

Tonebase Technique Workshop 01

Right-hand preparation, arpeggios,
basic rest-stroke scales

Mircea Gogoncea

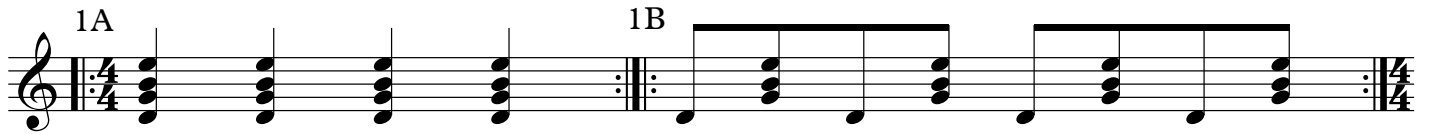
Session 01

Preparation in these exercises: **ALWAYS** on 4th string

RH Fingerings in these exercises: one finger per string

p = (4); i = (3); m = (2); a = (1)

1A 1B



3 1C



4 2A



5 2B

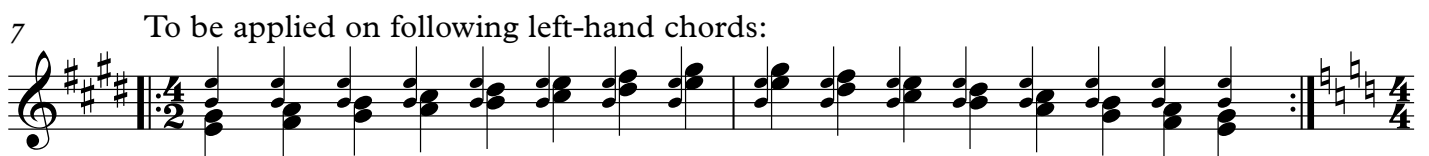


6 2C

no "i" preparation



7 To be applied on following left-hand chords:



③

④

(E major scale in thirds, on the 3rd and 4th strings)

RH fingering in these exercises: i, m (always)

Rest stroke (always)

Thumb (p) always on 5th string, until the 4th string is reached.

Possible notation: +p(5)

9 ^{3A}

i m i m ...
+p(5)

13

i m i m ...
+p(5)

15

i m i m ...
+p(5)

16 ^{3B} x4 x4 x4

i m i m ...
+p(5)

19 ^{3C}

① 4 3 2 1 ② 4 3 2 1 ③ 4 3 2 1 ④ 4 3 2 1 ⑤ 4 3 2 1 ⑥ 4 3 2 1

i m i m ...
+p(5)

continue in reverse,
one fret lower

Session 02

Preparation in these exercises: ALWAYS on 4th string

RH Fingerings in these exercises: one finger per string

p = (4); i = (3); m = (2); a = (1)

20 4A

21 4B

no "i" preparation

22 4C IMPORTANT: +a ①

23 4D simile +a ①

Prep: +a ①

+m ②

+i ④

p ⑥

24 4E

p i p i p m i a m a i m p i p i

Practice 4A - 4D on the same chords as 2A - 2C

[E major scale in thirds on (3) and (4)]

25 (Optional) alternative chords for adding other strings in:

Rest stroke (always)
Same fingerings as in 3A - 3C

27 5A

i m i m ...

29 +p ⑤

31

i m i m ...

35 +p ⑤

i m i m ...

ALWAYS i, m - regardless of string crossings

5B

+p ⑤

36 ascending descending ascending descending

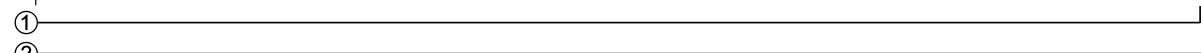
40 ascending descending ascending descending

44 ascending descending ascending descending

48 ascending descending

To be applied to the following left-hand notes:

51



(C major scale in thirds, on the 1st and 2nd strings)

Session 03

6A Pujol - El abejorro

Prepare i, m with every bass

p i m i

(+a ①)

53

55

6B Albeniz - Leyenda (Asturias)

+a ① always

57

61

6C Villa-Lobos - Etude 1

Same RH fingering as in 4E

p i p i p m i a m a i m p i p i

Prepare i, m, a with
the bass every time

65

Prep: +a ①
+m ②
+i ④
p ⑥

67

7A Villa-Lobos - Etude 7

69 i m

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

7B Clerch - Estudio de Escalas

72

0 1 2 4 2 1 0 2 1 0 2 1 0

m i m i m i m i a m i m i

(pay attention to the a)

7C Paganini - Capriccio 5 (mod.)

73 m i

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

7D Rodrigo - Concierto de Aranjuez (3rd movement)

75

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

p i m i m i m i m i m

7E Minor pentatonic scale

76

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

continue in reverse,
one fret lower

Session 04

x = free stroke (tirando)
 _ = rest stroke (apoyando)
 + = preparation

8A

77

+a ①
 +m ②
 +i ③

+a ①
 +m ②
 +i ③

p p i m a p p p i m a

8B: Paganini - Capriccio 5 (mod.)

79

+a ①
 +m ②
 +i ③

+m ①
 +i ②

p

p i m a p i m i m i

80

+a ①
 +m ②
 +i ③

+m ①
 +i ②

i

p i m a p i m a i m i

CV

- 4 2 1 3 0 3 1 4

8C Brouwer - Estudio Sencillo no. 7

81

+a ②
 +m ③
 +i ④

p i m a m i m simile

1 4

83

simile

i m i m i m i m i m i m i etc

② ③

9A Spanish (or "Anonymous") Romance

87

91

9B Brouwer - Estudio Sencillo no. 1

+a ① throughout

+m ② +m +m +m +m +m +m +m etc...

+i ③ +i +i +i +i +i +i +i

95 *mf* *pp*

99 *f* *mp*

9C

+a ① with bass

103 +a ① +a ① +a ① +a ①

104 +a ① +a ① +a ① +a ①

Warm-up suggestion

Arpeggios (w/ preparation) & scales

I. Chords:

To be applied to the left-hand chords on the bottom of page 1.

- **Exercise 1A** (medium tempo)

II. Arpeggios

To be applied to the left-hand chords on the bottom of page 1.

- **Exercise 2B** (medium tempo)
- Exercise 2C (medium tempo)
- Exercise 4A (medium tempo)
- Exercise 4B (medium tempo)
- **Exercise 2A** (medium tempo)

To add variety, apply exercises for Chords and Arpeggios to left-hand chords from the bottom of page 3.

- Exercise 6C **OR** entire Villa-Lobos Etude no. 1

III. Scales

- **Exercise 5B** (medium-slow tempo)

To add variety, also practice 5B with RH fingerings m, a; and subsequently i, a. Always **after** i, m, though.

- **Exercise 3C** (from slow to quite fast, metronome)

To add variety, also practice 3C with m, a; and subsequently i, a. Repeat 3C many times and be patient.

- **Exercise 3A** (from medium-slow to quite fast, metronome)
- Exercise 5A (from medium to very fast)
- Exercise 7E (from very slow to medium)
- At least one slowed-down scale from a piece you are currently playing (for example, 7A – D).
For best results, choose from own repertoire. Increase speed until comfort limit.

Total estimated time:

45 minutes – 1 hour 15 minutes.

For best results: Also practice everything once very slowly.

This will add another half hour (approx.) to your warm-up time.

Most importantly though – **have fun!**

Remember we are learning technique to be able to play beautiful music.