

Alternate fingering exercise to increase speed of both hands

The sheet music consists of six staves of musical notation for a guitar. Each staff begins with a treble clef and a common time signature (C). The notation uses dots and plus signs below the notes to indicate specific fingerings: a dot means to play with the index finger (1), a plus sign means to play with the middle finger (2), and a dash means to play with the ring finger (3). The music is divided into measures by vertical bar lines. Measures 1-2: 0-1-3-4-0-2-0-1-0-2. Measures 3-4: 3-2-0-1-0-2-0-1-0-2. Measures 5-6: 0-2-0-1-0-2-0-1-0-2. Measures 7-8: 4-0-3-2-0-1-0-2-0-1. Measures 9-10: 0-1-0-2-0-1-0-2-0-1. Measures 11-12: 0-1-0-2-0-1-0-2-0-1. Measures 13-14: 0-2-0-1-0-2-0-1-0-2. Measures 15-16: 3-2-0-1-0-2-0-1-0-2. Measures 17-18: 0-1-0-2-0-1-0-2-0-1. Measures 19-20: 0-1-0-2-0-1-0-2-0-1. Measures 21-22: 0-1-0-2-0-1-0-2-0-1. Measures 23-24: 0-1-0-2-0-1-0-2-0-1. Measures 25-26: 0-1-0-2-0-1-0-2-0-1. Measures 27-28: 0-1-0-2-0-1-0-2-0-1. Measures 29-30: 0-1-0-2-0-1-0-2-0-1. Measures 31-32: 0-1-0-2-0-1-0-2-0-1. Measures 33-34: 0-1-0-2-0-1-0-2-0-1. Measures 35-36: 0-1-0-2-0-1-0-2-0-1. Measures 37-38: 0-1-0-2-0-1-0-2-0-1. Measures 39-40: 0-1-0-2-0-1-0-2-0-1. Measures 41-42: 0-1-0-2-0-1-0-2-0-1. Measures 43-44: 0-1-0-2-0-1-0-2-0-1. Measures 45-46: 0-1-0-2-0-1-0-2-0-1. Measures 47-48: 0-1-0-2-0-1-0-2-0-1. Measures 49-50: 0-1-0-2-0-1-0-2-0-1. Measures 51-52: 0-1-0-2-0-1-0-2-0-1. Measures 53-54: 0-1-0-2-0-1-0-2-0-1. Measures 55-56: 0-1-0-2-0-1-0-2-0-1. Measures 57-58: 0-1-0-2-0-1-0-2-0-1. Measures 59-60: 0-1-0-2-0-1-0-2-0-1. Measures 61-62: 0-1-0-2-0-1-0-2-0-1. Measures 63-64: 0-1-0-2-0-1-0-2-0-1. Measures 65-66: 0-1-0-2-0-1-0-2-0-1. Measures 67-68: 0-1-0-2-0-1-0-2-0-1. Measures 69-70: 0-1-0-2-0-1-0-2-0-1. Measures 71-72: 0-1-0-2-0-1-0-2-0-1. Measures 73-74: 0-1-0-2-0-1-0-2-0-1. Measures 75-76: 0-1-0-2-0-1-0-2-0-1. Measures 77-78: 0-1-0-2-0-1-0-2-0-1. Measures 79-80: 0-1-0-2-0-1-0-2-0-1. Measures 81-82: 0-1-0-2-0-1-0-2-0-1. Measures 83-84: 0-1-0-2-0-1-0-2-0-1. Measures 85-86: 0-1-0-2-0-1-0-2-0-1. Measures 87-88: 0-1-0-2-0-1-0-2-0-1. Measures 89-90: 0-1-0-2-0-1-0-2-0-1. Measures 91-92: 0-1-0-2-0-1-0-2-0-1. Measures 93-94: 0-1-0-2-0-1-0-2-0-1. Measures 95-96: 0-1-0-2-0-1-0-2-0-1. Measures 97-98: 0-1-0-2-0-1-0-2-0-1. Measures 99-100: 0-1-0-2-0-1-0-2-0-1.

Alternate Fingering Exercise

Fretboard diagram for the first exercise. The strings are labeled D, B, G, C, G from top to bottom. The notes are: 0, 2, 4, 5, 0, 2, 0, 1, 3, 1, 0, 2, 0, 5, 4, 2. Fingerings: I, T, I, T, I, T, I, T, I, T, I, T, I, T.

Fretboard diagram for the second exercise. The strings are labeled D, B, G, C, G from top to bottom. The notes are: 0, 2, 0, 1, 0, 2, 3, 2, 0, 1, 0, 2, 0, 5, 0, 2, 0, 1, 0, 2, 3, 7, 3, 2, 0, 1, 0, 2. Fingerings: I, T, I, T, I, T, M, I, M, I, M, T, I, T, I, T, M, I, M, T, M, T, M, I, M, T, I, T.

Fretboard diagram for the third exercise. The strings are labeled D, B, G, C, G from top to bottom. The notes are: 0, 1, 0, 2, 3, 7, 9, 10, 9, 7, 3, 2, 0, 1, 0, 1, 0, 2, 3, 7, 9, 7, 3, 2, 0, 1, 0, 2. Fingerings: I, T, M, I, M, T, M, I, M, I, M, T, I, T, M, I, M, T, M, I, M, T, M, I, M, T, I, T.

Fretboard diagram for the fourth exercise. The strings are labeled D, B, G, C, G from top to bottom. The notes are: 0, 2, 0, 1, 0, 2, 3, 3, 2, 0, 1, 0, 2, 0, 5, 4, 5, 0, 2, 0, 1, 0, 2, 0, 5, 4, 2. Fingerings: I, T, I, T, M, I, M, T, M, I, M, T, I, T, I, T, I, T, M, I, M, T, I, T, I, T, I, T.

Fretboard diagram for the fifth exercise. The strings are labeled D, B, G, C, G from top to bottom. The notes are: 0, 2, 4, 5, 0, 2, 0, 1, 3, 1, 0, 2, 0, 5, 4, 2, 0. Fingerings: I, T, I.