extended chromatic scales on pages 25 and 33 and continue to use this warm-up routine until you reach Warm-up III.