

TEKNISKE ØVELSER FOR GITAR



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TMA Music 6

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FORORD

Denne teknikkboken er ment som en basisbok som skal skape et felles grunnlag for gitarteknikk enten de spiller med plekter- og/eller fingerspill.

Boka vektlegger i hovedsak teknikk i venstre hånd.

Innholdet i boken dekker en del, men langt i fra alle teknikker som f. Eks skalaspill, intervaller, akkordomvendinger osv.

Hovedmålet med boken er at gitarister uansett spilleteknikk og sjanger skal kunne ha en felles teknisk plattform/grunnoversikt.

Øvelsene som omtales i boken foreslås også transponert til andre tonearter, spilles i mønster over flere strenger, repeteres og alltid spilles med metronom.

Lykke til!

Tore-Morten Andreassen/Karsten Andersen

INNHOLD

Symbolbruk

DEL 1

Skala

Intervaller

Treklanger

Treklanger Diatonisk

DEL 2

Arpeggio

Treklangs brytninger

DEL 3

Koordinasjonsøvelser

Variasjonsøvelser

Andre øvelser

Strekkøvelser

Posisjonsskifte

Symbolbruk:

1. Høyre hånd:

Plekteranslag: Alle øvelsene spilles med alternerende NED og OPPSLAG om ikke annet er angitt i øvelsene.

▣ - Nedslag
∨ - Oppslag

Fingerspill:

p – i – m – a

2. Venstre hånd:

1 2 3 4 – venstre hånds fingersetting

0 – løs streng

① første streng

② andre streng

③ tredje streng

④ fjerde streng

⑤ femte streng

⑥ sjette streng

DEL 1 - SKALA

PENTATONSKALA – ”De fem boksene”, Alle omvendinger spilles fra ⑥ til ① streng i opp- og nedadgående bevegelse, to oktaver

1.

⑥ ⑤ ④ ③ ② ①



2.

⑥ ⑤ ④ ③ ② ①



3.

⑥ ⑤ ④ ③ ② ①



4.

⑥ ⑤ ④ ③ ② ①



5.

⑥ ⑤ ④ ③ ② ①



BLUESSKALA – Alle omvendinger spilles fra ⑥ til ① streng i opp- og nedadgående bevægelse, to oktaver:

1. ⑥ ⑤ ④ ③ ② ①



2. ⑥ ⑤ ④ ③ ② ①



3. ⑥ ⑤ ④ ③ ② ①



4. ⑥ ⑤ ④ ③ ② ①



5. ⑥ ⑤ ④ ③ ② ①



6. ⑥ ⑤ ④ ③ ② ①



DURSKALA – Alle omvendinger spilles fra ⑥ til ① streng i opp- og nedadgående bevegelse, to oktaver:

1. Jonisk

⑥ ⑤ ④ ③ ② ①



2. Dorisk

⑥ ⑤ ④ ③ ② ①



3. Frygisk

⑥ ⑤ ④ ③ ② ①



4. Lydisk

⑥ ⑤ ④ ③ ② ①



5. Miksolydisk

⑥ ⑤ ④ ③ ② ①



6. Aeolisk

⑥ ⑤ ④ ③ ② ①

A musical staff in treble clef with a key signature of one sharp (F#) and a common time signature (C). The notes are: G4, A4, B4, C5, B4, A4, G4, F#4, E4, D4, C4, B3, A3, G3. Fingerings 1-6 are indicated above the notes.

7. lokrisk


⑥ ⑤ ④ ③ ② ①

A musical staff in treble clef with a key signature of one sharp (F#) and a common time signature (C). The notes are: G4, A4, B4, C5, B4, A4, G4, F#4, E4, D4, C4, B3, A3, G3. Fingerings 1-6 are indicated above the notes.

MELODISK MOLL- Alle omvendinger spilles fra ⑥ til ① streng i opp- og nedadgående bevægelse, to oktaver:

1. Melodisk moll

⑥ ⑤ ④ ③ ② ①



A musical staff in treble clef with a common time signature (C). The scale is written in a single line, starting on the second line (G4) and ending on the first line (G5). The notes are: G4, A4, B4, C5, D5, E5, F#5, G5. The first four notes (G, A, B, C) are ascending, and the last three (D, E, F#, G) are descending. The final note G5 has a fermata.

2. Dorisk b2


⑥ ⑤ ④ ③ ② ①



A musical staff in treble clef with a common time signature (C). The scale is written in a single line, starting on the second line (G4) and ending on the first line (G5). The notes are: G4, A4, B4, C5, D5, E5, F5, G5. The first four notes (G, A, B, C) are ascending, and the last three (D, E, F, G) are descending. The final note G5 has a fermata.

3. Lydisk overtone


⑥ ⑤ ④ ③ ② ①



A musical staff in treble clef with a common time signature (C). The scale is written in a single line, starting on the second line (G4) and ending on the first line (G5). The notes are: G4, A4, B4, C5, D5, E5, F#5, G5. The first four notes (G, A, B, C) are ascending, and the last three (D, E, F#, G) are descending. The final note G5 has a fermata.

4. Lydisk b7


⑥ ⑤ ④ ③ ② ①



A musical staff in treble clef with a common time signature (C). The scale is written in a single line, starting on the second line (G4) and ending on the first line (G5). The notes are: G4, A4, B4, C5, D5, E5, F5, G5. The first four notes (G, A, B, C) are ascending, and the last three (D, E, F, G) are descending. The final note G5 has a fermata.

5. Miksolydisk b6


⑥ ⑤ ④ ③ ② ①



A musical staff in treble clef with a common time signature (C). The scale is written in a single line, starting on the second line (G4) and ending on the first line (G5). The notes are: G4, A4, B4, C5, D5, E5, F#5, G5. The first four notes (G, A, B, C) are ascending, and the last three (D, E, F#, G) are descending. The final note G5 has a fermata.

6. Lokrisk #2


⑥ ⑤ ④ ③ ② ①



A musical staff in treble clef with a key signature of one sharp (F#) and a common time signature (C). The scale consists of the following notes: F#4, G4, A4, B4, C#5, D5, E5, F#5, G5, A5, B5, C#6. Fingerings are indicated by circled numbers 6 through 1 above the notes.

7. Superlokrisk

⑥ ⑤ ④ ③ ② ①



A musical staff in treble clef with a key signature of one sharp (F#) and a common time signature (C). The scale consists of the following notes: F#4, G4, A4, B4, C#5, D5, E5, F#5, G5, A5, B5, C#6, D#6, E#6. Fingerings are indicated by circled numbers 6 through 1 above the notes.

HARMONISK MOLL - Alle omvendinger spilles fra ⑥ til ① streng i opp- og nedadgående bevægelse, to oktaver:

1. Harmonisk moll

⑥ ⑤ ④ ③ ② ①



2. Lokrisk 13

⑥ ⑤ ④ ③ ② ①



3. Harmonisk dur

⑥ ⑤ ④ ③ ② ①



4. Spansk frygisk

⑥ ⑤ ④ ③ ② ①



5. Miksolydisk b9 b13

⑥ ⑤ ④ ③ ② ①



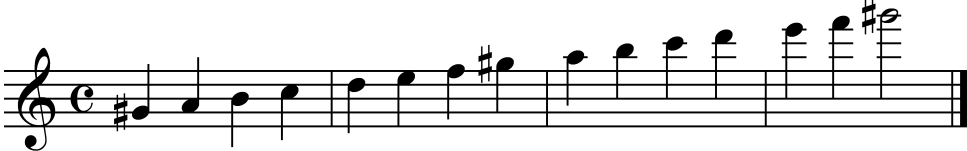
6. Lydisk #9

⑥ ⑤ ④ ③ ② ①



7. Superlokrisisk bb7

⑥ ⑤ ④ ③ ② ①



HARMONISK DUR - Alle omvendinger spilles fra ⑥ til ① streng i opp- og nedadgående bevægelse, to oktaver:

1. Harmonisk dur

⑥ ⑤ ④ ③ ② ①



2. Dorisk b5

⑥ ⑤ ④ ③ ② ①



3. Miksolydisk b9 #9 b13

⑥ ⑤ ④ ③ ② ①



4. Lydisk forminsket

⑥ ⑤ ④ ③ ② ①



5. Miksolydisk b2

⑥ ⑤ ④ ③ ② ①



6. Lydisk #5 #9

⑥ ⑤ ④ ③ ② ①



7. Lokrisk bb7

⑥ ⑤ ④ ③ ② ①



KROMATISK SKALA - Spilles fra ⑥ til ① streng i opp- og nedadgående bevegelse, to oktaver:

⑥ ⑤ ④ ③

5

② ①

DIMSKALA - Spilles fra ⑥ til ① streng i opp- og nedadgående bevegelse, to oktaver:

⑥ ⑤ ④ ③ ②

②

HEL/HALVTONESKALA - Spilles fra ⑥ til ① streng i opp- og nedadgående bevegelse, to oktaver:

⑥ ⑤ ④ ③ ②

②

HALV/HELTONESKALA - Spilles fra ⑥ til ① streng i opp- og nedadgående bevegelse, to oktaver:

⑥ ⑤ ④ ③ ②

A musical staff in treble clef with a common time signature (C). The scale starts on the 6th fret (G) and moves up two octaves: G (6), A (7), B (8), C (9), D (10), E (11), F (12), G (13), A (14), B (15), C (16), D (17), E (18), F (19), G (20). The descending scale is: G (20), F (19), E (18), D (17), C (16), B (15), A (14), G (13), F (12), E (11), D (10), C (9), B (8), A (7), G (6).

Supplerende skalaøvelser. For eksemplets skyld skrevet i durskalamønster:

1. En oktav

A musical staff in treble clef with a common time signature (C). The scale starts on the 3rd fret (D) and moves up one octave: D (3), E (4), F (5), G (6), A (7), B (8), C (9), D (10). The descending scale is: D (10), C (9), B (8), A (7), G (6), F (5), E (4), D (3). Fingering numbers are placed above the notes: 1, 3, 1, 2, 4, 1, 3, 4 for the ascending scale. Circled numbers ③, ②, ① are placed below the notes for the descending scale.

2.

A musical staff in treble clef with a key signature of one sharp (F#) and a common time signature (C). The scale starts on the 1st fret (F#) and moves up one octave: F# (1), G (2), A (3), B (4), C (5), D (6), E (7), F# (8). The descending scale is: F# (8), E (7), D (6), C (5), B (4), A (3), G (2), F# (1). Fingering numbers are placed above the notes: 2, 1, 4, 2, 4, 3, 1, 4 for the ascending scale. Circled numbers ①, ②, ③, ④ are placed below the notes for the descending scale.

3.

A musical staff in treble clef with a common time signature (C). The scale starts on the 5th fret (A) and moves up one octave: A (5), B (6), C (7), D (8), E (9), F (10), G (11), A (12). The descending scale is: A (12), G (11), F (10), E (9), D (8), C (7), B (6), A (5). Fingering numbers are placed above the notes: 2, 4, 1, 2, 4, 1, 3, 4 for the ascending scale. Circled numbers ⑤, ④, ③ are placed below the notes for the descending scale.

4. To oktaver

2 5 4 1 3 1 3 2 1 2 4 1 3 4

5.

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

6 5 4 3 2 1

6. Spilles med repeterende bevægelser:

i-m / i-a / m-i / m-a

a-i / a-m /

i-m-a / i-a-m / m-i-a / m-a-i / a-m-i / a-i-m-

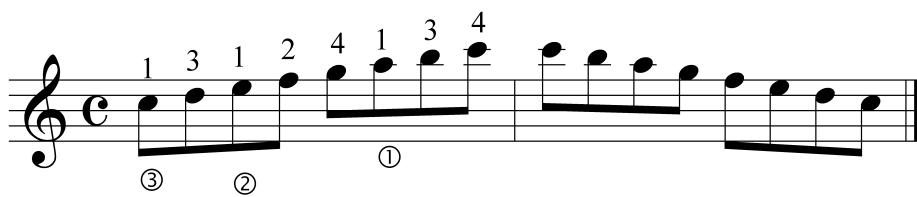
p-i / p-m / p-a

pimi / pmim / pmam / pama / pima / pami

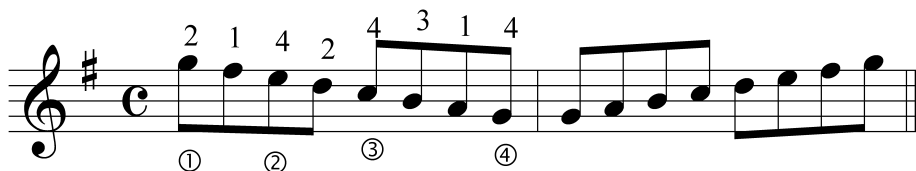
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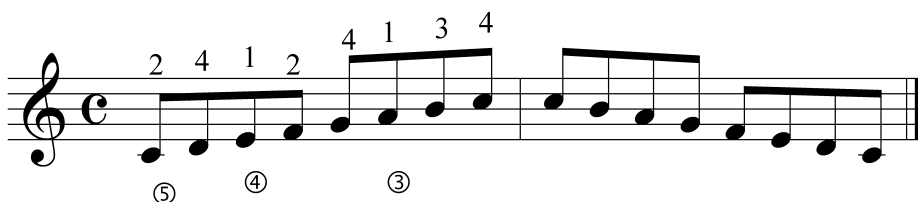
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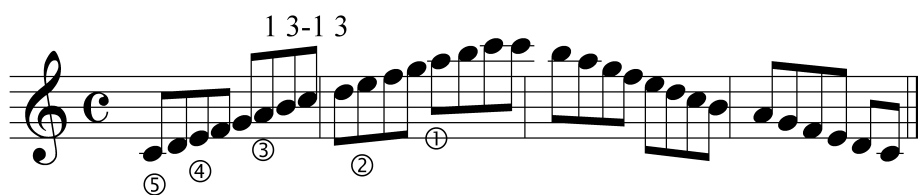
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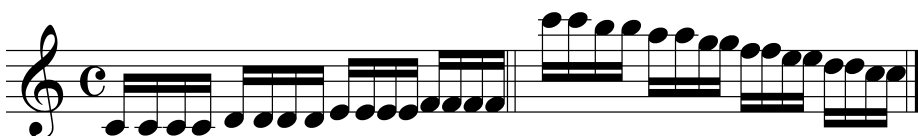
11.



12.



13.



i-m / i-a / m-i / m-a

a-i / a-m /

i-m-a / i-a-m / m-i-a / m-a-i / a-m-i / a-i-m-

p-i / p-m / p-a

pimi / pmim / pmam / pama / pima / pami

14. Kromatiske skalaøvelser:

I

1 0 4 3 2 3 4 0

15.

I

2 1 0 3 2

16.

I

2 1 0 4 3

17.

4 3 2 1- 1 0 4 3 2 1 0

INTERVALLER

For eksemplets skyld skrives alle intervaller i C-dur. Lær alle tonearter!

1. Ters

C-dur – Spilles fra I til XII posisjon. Opp og –nedadgående:

The musical notation for the first interval (Ters) in C major is presented in three staves. The first staff shows the ascending scale from position I to XII. The second staff shows the descending scale from position XII to I, starting with a finger number '5' above the first note. The third staff shows the final notes of the descending scale, ending with a double bar line.

2. Sekst

C-dur – Spilles fra I til XII posisjon. Opp og –nedadgående:

The musical notation for the second interval (Sekst) in C major is presented in three staves. The first staff shows the ascending scale from position I to XII. The second staff shows the descending scale from position XII to I, starting with a finger number '5' above the first note. The third staff shows the final notes of the descending scale, ending with a double bar line.

3. Kvart

Musical notation for exercise 3, Kvart, in C major, 4/4 time. It consists of three staves. The first staff contains measures 1-4, the second staff contains measures 5-8, and the third staff contains measures 9-10. The piece ends with a double bar line and repeat dots.

4. Kvint

Musical notation for exercise 4, Kvint, in C major, 4/4 time. It consists of three staves. The first staff contains measures 1-4, the second staff contains measures 5-8, and the third staff contains measures 9-10. The piece ends with a double bar line and repeat dots.

5. Desim

Musical notation for exercise 5, Desim, in C major, 4/4 time. It consists of two staves. The first staff contains measures 1-4, and the second staff contains measures 5-8. The piece ends with a double bar line and repeat dots.

6. Oktav

Musical notation for exercise 6, Oktav. The first staff shows a sequence of eighth-note chords in C major. The second staff, starting with a '5' above the first measure, continues the sequence of eighth-note chords, ending with a double bar line.

7. Sekund

Musical notation for exercise 7, Sekund. The first staff shows a sequence of eighth-note chords in C major. The second staff, starting with a '5' above the first measure, continues the sequence of eighth-note chords. The third staff, starting with a '9' above the first measure, continues the sequence of eighth-note chords, ending with a double bar line.

8. Septim

Musical notation for exercise 8, Septim. The first staff shows a sequence of eighth-note chords in C major. The second staff, starting with a '5' above the first measure, continues the sequence of eighth-note chords, ending with a double bar line.

TREKLANGER

Akkordomvendinger

Spilles på ①②③ streng

C- DUR C-MOLL



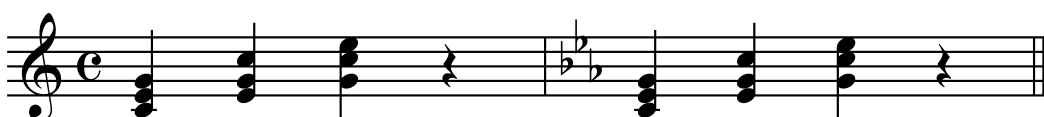
Transponeres til alle tonearter

Spilles på ②③④ streng



Transponeres til alle tonearter

Spilles på ③④⑤ streng



Transponeres til alle tonearter

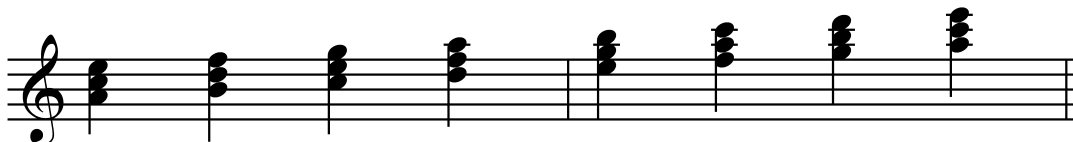
Spilles på ④⑤⑥ streng



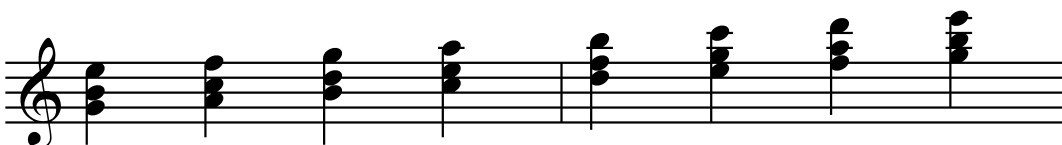
TREKLINGER DIATONISK

Spilles på ①②③ streng
c-dur

a) Grunnstilling – grunntone nederst



b) Første omvendning – ters nederst



c) Annen omvendning - kvint nederst



Spilles på ②③④ streng

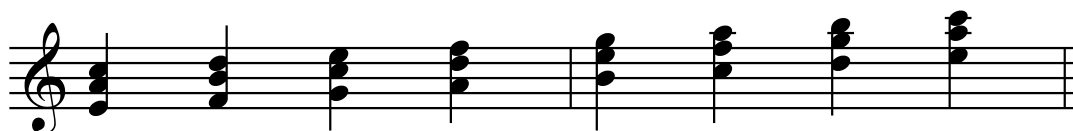
a) Grunnstilling – grunntone nederst



b) Første omvendning – ters nederst

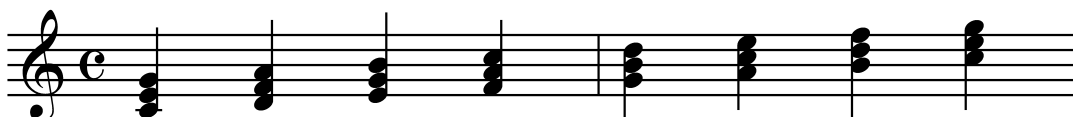


c) Annen omvending – kvint nederst



Spilles på ③④⑤ streng

a) Grunnstilling – grunntone nederst



b) Første omvending – ters nederst



c) Annen omvending – kvint nederst

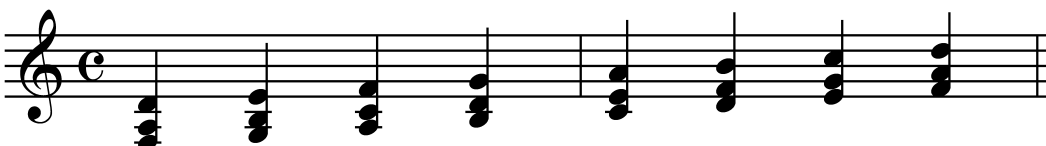


Spilles på ④⑤⑥ streng

a) Grunnstilling – grunntone nederst



b) Første omvending – ters nederst

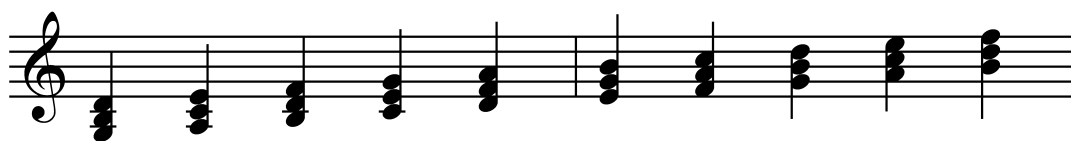


c) Annen omvending – kvint nederst



SPILLES i FØRSTE POSISJON

a) Grunnstilling – grunntone nederst



b) Første omvending – ters nederst



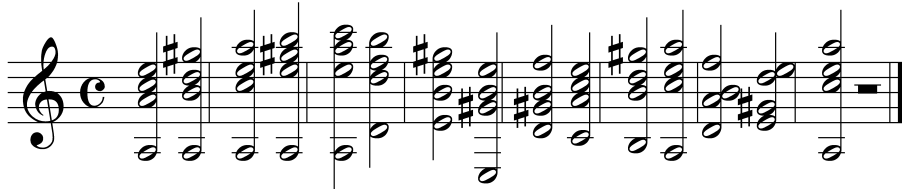
c) Annen omvending – kvint nederst



DEL 2 - ARPEGGIO

a) Som utgangspunkt for øvelsene brukes denne akkord rekken som er hentet fra Carcassi Etyder op.60

1.



Øvelsene spilles først på ① ② og ③ streng, uten bass tonene. Hver takt spiller 2, 4 eller 6 ganger. Høyre hands fingersetning for fingerspill er skrevet over. For plekter spilles alltid ned og oppslag vekselvis. Der er opp til den enkelte om en velger å starte med ned eller oppslag. Der hvor to eller tre tones skal klinge samtidig spilles ned eller oppslag.

2



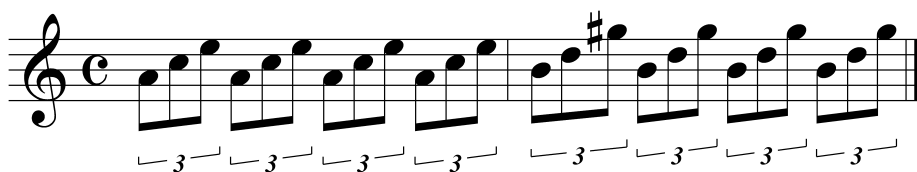
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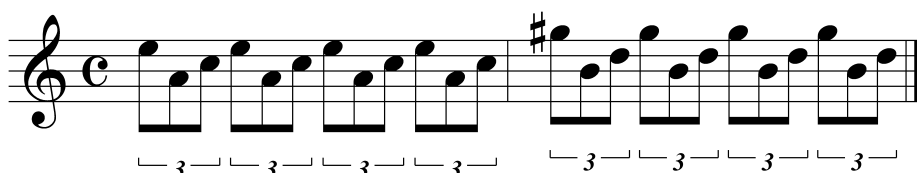
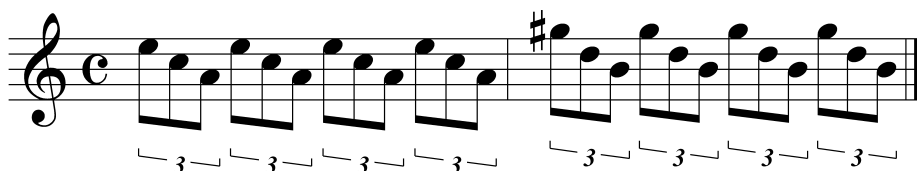
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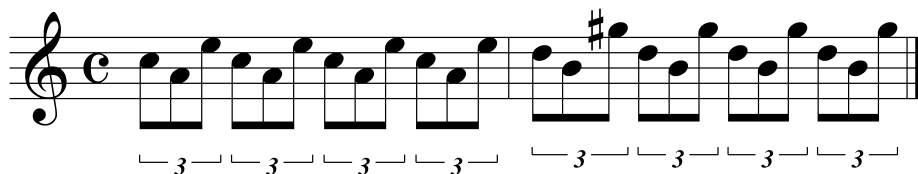
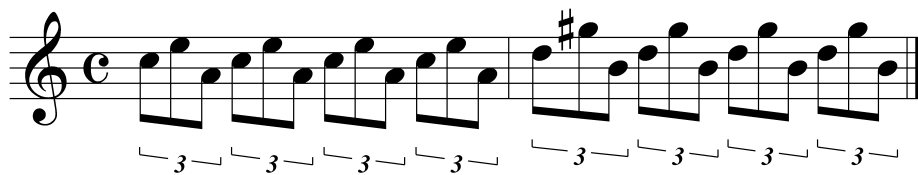
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6.



7.



8.



9.

Exercise 9 consists of three staves of treble clef music in common time. The first staff shows a simple eighth-note scale: C4-D4-E4-F4-G4-A4-B4-C5. The second staff introduces triplets and a sharp sign: C4-D4-E4-F4-G4-A4-B4-C5, with a sharp sign above the final C5. The third staff shows sixteenth-note patterns: C4-D4-E4-F4-G4-A4-B4-C5, with a sharp sign above the final C5.

10.

Kan spilles alternativt med forslag 1 eller 2. Plekter spilles hver akkord med ned eller oppslag.

Exercise 10 shows a sequence of chords on a treble clef staff in common time. The first four chords are C4-E4-G4, and the last four chords are C4-E4-G4 with a sharp sign above the G4.

11.

Exercise 11 shows a sequence of chords on a treble clef staff in common time. The first four chords are C4-E4-G4, and the last four chords are C4-E4-G4 with a sharp sign above the G4.

12.

Exercise 12 shows a sequence of chords on a treble clef staff in common time. The first four chords are C4-E4-G4, and the last four chords are C4-E4-G4 with a sharp sign above the G4.

Akkordene spilles med basstonene. Plekter kan utelate basstonene der hvor Det er en eller flere toner mellom bass og overstemme.

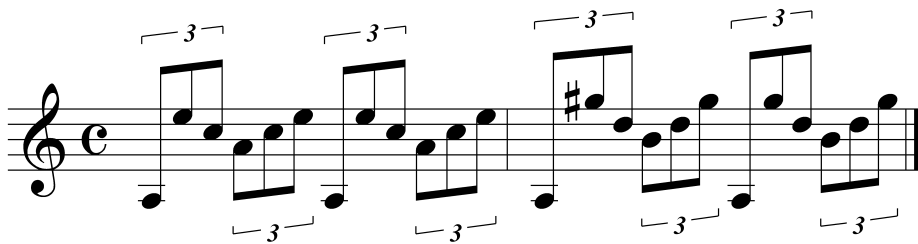
13.

Exercise 13 consists of four staves of music in C major, 4/4 time. Each staff has a treble clef and a common time signature. The first two staves show a sequence of chords: C major, F major, C major, F major, C major, F major, C major, F major. The third and fourth staves show a sequence of chords: C major, F major, C major, F major, C major, F major, C major, F major. The first two staves have a melody of quarter notes. The third and fourth staves have a melody of eighth notes with triplets.

14.

Exercise 14 consists of two staves of music in C major, 4/4 time. Each staff has a treble clef and a common time signature. The first staff shows a sequence of chords: C major, F major, C major, F major, C major, F major, C major, F major. The second staff shows a sequence of chords: C major, F major, C major, F major, C major, F major, C major, F major. The first staff has a melody of quarter notes with triplets. The second staff has a melody of eighth notes with triplets.

15.



16.

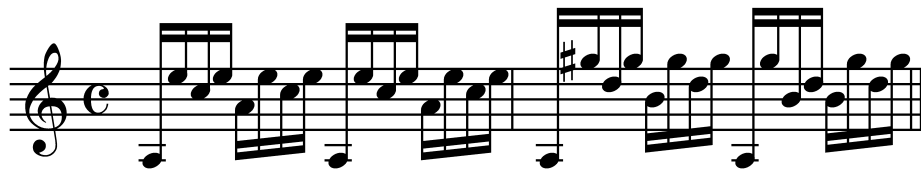
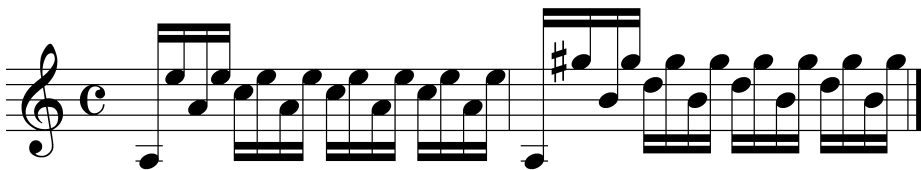


17.

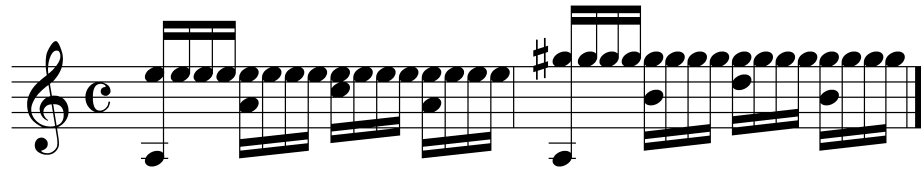




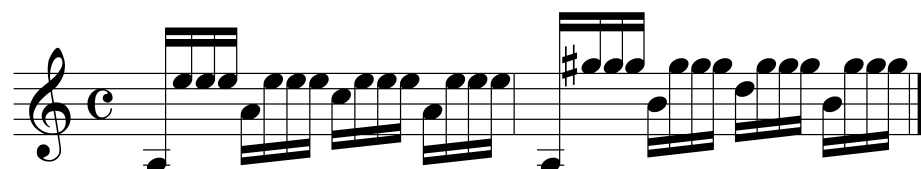
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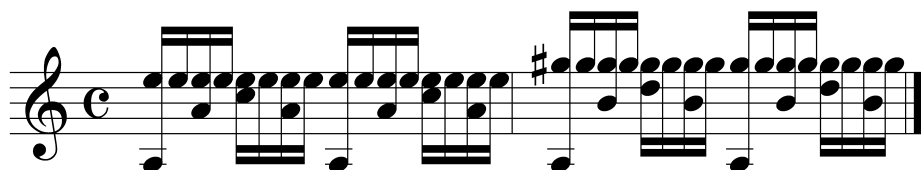
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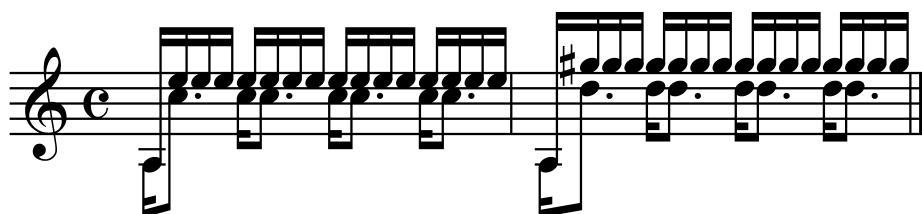
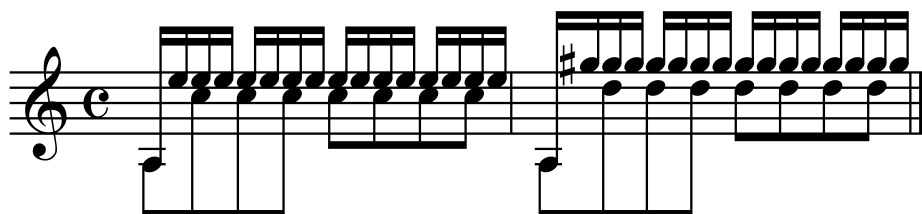
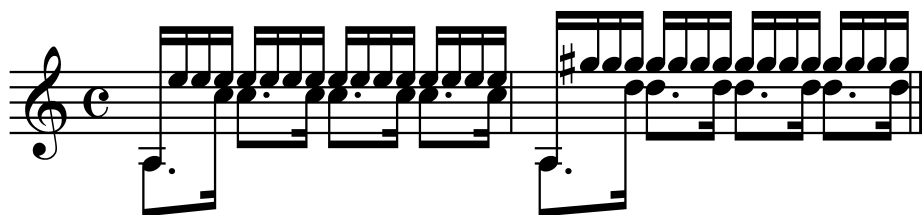
20.



21.



22.



23.



b) TREKLANGSBRYTNINGER med

- kromatisk ledetone
- diatonisk ledetone
- kombinasjon

Kromatisk ledetone

1.



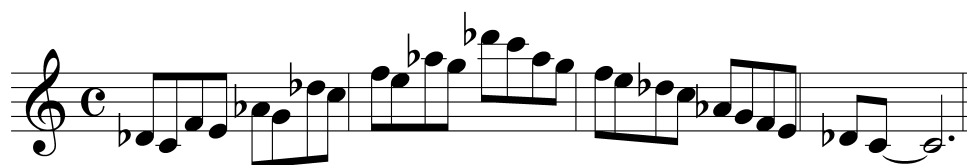
2.



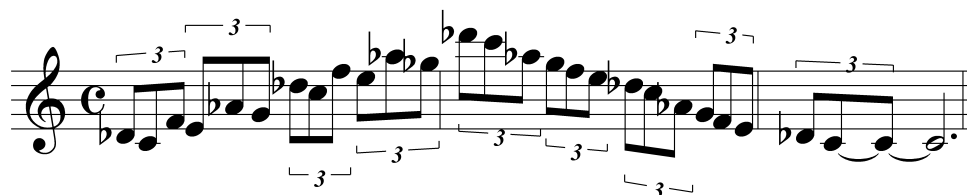
3.



4.



5.



6.



Diatonisk ledetone

1.



2.



3.



Kombinasjon av kromatisk og diatonisk ledetone

1.



2.

Two staves of musical notation in treble clef, common time (C). The first staff contains a sequence of eighth notes with three triplet markings (indicated by a '3' above the notes). The second staff continues the sequence, also featuring triplet markings. The key signature has one sharp (F#).

3.

Two staves of musical notation in treble clef, common time (C). The first staff starts at measure 30 and contains a sequence of eighth notes with various accidentals. The second staff starts at measure 32 and continues the sequence. The key signature has one sharp (F#).

kromatisk ledetone

1.

Two staves of musical notation in treble clef, common time (C). The first staff contains a sequence of eighth notes with various accidentals, including a flat (b) and a sharp (#). The second staff continues the sequence. The key signature has one sharp (F#).

2.

Exercise 2 consists of two staves of music in C major, 4/4 time. The first staff contains two measures of music. The first measure has a triplet of eighth notes (C4, D4, E4) followed by a quarter note (F4), a quarter note (G4), and a quarter note (A4). The second measure has a quarter note (B4), a quarter note (C5), a quarter note (B4), a quarter note (A4), a quarter note (G4), and a quarter note (F4). The second staff contains two measures. The first measure has a quarter note (E4), a quarter note (F4), a quarter note (G4), and a quarter note (A4). The second measure has a quarter note (B4), a quarter note (C5), a quarter note (B4), a quarter note (A4), a quarter note (G4), and a quarter note (F4). Both staves feature several triplet markings over groups of notes.

3.

Exercise 3 consists of two staves of music in C major, 4/4 time. The first staff contains two measures. The first measure has a quarter note (C4), a quarter note (D4), a quarter note (E4), and a quarter note (F4). The second measure has a quarter note (G4), a quarter note (A4), a quarter note (B4), and a quarter note (C5). The second staff contains two measures. The first measure has a quarter note (D5), a quarter note (E5), a quarter note (F5), and a quarter note (G5). The second measure has a quarter note (A5), a quarter note (B5), a quarter note (C6), and a quarter note (B5). Both staves feature sixteenth-note patterns.

DEL 3 – KOORDINASJONSØVELSER

Øvelsene spilles for å oppnå uavhengighet og styrke i venstrehands fingre og for å koordinere samtidingslag med høyre og venstre hand. Øvelsene spilles alltid med veksel anslag i høyre hand. Det er opp til den enkelte hvilke fingre eller ned eller oppslag som brukes.

1.

Denne og etterfølgende øvelser spilles i to mønstre :

1.- ① ② ③ ② ③ ④ ③ ② ③ ② ①

2.- ① I II III - II III IV - III IV V - II III IV - III IV V - IV V VI - III IV V - til XII bånd og tilbake.

- Noen øvelser er skrevet ut i sin helhet,
- Noen er bare venstre hands mønster skrevet og spilles på samme måte
- Noen er skrevet hvor første linje har et venstre hands mønster og andre linje er et annet venstre hands mønster

2.

3.

1 4 1 4 1 4 1 4 1 4 1 4 1 4 1 4 1 4 1 4 1 4

4.

2 3 2 3 2 3 2 3 2 3 2 3 2 3 2 3 2 3 2 3 2 3

5.

3 4 3 4

6.

2 4 2 4 2 4 2 4 2 4 2 4 2 4 2 4 2 4 2 4 2 4

7.

Exercise 7 consists of two staves of music in C major, 4/4 time. The first staff begins with a treble clef and a common time signature. The first four notes are quarter notes: C4, E4, G4, and A4. Above these notes are the fingerings 1, 3, 2, and 4. Below the staff are circled numbers 1, 2, 3, and 4. The second staff continues the piece with quarter notes: B4, C5, B4, A4, G4, F4, E4, D4, C4. Above the first four notes are the fingerings 4, 2, 3, and 1. The piece ends with a double bar line.

8.

Exercise 8 consists of three staves of music in C major, 4/4 time. The first staff begins with a treble clef and a common time signature. The first four notes are quarter notes: C4, E4, G4, and A4. Above these notes are the fingerings 4, 2, 1, and 2. Below the staff are circled numbers 1, 2, 3, 2, 3, 4, 3, 2. The second staff continues with quarter notes: B4, C5, B4, A4, G4, F4, E4, D4, C4. Above the first four notes are the fingerings 1, 2, 4, and 2. Below the staff are circled numbers 1 and 2. The third staff continues with quarter notes: B4, C5, B4, A4, G4, F4, E4, D4, C4. The piece ends with a double bar line.

9.

Exercise 9 consists of three staves of music in C major, 4/4 time. The first staff begins with a treble clef and a common time signature. The first four notes are quarter notes: C4, E4, G4, and A4. Above these notes are the fingerings 4, 3, 1, and 3. Below the staff are circled numbers 1, 2, 3, 2, 3, 4, 3, 2. The second staff continues with quarter notes: B4, C5, B4, A4, G4, F4, E4, D4, C4. Above the first four notes are the fingerings 1, 3, 4, and 3. Below the staff are circled numbers 1 and 2. The third staff continues with quarter notes: B4, C5, B4, A4, G4, F4, E4, D4, C4. The piece ends with a double bar line.

10.

4 3 2 1 2 3
① 6 ② 6 ③ 6

1 2 3 4 3 2
6 6 6

11.

4 3 3 2 2 1
⊕ 6 ② 6 ③ 6

1 2 2 3 3 4
6 6 6

12.

1 4 3 4 2 4 3 4
⊕ 6 6 6

4 1 2 1 3 1 2 1
6 6 6

13.

1 2 3 2
6 6 6

3 2 1 2
6 6 6

14.

1 2 3 3

3 2 1 2

Exercise 14 consists of two staves of music in C major, 4/4 time. The first staff contains a sequence of eighth notes: C4, D4, E4, F#4, G4, A4, B4, C5, followed by a wavy line. The second staff contains a sequence of eighth notes: C4, B3, A3, G3, F3, E3, D3, C3, followed by a wavy line. Fingering numbers are placed above the notes.

15.

4 3 2 1

1 2 3 4

Exercise 15 consists of two staves of music in C major, 4/4 time. The first staff contains a sequence of eighth notes: C4, B3, A3, G3, F3, E3, D3, C3, followed by a wavy line. The second staff contains a sequence of eighth notes: C4, D4, E4, F#4, G4, A4, B4, C5, followed by a wavy line. Fingering numbers are placed above the notes.

16.

2 1 3 4

3 4 2 1

Exercise 16 consists of two staves of music in C major, 4/4 time. The first staff contains a sequence of eighth notes: C4, B3, A3, G3, F3, E3, D3, C3, followed by a wavy line. The second staff contains a sequence of eighth notes: C4, D4, E4, F#4, G4, A4, B4, C5, followed by a wavy line. Fingering numbers are placed above the notes.

17.

2 4 1 3

4 2 3 1

Exercise 17 consists of two staves of music in C major, 4/4 time. The first staff contains a sequence of eighth notes: C4, B3, A3, G3, F3, E3, D3, C3, followed by a wavy line. The second staff contains a sequence of eighth notes: C4, D4, E4, F#4, G4, A4, B4, C5, followed by a wavy line. Fingering numbers are placed above the notes.

18.

1 2 3 2 2 3 4 3




4 3 2 3 3 2 1 2




19.

2 1 2 3

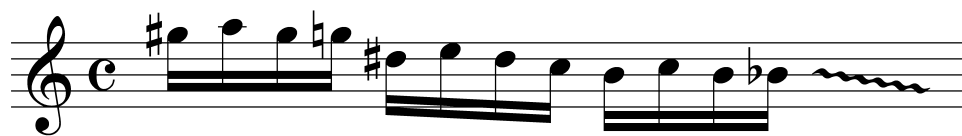


2 3 2 1




20.

3 4 3 2




3 2 3 4

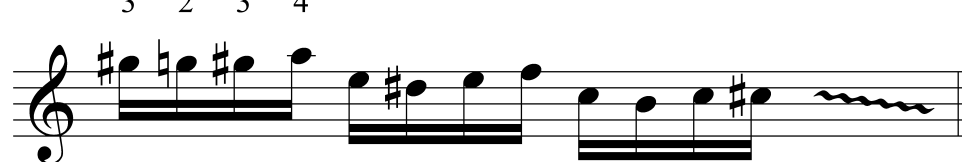


21.

3 4 3 2



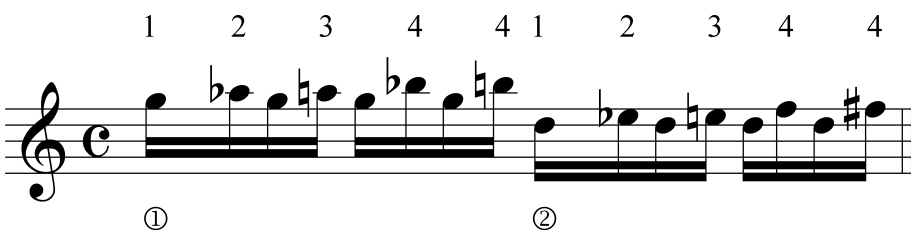
3 2 3 4



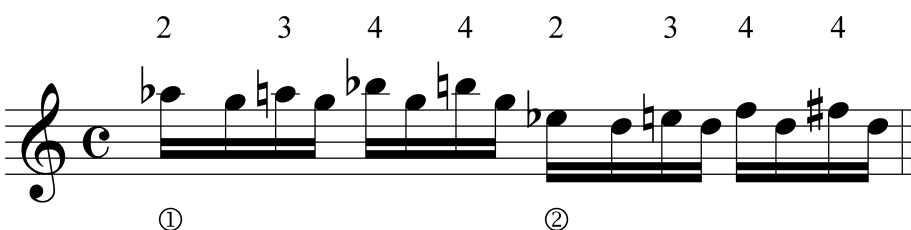
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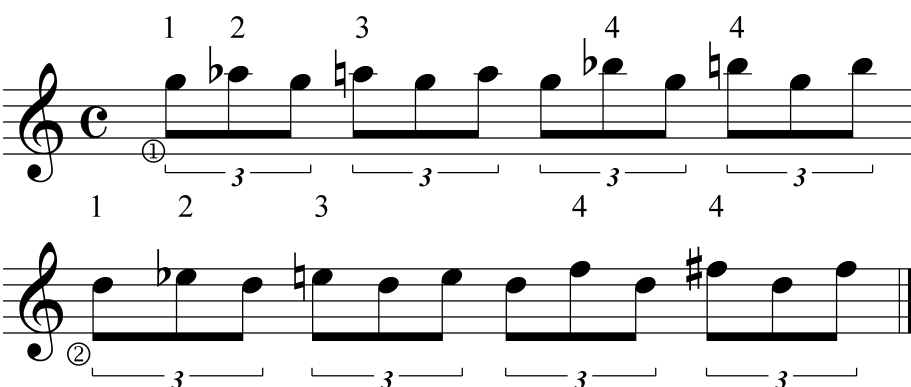
23.



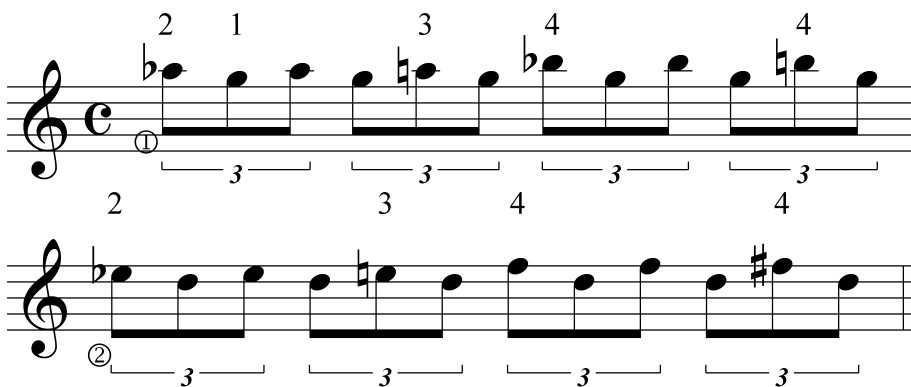
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25.

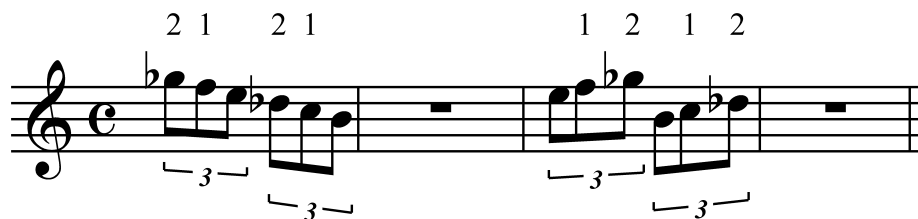


26.



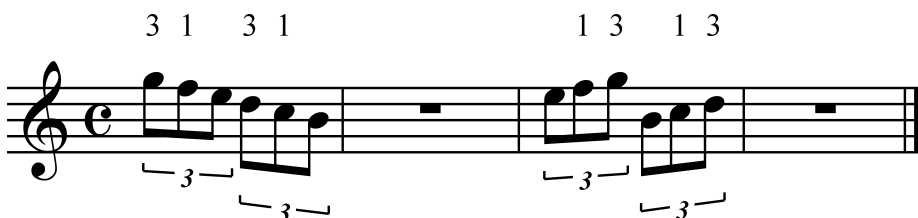
Øvelser i kombinasjon med løs streng. Spill først nedadgående bevegelse deretter oppadgående bevegelse. Spilles med samme strengemønster.

27.



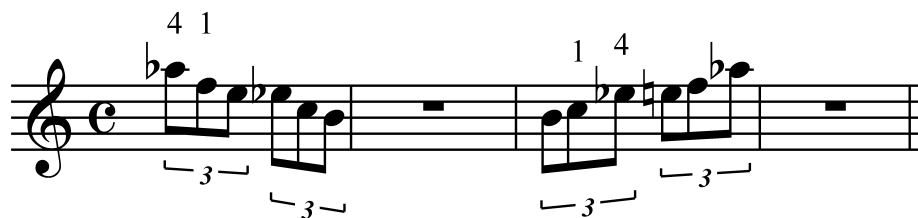
Exercise 27: A musical staff in treble clef with a common time signature (C). The first measure contains a descending triplet of eighth notes with fingerings 2 1 and 2 1. The second measure contains an ascending triplet of eighth notes with fingerings 1 2 and 1 2. The key signature has one flat (B-flat).

28.



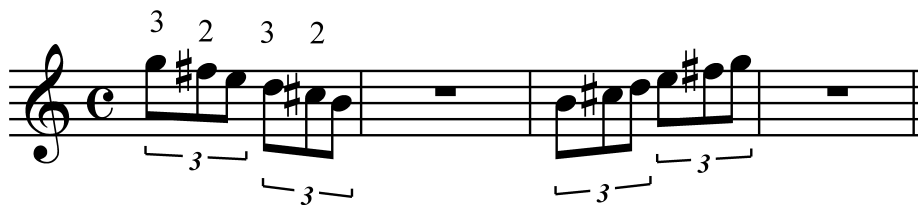
Exercise 28: A musical staff in treble clef with a common time signature (C). The first measure contains a descending triplet of eighth notes with fingerings 3 1 and 3 1. The second measure contains an ascending triplet of eighth notes with fingerings 1 3 and 1 3. The key signature has one flat (B-flat).

29.



Exercise 29: A musical staff in treble clef with a common time signature (C). The first measure contains a descending triplet of eighth notes with fingerings 4 1 and 4 1. The second measure contains an ascending triplet of eighth notes with fingerings 1 4 and 1 4. The key signature has one flat (B-flat).

30.



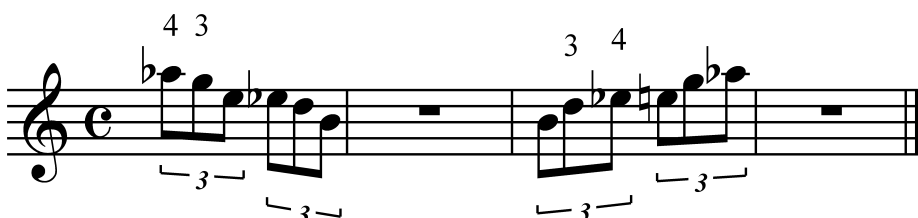
Exercise 30: A musical staff in treble clef with a common time signature (C). The first measure contains a descending triplet of eighth notes with fingerings 3 2 and 3 2. The second measure contains an ascending triplet of eighth notes with fingerings 3 2 and 3 2. The key signature has two sharps (F# and C#).

31.



Exercise 31: A musical staff in treble clef with a common time signature (C). The first measure contains a descending triplet of eighth notes with fingerings 4 2 and 4 2. The second measure contains an ascending triplet of eighth notes with fingerings 2 4 and 2 4. The key signature has two sharps (F# and C#).

32.



Exercise 32: A musical staff in treble clef with a common time signature (C). The first measure contains a descending triplet of eighth notes with fingerings 4 3 and 4 3. The second measure contains an ascending triplet of eighth notes with fingerings 3 4 and 3 4. The key signature has one flat (B-flat).

33.

3 2 1 2 1

3 3 3 3

34.

4 3 2 3 2

3 3 3 3

35.

4 3 2 3 2 1

3 3 3 3

36.

1 2 4 1 2 4 1 4 2 1 4 4

3 3 3 3 3 3

37.

1 3 4 1 3 4 1 4 3 1 4 4

3 3 3 3 3 3

38.

1 2 4 1 2 4 1 4 2 1 4 4

3 3 3 3 3 3

VARIASJONSØVELSER

Kordinasjonsøvelsene fra 1 til 32 kan spilles på flere måter:

1) Forandre strengemønsteret.

Spill annenhver streng: ① ③ ② ④

1 3 1 3 1 3 1 3 1 3 1 3 1 3



2. Posisjonsskifte:

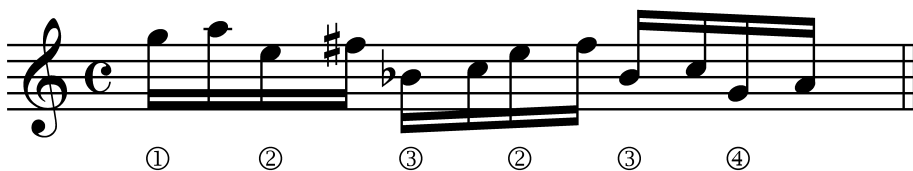
A.

1 2 1 2 1 2 1 2 1 2 1 2



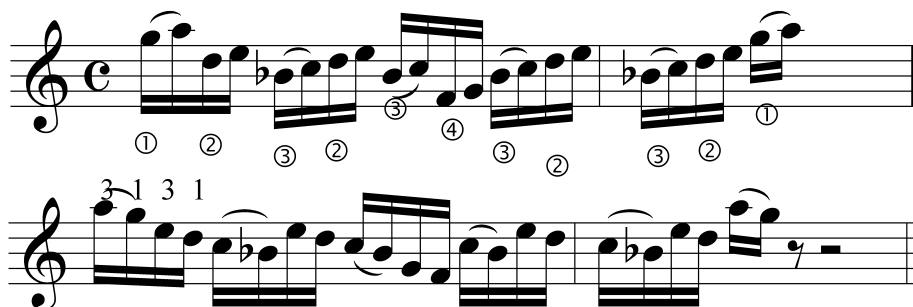
B.

1 3 1 3 1 3 1 3 1 3 1 3



3. Legato

1 3 1 3 1 3 1 3 1 3 1 3 1 3 1 3 1 3 1 3



1 3 2 4
② ③ ④

4 2 3 1

4. Legato

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

3 1 3 1

1 3 2 4
① ② ③ ④

4 2 3 1

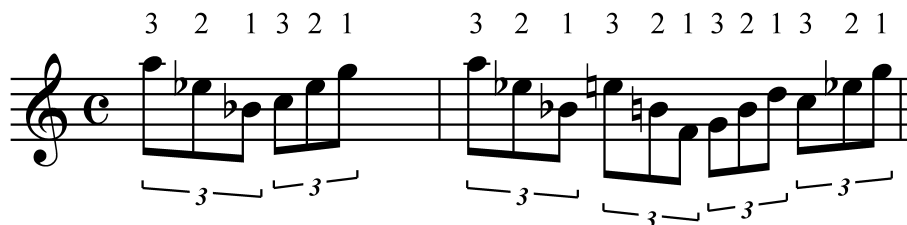
5. Legato

3 4 2 1

ANDRE ØVELSER

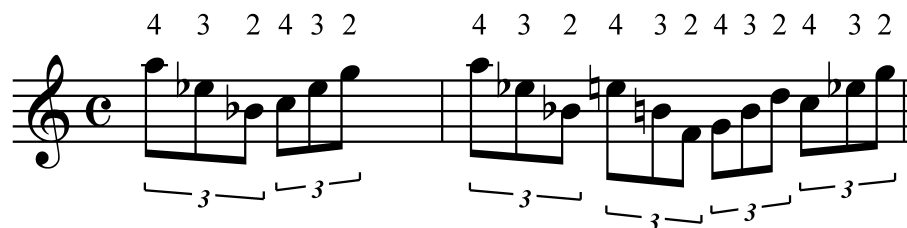
Spilles over tre strenger

1.



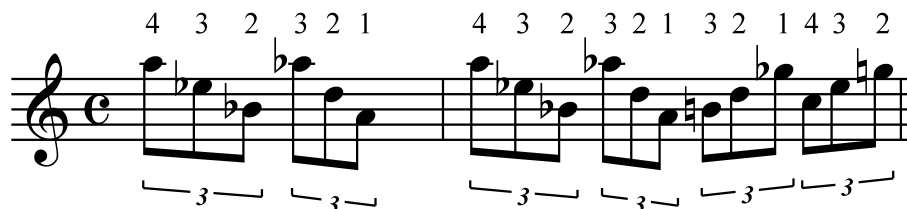
Musical notation for exercise 1, consisting of two measures. The first measure contains a triplet of eighth notes (F4, G4, A4) followed by a triplet of eighth notes (Bb4, A4, G4). The second measure contains a triplet of eighth notes (F4, G4, A4), a triplet of eighth notes (Bb4, A4, G4), a triplet of eighth notes (F4, G4, A4), and a triplet of eighth notes (Bb4, A4, G4). Fingerings are indicated above the notes: 3 2 1 3 2 1 for the first measure and 3 2 1 3 2 1 3 2 1 3 2 1 for the second measure.

2.



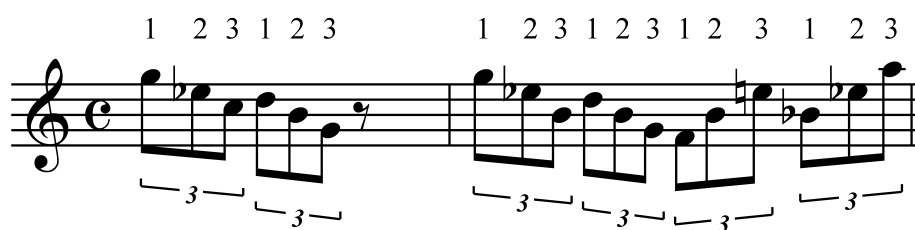
Musical notation for exercise 2, consisting of two measures. The first measure contains a triplet of eighth notes (F4, G4, A4) followed by a triplet of eighth notes (Bb4, A4, G4). The second measure contains a triplet of eighth notes (F4, G4, A4), a triplet of eighth notes (Bb4, A4, G4), a triplet of eighth notes (F4, G4, A4), and a triplet of eighth notes (Bb4, A4, G4). Fingerings are indicated above the notes: 4 3 2 4 3 2 for the first measure and 4 3 2 4 3 2 4 3 2 4 3 2 for the second measure.

3.



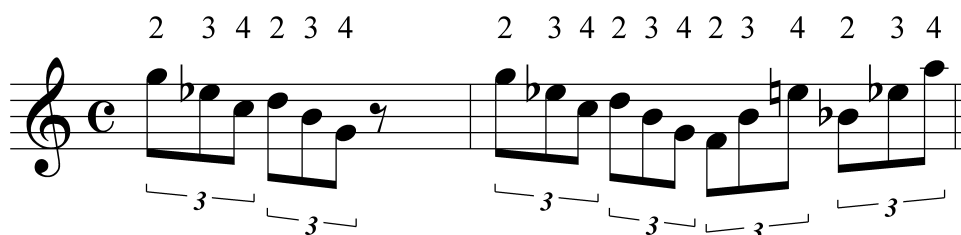
Musical notation for exercise 3, consisting of two measures. The first measure contains a triplet of eighth notes (F4, G4, A4) followed by a triplet of eighth notes (Bb4, A4, G4). The second measure contains a triplet of eighth notes (F4, G4, A4), a triplet of eighth notes (Bb4, A4, G4), a triplet of eighth notes (F4, G4, A4), and a triplet of eighth notes (Bb4, A4, G4). Fingerings are indicated above the notes: 4 3 2 3 2 1 for the first measure and 4 3 2 3 2 1 3 2 1 4 3 2 for the second measure.

4.



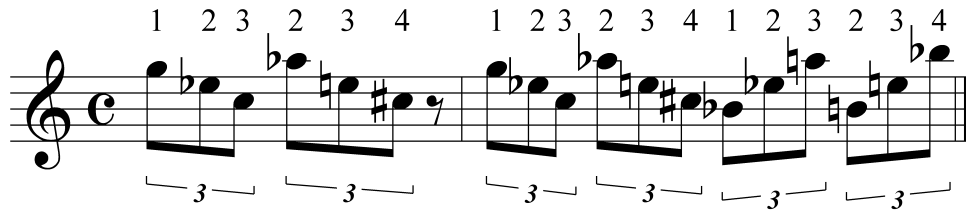
Musical notation for exercise 4, consisting of two measures. The first measure contains a triplet of eighth notes (F4, G4, A4) followed by a triplet of eighth notes (Bb4, A4, G4). The second measure contains a triplet of eighth notes (F4, G4, A4), a triplet of eighth notes (Bb4, A4, G4), a triplet of eighth notes (F4, G4, A4), and a triplet of eighth notes (Bb4, A4, G4). Fingerings are indicated above the notes: 1 2 3 1 2 3 for the first measure and 1 2 3 1 2 3 1 2 3 1 2 3 for the second measure.

5.



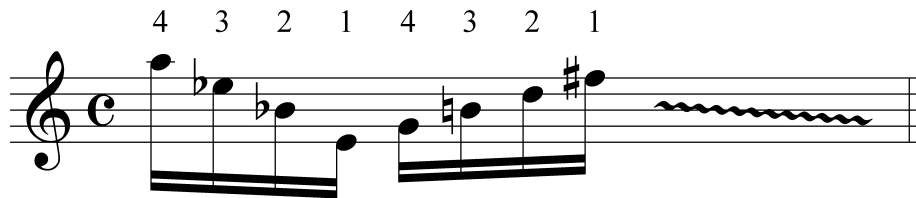
Musical notation for exercise 5, consisting of two measures. The first measure contains a triplet of eighth notes (F4, G4, A4) followed by a triplet of eighth notes (Bb4, A4, G4). The second measure contains a triplet of eighth notes (F4, G4, A4), a triplet of eighth notes (Bb4, A4, G4), a triplet of eighth notes (F4, G4, A4), and a triplet of eighth notes (Bb4, A4, G4). Fingerings are indicated above the notes: 2 3 4 2 3 4 for the first measure and 2 3 4 2 3 4 2 3 4 2 3 4 for the second measure.

6.



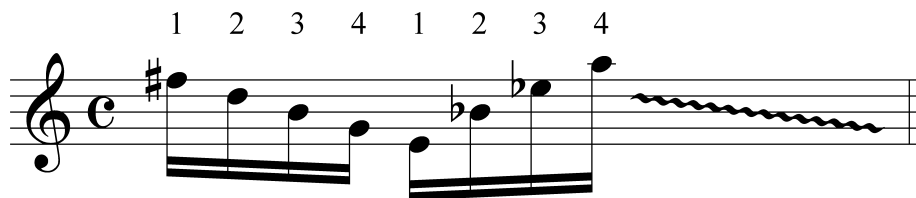
Musical notation for exercise 6, featuring a treble clef, common time signature, and a sequence of notes with fingerings (1, 2, 3, 2, 3, 4) and triplets indicated by brackets and the number 3.

7. Spilles over fire strenger



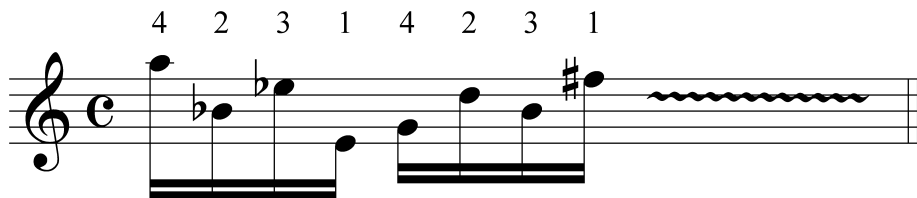
Musical notation for exercise 7, titled "Spilles over fire strenger", featuring a treble clef, common time signature, and a sequence of notes with fingerings (4, 3, 2, 1, 4, 3, 2, 1) and a wavy line indicating a tremolo effect.

8.



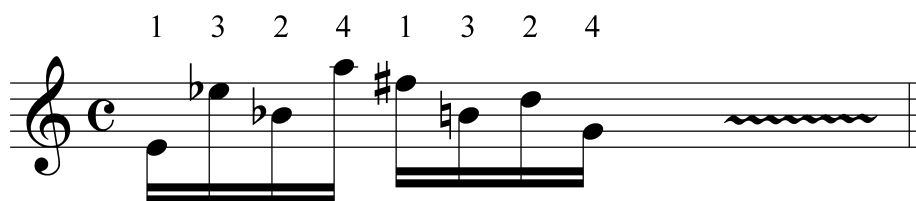
Musical notation for exercise 8, featuring a treble clef, common time signature, and a sequence of notes with fingerings (1, 2, 3, 4, 1, 2, 3, 4) and a wavy line indicating a tremolo effect.

9.



Musical notation for exercise 9, featuring a treble clef, common time signature, and a sequence of notes with fingerings (4, 2, 3, 1, 4, 2, 3, 1) and a wavy line indicating a tremolo effect.

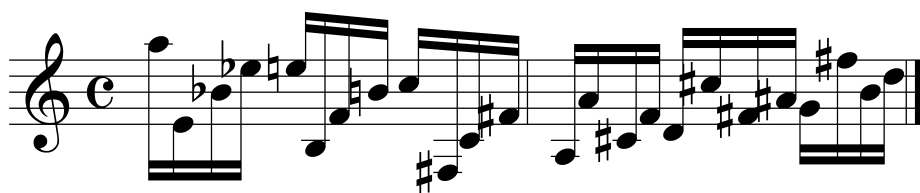
10.



Musical notation for exercise 10, featuring a treble clef, common time signature, and a sequence of notes with fingerings (1, 3, 2, 4, 1, 3, 2, 4) and a wavy line indicating a tremolo effect.

11.

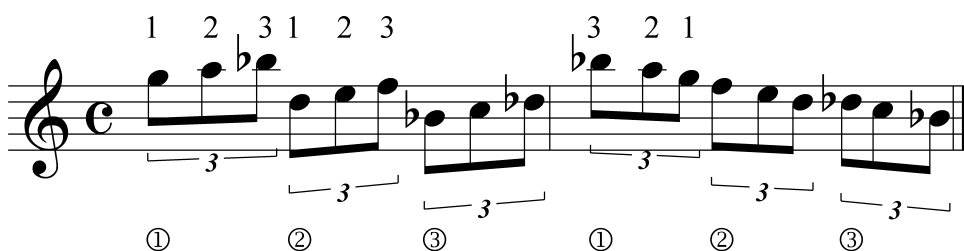
4 1 2 3 4 1 2 3 4 1 2 3 4 1 2 3 4 1 2 3 4 1 2 3 4 1 2 3 4 1 2 3 4



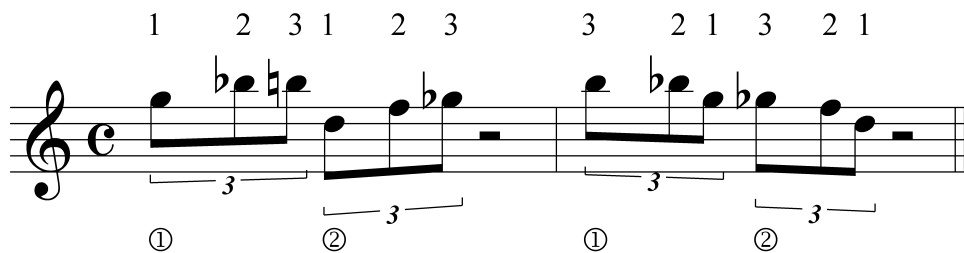
STREKKØVELSER

Spilles med samme strenge mønster som koordinasjonsøvelsene. Spilles i nedadgående og -oppadgående bevegelse.

1.



2.



3.




4.



5.

1 3 1 3 1 3 1 3 1 3 1 3 1 3




① ②

Detailed description: Exercise 5 is a musical exercise in treble clef with a common time signature (C). It consists of two measures. The first measure contains a sequence of eighth notes: G4, A4, B4, C5 (with a sharp sign), B4, A4, G4. The second measure contains a sequence of eighth notes: G4, A4, B4, C5 (with a sharp sign), B4, A4, G4. Fingerings are indicated by numbers 1 and 3 above the notes. The exercise is divided into two parts, ① and ②, each covering one measure.

6.

1 3 1 3 1 3 1 3 1 3 1 3 1 3




① ②

Detailed description: Exercise 6 is a musical exercise in treble clef with a common time signature (C). It consists of two measures. The first measure contains a sequence of eighth notes: G4, A4 (with a sharp sign), B4, C5, B4, A4, G4. The second measure contains a sequence of eighth notes: G4, A4, B4, C5 (with a sharp sign), B4, A4, G4. Fingerings are indicated by numbers 1 and 3 above the notes. The exercise is divided into two parts, ① and ②, each covering one measure.

7.

1 3 1 3 1 3 1 3 1 3 1 3 1 3

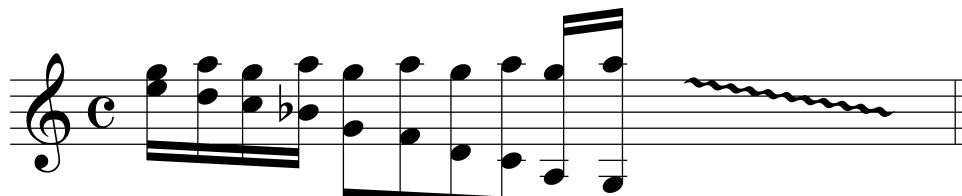


① ② ③ ④ ⑤ ⑥

Detailed description: Exercise 7 is a musical exercise in treble clef with a 7/4 time signature. It consists of six measures. The first measure contains a sequence of eighth notes: G4, A4, B4, C5. The second measure contains a sequence of eighth notes: B4, A4, G4, F4 (with a flat sign). The third measure contains a sequence of eighth notes: G4, A4, B4, C5. The fourth measure contains a sequence of eighth notes: B4, A4, G4, F4 (with a flat sign). The fifth measure contains a sequence of eighth notes: G4, A4, B4, C5. The sixth measure contains a sequence of eighth notes: B4, A4, G4, F4 (with a flat sign). Fingerings are indicated by numbers 1 and 3 above the notes. The exercise is divided into six parts, ① through ⑥, each covering one measure.

8. Spilles i tredje posisjon


1 3 1 3 1 3 1 3 1 3
3 1 3 1 3 1 3 1 3 1



Detailed description: Exercise 8 is a musical exercise in treble clef with a common time signature (C). It consists of two measures. The first measure contains a sequence of eighth notes: G4, A4, B4, C5 (with a sharp sign), B4, A4, G4. The second measure contains a sequence of eighth notes: G4, A4, B4, C5 (with a sharp sign), B4, A4, G4. Fingerings are indicated by numbers 1 and 3 above the notes. The exercise is titled 'Spilles i tredje posisjon'.

9.

2 3 2 3 2 2 3 2 3 2 3 2 3 2 3 2 3



① ② ③ ④ ⑤ ⑥

Detailed description: Exercise 9 is a musical exercise in treble clef with a 7/4 time signature. It consists of six measures. The first measure contains a sequence of eighth notes: G4, A4 (with a flat sign), B4, C5. The second measure contains a sequence of eighth notes: B4, A4, G4, F4 (with a flat sign). The third measure contains a sequence of eighth notes: G4, A4, B4, C5. The fourth measure contains a sequence of eighth notes: B4, A4, G4, F4 (with a flat sign). The fifth measure contains a sequence of eighth notes: G4, A4, B4, C5. The sixth measure contains a sequence of eighth notes: B4, A4, G4, F4 (with a flat sign). Fingerings are indicated by numbers 2 and 3 above the notes. The exercise is divided into six parts, ① through ⑥, each covering one measure.

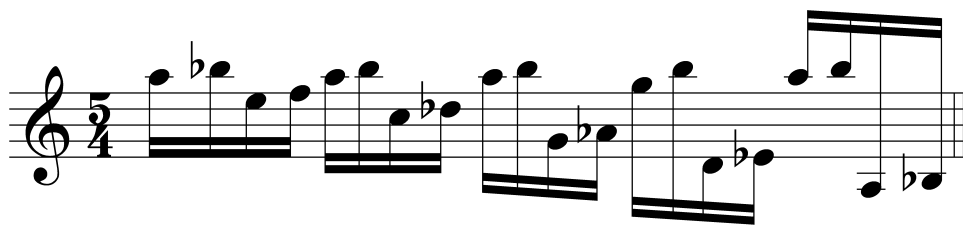
10. Spilles i fjerde posisjon

2 3 2 3 2 2 3 2 3
 3 2 3 2 3 2 3 2 3 2



11.

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



① ② ③ ④ ⑤ ⑥

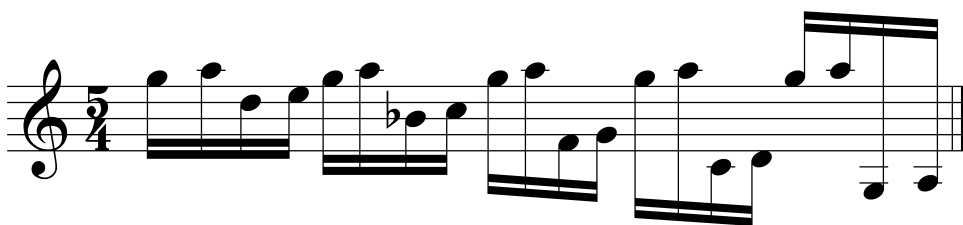
12. Spilles i tredje posisjon

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



13.

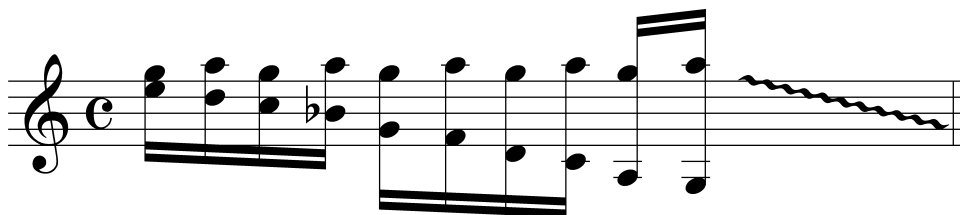
2 4 2 4 2 4 2 4 2 4 2 4 2 4 2 4 2 4



① ② ③ ④ ⑤ ⑥

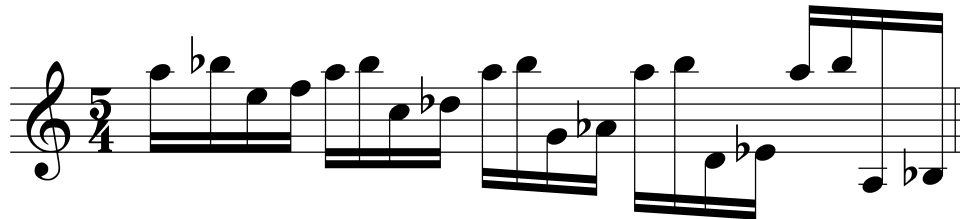
14. Spilles andre posisjon

2 4 2 4 2 4 2 4 2 4
4 2 4 2 4 2 4 2 4 2



15.

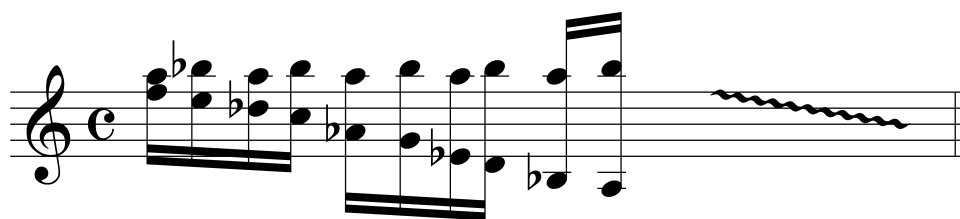
1 2 1 2 1 2 1 2 1 2 1 2 1 1 2 1 2



① ② ③ ④ ⑤ ⑥

16. Spilles i femte posisjon

1 2 1 2 1 2 1 2 1 2
2 1 2 1 2 1 2 1 2 1



17.

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

② ③ ④

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

⑤ ⑥

18.

1 4 1 4 1 4 1 4 1 4 1 4 1 4 1 4

① ② ③ ④ ⑤ ⑥

19.

1 4 1 4 1 4 1 4 1 4 1 4 1 4 1 4
4 1 4 1 4 1 4 1 4 1 4 1 4 1 4 1

20.

③ ④
3 1 4 3 4

21.

③ ④

② ③ ③ ③

① ② ③

POSISJONS SKIFTE

Spilles med samme strenge mønster som koordinasjonsøvelsene

1.

1 3 1 3 1 1 3 1 3 1 1 3 1 3 1

① ② ③

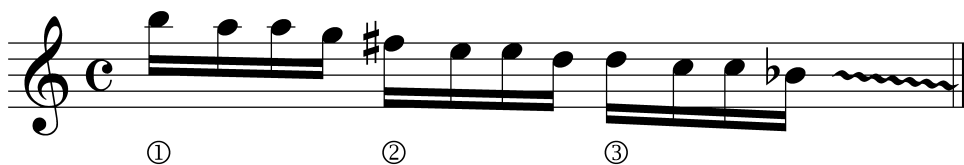
2.

1 3 1 3 1 1 3 1 3 1 1 3 1 3 1

① ② ③

3.

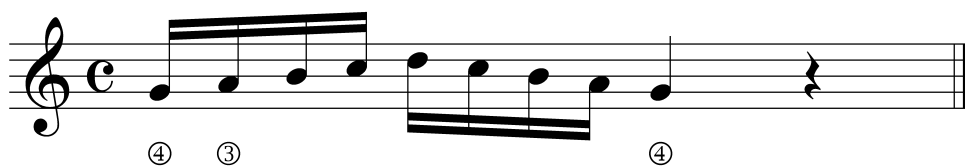
3 1 3 1 3 1 3 1 3 1 3 1



Musical notation for exercise 3, featuring a treble clef, common time signature, and a sequence of notes with fingerings 1, 3, 1, 3, 1, 3, 1, 3, 1, 3, 1. The notes are grouped into three measures, each marked with a circled number 1, 2, and 3 respectively.

4.

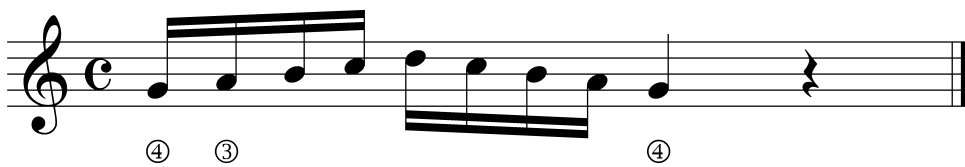
4 1 1 2 4 2 1 1 4



Musical notation for exercise 4, featuring a treble clef, common time signature, and a sequence of notes with fingerings 4, 1, 1, 2, 4, 2, 1, 1, 4. The notes are grouped into three measures, each marked with a circled number 4, 3, and 4 respectively.

5.

4 1 3 1 3 1 3 1 4



Musical notation for exercise 5, featuring a treble clef, common time signature, and a sequence of notes with fingerings 4, 1, 3, 1, 3, 1, 3, 1, 4. The notes are grouped into three measures, each marked with a circled number 4, 3, and 4 respectively.

6.

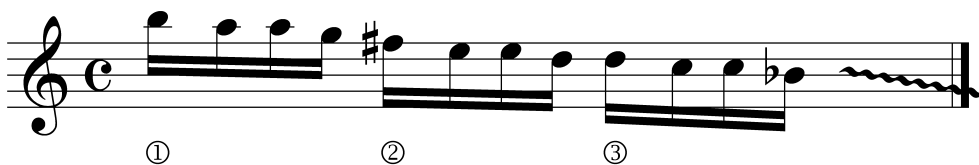
4 4 3 4 4 4 3 4 4 4 3 4



Musical notation for exercise 6, featuring a treble clef, common time signature, and a sequence of notes with fingerings 4, 4, 3, 4, 4, 4, 3, 4, 4, 4, 3, 4. The notes are grouped into three measures, each marked with a circled number 1, 2, and 3 respectively.

7.

3 1 3 1 3 1 3 1 3 1 3 1



Musical notation for exercise 7, featuring a treble clef, common time signature, and a sequence of notes with fingerings 3, 1, 3, 1, 3, 1, 3, 1, 3, 1, 3, 1. The notes are grouped into three measures, each marked with a circled number 1, 2, and 3 respectively.

STRENGESKIFTE

Høyre hand:

1.

2 2 3
② ① ② ② ① ② ② ①

2 2
② ② ① ② ② ①

2.

1 3 3 2 2 3
② ② ② ② ②

3.

1 3 3 2 2 3
② ② ② ② ②

