

Łukasz's Favourite Technique

Nejc Kuhar

EXERCISE 1 | Finger Preparation (i-m-a) | 30 min

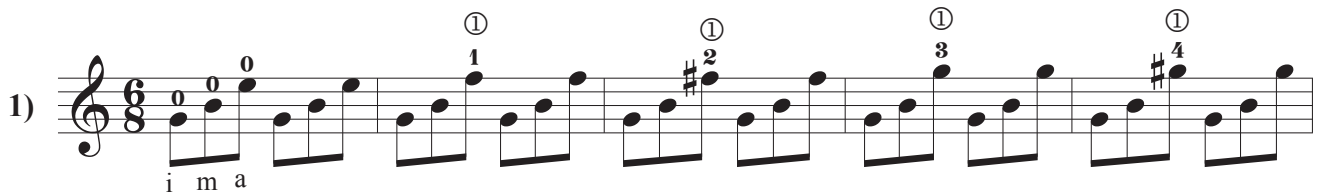
ALWAYS prepare the fingers, 3 consecutive exercises:

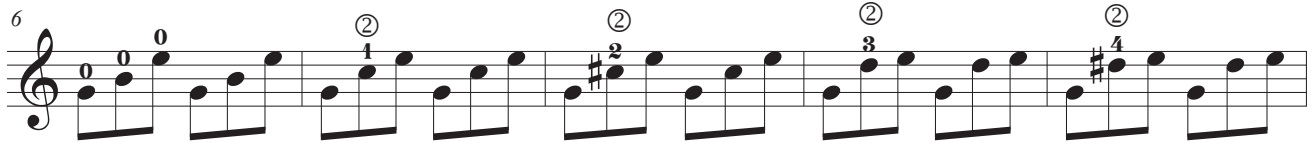
- A) prepare **group** of fingers,
- B) prepare **each** finger **separately**,
- C) prepare **finger by finger**.

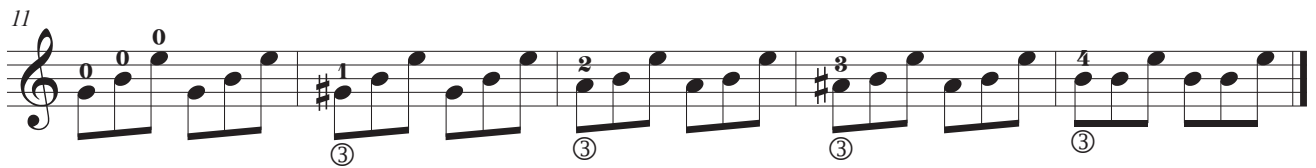
Pick either:

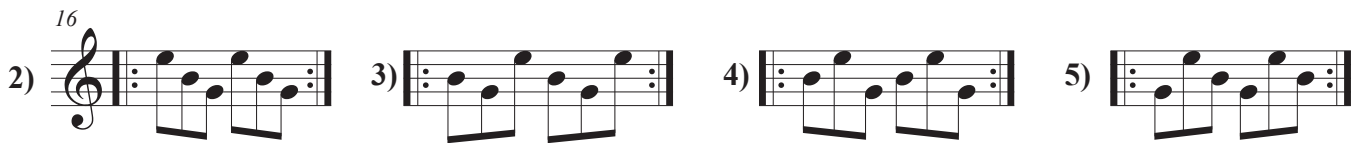
- 1), 3), 5), 7), 9), 11) (cca. 30 min) or
- 2), 4), 6), 8), 10), 12) (cca. 30 min)

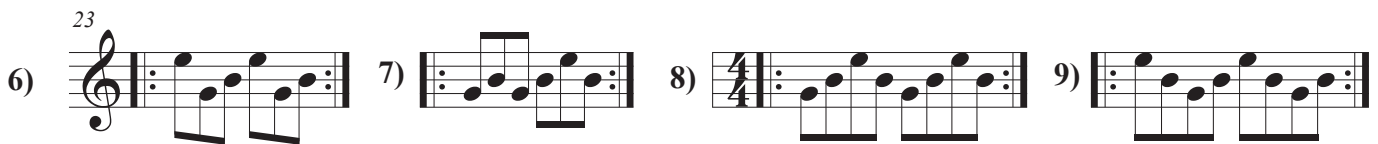
(Metronome: ♩ = 60)

1) 

6 

11 

16 

23 

30 

EXERCISE 2 | Slurs (Hammer-ons) | 10 min

Play each combination (1-2, 2-3, 3-4, 1-3, 2-4, 1-4) on four different positions, starting with first combination (1-2) I, II, III and IV, continuing with the next (2-3) V, IV, III, II and so on...

Metronome: ♩ = 60

1)

35 I ⑥ ⑤ ④ ③

1 2 1 2 1 2 1 2

39 II ① ① ① ②

1 2 1 2 1 2 1 2

... continue till Position V

2)

43 V ⑥ ⑤ ④ ③

2 3 2 3 2 3 2 3

47 IV ① ① ① ②

2 3 2 3 2 3 2 3

... continue till Position I

3)

51 I ⑥ ④

3 4 1 3

52 V ⑥ ④

1 3 1 3

5)

55 I ⑥ ④

2 4 1 4

56 V ⑥ ④

1 4 1 4

EXERCISE 3 | Finger Preparation (p-i-m-a) | 30 min

Same as Exercise 1 with 3 consecutive exercises

(Metronome: ♩ = 60)

1) 

61 

63 

2) 

3) 

4) 

5) 


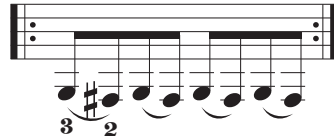
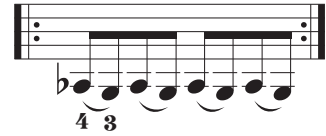
6) 

7) 

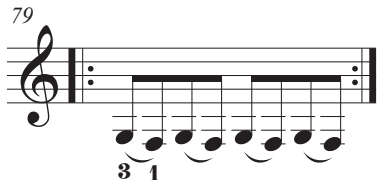

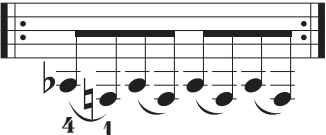
EXERCISE 4 | Slurs (Pull-offs) | 10 min

Same as Exercise 2, Metronome: ♩ = 60

74

1)  2)  3) 

79


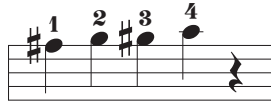

4)  5)  6) 

EXERCISE 5a | Schiffs regular (15 min)




Every 1 fret count to 3 while changing position,
 every 2 frets count to 4, every 3 frets count to 5, every 4 frets count to 6

Metronome: ♩ = 60



84

1)  "1, 2, 3"  "1, 2, 3"  ... continue till Position IX




89

 "1, 2, 3"  "1, 2, 3"  ... continue till Position I




94

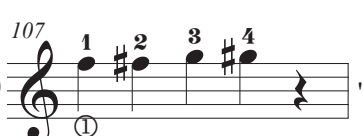
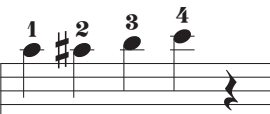

97

2)  "1, 2, 3, 4"  "1, 2, 3, 4"  →

102

3)  "1, 2, 3, 4, 5"  "1, 2, 3, 4, 5"  →

107

4)  "1, 2, 3, 4, 5, 6"  "1, 2, 3, 4, 5, 6"  →

EXERCISE 5b | Schifts squeezing (10 min)

- 1) On "4" you "squeeze" LH for 1, 2 or 3 frets (while still holding the last fretted note)
- 2) On "5" you release the hand, making a natural RH position

1)

2)

3)

EXERCISE 6 | Scalei-m and m-i, always **preparing** the fingers

- 1) only i-m and m-i (with preparation)
- 2) + with thumb on 6th string
- 3) + with thumb following
- 4) + with a-finger following

132

i m
m i

133

Nejc's Favourite Exercise No. 1

Guitar

II
③

3

III
①

5

②

VIII

6

① ② ③

9

VII
③

10

II
③

② ①

VIII

13

① ② ③

Combinations:

m-a (apoyando/rest stroke)
m-a (tirando/free stroke)

i-a (apoyando/rest stroke)
i-a (tirando/free stroke)

i-m (apoyando/rest stroke)
i-m (tirando/free stroke)

Tempo:

♩ = (40, 50), 60, 70, ..., **120!!!**

Nejc's Favourite Exercise No. 2

Nejc Kuhar

1. EXERCISE

Guitar

1. Exercise 1 consists of six measures of music in 12/8 time. Measure 1 starts with a treble clef, a key signature of one sharp (F#), and a circled '6' above the staff. The notes are: F#4, G4, A4, B4, C5, B4, A4, G4, F#4, E4, D4, C4. Measure 2: F#4, G4, A4, B4, C5, B4, A4, G4, F#4, E4, D4, C4. Measure 3: F#4, G4, A4, B4, C5, B4, A4, G4, F#4, E4, D4, C4. Measure 4: F#4, G4, A4, B4, C5, B4, A4, G4, F#4, E4, D4, C4. Measure 5: F#4, G4, A4, B4, C5, B4, A4, G4, F#4, E4, D4, C4. Measure 6: F#4, G4, A4, B4, C5, B4, A4, G4, F#4, E4, D4, C4. Fingering numbers are written below the notes.

2. EXERCISE

2. Exercise 2 consists of five measures of music in 3/4 time. Measure 7 starts with a treble clef, a key signature of one sharp (F#), and a circled '11' above the staff. The notes are: F#4, G4, A4, B4, C5, B4, A4, G4, F#4, E4, D4, C4. Measure 8: F#4, G4, A4, B4, C5, B4, A4, G4, F#4, E4, D4, C4. Measure 9: F#4, G4, A4, B4, C5, B4, A4, G4, F#4, E4, D4, C4. Measure 10: F#4, G4, A4, B4, C5, B4, A4, G4, F#4, E4, D4, C4. Measure 11: F#4, G4, A4, B4, C5, B4, A4, G4, F#4, E4, D4, C4. Fingering numbers are written below the notes.

3. EXERCISE

13 III

14

15

4. EXERCISE

16 IV

17

18

19 **BONUS ROUND!!! (if you don't have time, do only that)**

⑥

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

20

⑤

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

21

④

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

22

③

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

23

②

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

24

①

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

25

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