

- Handbook -

Left-Hand (The Guitar Technique Guide)

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www.ptnoteguitar.com

Left-Hand (The Guitar Technique Guide) Handbook

This warm-up exercise series intended to make one rethink the left-hand technique especially on changing position, which of course may lead to better connection between hands. The exercise will take you to many possible directions of the left-hand hopefully this will be part of your warm-up routine.

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Pressure and Release

Goal# 1

The first system of the musical score for 'The Wind' is shown. It consists of a treble clef staff and a guitar tablature staff. The treble staff is in 4/4 time and contains a melody of eighth notes: G4, A4, B4, C5, D5, E5, F5, G5, A5, B5, C6, D6, E6, F6, G6, A6, B6, C7, D7, E7, F7, G7, A7, B7, C8, D8, E8, F8, G8, A8, B8, C9, D9, E9, F9, G9, A9, B9, C10, D10, E10, F11, G11, A11, B11, C12, D12, E12, F13, G13, A13, B13, C14, D14, E14, F15, G15, A15, B15, C16, D16, E16, F17, G17, A17, B17, C18, D18, E18, F19, G19, A19, B19, C20, D20, E20, F21, G21, A21, B21, C22, D22, E22, F23, G23, A23, B23, C24, D24, E24, F25, G25, A25, B25, C26, D26, E26, F27, G27, A27, B27, C28, D28, E28, F29, G29, A29, B29, C30, D30, E30, F31, G31, A31, B31, C32, D32, E32, F33, G33, A33, B33, C34, D34, E34, F35, G35, A35, B35, C36, D36, E36, F37, G37, A37, B37, C38, D38, E38, F39, G39, A39, B39, C40, D40, E40, F41, G41, A41, B41, C42, D42, E42, F43, G43, A43, B43, C44, D44, E44, F45, G45, A45, B45, C46, D46, E46, F47, G47, A47, B47, C48, D48, E48, F49, G49, A49, B49, C50, D50, E50, F51, G51, A51, B51, C52, D52, E52, F53, G53, A53, B53, C54, D54, E54, F55, G55, A55, B55, C56, D56, E56, F57, G57, A57, B57, C58, D58, E58, F59, G59, A59, B59, C60, D60, E60, F61, G61, A61, B61, C62, D62, E62, F63, G63, A63, B63, C64, D64, E64, F65, G65, A65, B65, C66, D66, E66, F67, G67, A67, B67, C68, D68, E68, F69, G69, A69, B69, C70, D70, E70, F71, G71, A71, B71, C72, D72, E72, F73, G73, A73, B73, C74, D74, E74, F75, G75, A75, B75, C76, D76, E76, F77, G77, A77, B77, C78, D78, E78, F79, G79, A79, B79, C80, D80, E80, F81, G81, A81, B81, C82, D82, E82, F83, G83, A83, B83, C84, D84, E84, F85, G85, A85, B85, C86, D86, E86, F87, G87, A87, B87, C88, D88, E88, F89, G89, A89, B89, C90, D90, E90, F91, G91, A91, B91, C92, D92, E92, F93, G93, A93, B93, C94, D94, E94, F95, G95, A95, B95, C96, D96, E96, F97, G97, A97, B97, C98, D98, E98, F99, G99, A99, B99, C100, D100, E100, F101, G101, A101, B101, C102, D102, E102, F103, G103, A103, B103, C104, D104, E104, F105, G105, A105, B105, C106, D106, E106, F107, G107, A107, B107, C108, D108, E108, F109, G109, A109, B109, C110, D110, E110, F111, G111, A111, B111, C112, D112, E112, F113, G113, A113, B113, C114, D114, E114, F115, G115, A115, B115, C116, D116, E116, F117, G117, A117, B117, C118, D118, E118, F119, G119, A119, B119, C120, D120, E120, F121, G121, A121, B121, C122, D122, E122, F123, G123, A123, B123, C124, D124, E124, F125, G125, A125, B125, C126, D126, E126, F127, G127, A127, B127, C128, D128, E128, F129, G129, A129, B129, C130, D130, E130, F131, G131, A131, B131, C132, D132, E132, F133, G133, A133, B133, C134, D134, E134, F135, G135, A135, B135, C136, D136, E136, F137, G137, A137, B137, C138, D138, E138, F139, G139, A139, B139, C140, D140, E140, F141, G141, A141, B141, C142, D142, E142, F143, G143, A143, B143, C144, D144, E144, F145, G145, A145, B145, C146, D146, E146, F147, G147, A147, B147, C148, D148, E148, F149, G149, A149, B149, C150, D150, E150, F151, G151, A151, B151, C152, D152, E152, F153, G153, A153, B153, C154, D154, E154, F155, G155, A155, B155, C156, D156, E156, F157, G157, A157, B157, C158, D158, E158, F159, G159, A159, B159, C160, D160, E160, F161, G161, A161, B161, C162, D162, E162, F163, G163, A163, B163, C164, D164, E164, F165, G165, A165, B165, C166, D166, E166, F167, G167, A167, B167, C168, D168, E168, F169, G169, A169, B169, C170, D170, E170, F171, G171, A171, B171, C172, D172, E172, F173, G173, A173, B173, C174, D174, E174, F175, G175, A175, B175, C176, D176, E176, F177, G177, A177, B177, C178, D178, E178, F179, G179, A179, B179, C180, D180, E180, F181, G181, A181, B181, C182, D182, E182, F183, G183, A183, B183, C184, D184, E184, F185, G185, A185, B185, C186, D186, E186, F187, G187, A187, B187, C188, D188, E188, F189, G189, A189, B189, C190, D190, E190, F191, G191, A191, B191, C192, D192, E192, F193, G193, A193, B193, C194, D194, E194, F195, G195, A195, B195, C196, D196, E196, F197, G197, A197, B197, C198, D198, E198, F199, G199, A199, B199, C200, D200, E200, F201, G201, A201, B201, C202, D202, E202, F203, G203, A203, B203, C204, D204, E204, F205, G205, A205, B205, C206, D206, E206, F207, G207, A207, B207, C208, D208, E208, F209, G209, A209, B209, C210, D210, E210, F211, G211, A211, B211, C212, D212, E212, F213, G213, A213, B213, C214, D214, E214, F215, G215, A215, B215, C216, D216, E216, F217, G217, A217, B217, C218, D218, E218, F219, G219, A219, B219, C220, D220, E220, F221, G221, A221, B221, C222, D222, E222, F223, G223, A223, B223, C224, D224, E224, F225, G225, A225, B225, C226, D226, E226, F227, G227, A227, B227, C228, D228, E228, F229, G229, A229, B229, C230, D230, E230, F231, G231, A231, B231, C232, D232, E232, F233, G233, A233, B233, C234, D234, E234, F235, G235, A235, B235, C236, D236, E236, F237, G237, A237, B237, C238, D238, E238, F239, G239, A239, B239, C240, D240, E240, F241, G241, A241, B241, C242, D242, E242, F243, G243, A243, B243, C244, D244, E244, F245, G245, A245, B245, C246, D246, E246, F247, G247, A247, B247, C248, D248, E248, F249, G249, A249, B249, C250, D250, E250, F251, G251, A25

The second system of the musical score for 'The Rose Tree' is shown. It consists of a treble clef staff and a tablature staff. The treble staff has a key signature of one sharp (F#) and a 4/4 time signature. It contains four measures of music, each starting with a quarter rest followed by a quarter note on G4, then a half note on A4, and a quarter note on B4. The tablature staff shows the fret numbers for each note: 6, 6, 6, 6 for the first measure, and 6, 6, 6, 6 for the subsequent measures. The system is marked with a '2' above the first measure and a circled '3' below the first measure.

The first staff of music is in 4/4 time and features a treble clef. It contains a sequence of eighth notes: G4, A4, B4, C5, D5, E5, F5, G5, A5, B5, C6, D6, E6, F6, G6, A6, B6, C7, D7, E7, F7, G7, A7, B7, C8, D8, E8, F8, G8, A8, B8, C9, D9, E9, F9, G9, A9, B9, C10, D10, E10, F11, G11, A11, B11, C12, D12, E12, F13, G13, A13, B13, C14, D14, E14, F15, G15, A15, B15, C16, D16, E16, F17, G17, A17, B17, C18, D18, E18, F19, G19, A19, B19, C20, D20, E20, F21, G21, A21, B21, C22, D22, E22, F23, G23, A23, B23, C24, D24, E24, F25, G25, A25, B25, C26, D26, E26, F27, G27, A27, B27, C28, D28, E28, F29, G29, A29, B29, C30, D30, E30, F31, G31, A31, B31, C32, D32, E32, F33, G33, A33, B33, C34, D34, E34, F35, G35, A35, B35, C36, D36, E36, F37, G37, A37, B37, C38, D38, E38, F39, G39, A39, B39, C40, D40, E40, F41, G41, A41, B41, C42, D42, E42, F43, G43, A43, B43, C44, D44, E44, F45, G45, A45, B45, C46, D46, E46, F47, G47, A47, B47, C48, D48, E48, F49, G49, A49, B49, C50, D50, E50, F51, G51, A51, B51, C52, D52, E52, F53, G53, A53, B53, C54, D54, E54, F55, G55, A55, B55, C56, D56, E56, F57, G57, A57, B57, C58, D58, E58, F59, G59, A59, B59, C60, D60, E60, F61, G61, A61, B61, C62, D62, E62, F63, G63, A63, B63, C64, D64, E64, F65, G65, A65, B65, C66, D66, E66, F67, G67, A67, B67, C68, D68, E68, F69, G69, A69, B69, C70, D70, E70, F71, G71, A71, B71, C72, D72, E72, F73, G73, A73, B73, C74, D74, E74, F75, G75, A75, B75, C76, D76, E76, F77, G77, A77, B77, C78, D78, E78, F79, G79, A79, B79, C80, D80, E80, F81, G81, A81, B81, C82, D82, E82, F83, G83, A83, B83, C84, D84, E84, F85, G85, A85, B85, C86, D86, E86, F87, G87, A87, B87, C88, D88, E88, F89, G89, A89, B89, C90, D90, E90, F91, G91, A91, B91, C92, D92, E92, F93, G93, A93, B93, C94, D94, E94, F95, G95, A95, B95, C96, D96, E96, F97, G97, A97, B97, C98, D98, E98, F99, G99, A99, B99, C100, D100, E100, F101, G101, A101, B101, C102, D102, E102, F103, G103, A103, B103, C104, D104, E104, F105, G105, A105, B105, C106, D106, E106, F107, G107, A107, B107, C108, D108, E108, F109, G109, A109, B109, C110, D110, E110, F111, G111, A111, B111, C112, D112, E112, F113, G113, A113, B113, C114, D114, E114, F115, G115, A115, B115, C116, D116, E116, F117, G117, A117, B117, C118, D118, E118, F119, G119, A119, B119, C120, D120, E120, F121, G121, A121, B121, C122, D122, E122, F123, G123, A123, B123, C124, D124, E124, F125, G125, A125, B125, C126, D126, E126, F127, G127, A127, B127, C128, D128, E128, F129, G129, A129, B129, C130, D130, E130, F131, G131, A131, B131, C132, D132, E132, F133, G133, A133, B133, C134, D134, E134, F135, G135, A135, B135, C136, D136, E136, F137, G137, A137, B137, C138, D138, E138, F139, G139, A139, B139, C140, D140, E140, F141, G141, A141, B141, C142, D142, E142, F143, G143, A143, B143, C144, D144, E144, F145, G145, A145, B145, C146, D146, E146, F147, G147, A147, B147, C148, D148, E148, F149, G149, A149, B149, C150, D150, E150, F151, G151, A151, B151, C152, D152, E152, F153, G153, A153, B153, C154, D154, E154, F155, G155, A155, B155, C156, D156, E156, F157, G157, A157, B157, C158, D158, E158, F159, G159, A159, B159, C160, D160, E160, F161, G161, A161, B161, C162, D162, E162, F163, G163, A163, B163, C164, D164, E164, F165, G165, A165, B165, C166, D166, E166, F167, G167, A167, B167, C168, D168, E168, F169, G169, A169, B169, C170, D170, E170, F171, G171, A171, B171, C172, D172, E172, F173, G173, A173, B173, C174, D174, E174, F175, G175, A175, B175, C176, D176, E176, F177, G177, A177, B177, C178, D178, E178, F179, G179, A179, B179, C180, D180, E180, F181, G181, A181, B181, C182, D182, E182, F183, G183, A183, B183, C184, D184, E184, F185, G185, A185, B185, C186, D186, E186, F187, G187, A187, B187, C188, D188, E188, F189, G189, A189, B189, C190, D190, E190, F191, G191, A191, B191, C192, D192, E192, F193, G193, A193, B193, C194, D194, E194, F195, G195, A195, B195, C196, D196, E196, F197, G197, A197, B197, C198, D198, E198, F199, G199, A199, B199, C200, D200, E200, F201, G201, A201, B201, C202, D202, E202, F203, G203, A203, B203, C204, D204, E204, F205, G205, A205, B205, C206, D206, E206, F207, G207, A207, B207, C208, D208, E208, F209, G209, A209, B209, C210, D210, E210, F211, G211, A211, B211, C212, D212, E212, F213, G213, A213, B213, C214, D214, E214, F215, G215, A215, B215, C216, D216, E216, F217, G217, A217, B217, C218, D218, E218, F219, G219, A219, B219, C220, D220, E220, F221, G221, A221, B221, C222, D222, E222, F223, G223, A223, B223, C224, D224, E224, F225, G225, A225, B225, C226, D226, E226, F227, G227, A227, B227, C228, D228, E228, F229, G229, A229, B229, C230, D230, E230, F231, G231, A231, B231, C232, D232, E232, F233, G233, A233, B233, C234, D234, E234, F235, G235, A235, B235, C236, D236, E236, F237, G237, A237, B237, C238, D238, E238, F239, G239, A239, B239, C240, D240, E240, F241, G241, A241, B241, C242, D242, E242, F243, G243, A243, B243, C244, D244, E244, F245, G245, A245, B245, C246, D246, E246, F247, G247, A247, B247, C248, D248, E248, F249, G249, A249, B249, C250, D250, E250, F251, G251, A251, B251, C252, D252, E252,

Horizontal Directional Movement Exercises

Goal# 2

#1

1 2 3 4

5 5 5 5 6 6 6 6 7 7 7 7 8 8 8 8

TAB 4/4

1 2 3 4

4 4 4 4 5 5 5 5 6 6 6 6 7 7 7 7

TAB

1 2 3 4

3 3 3 3 4 4 4 4 5 5 5 5 6 6 6 6

TAB

1 2 3 4

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

TAB

1 2 3 4

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

TAB

#2

The image shows a musical score for guitar, consisting of a treble clef staff and a tablature staff. The treble staff is in 4/4 time and contains five measures of music. Each measure contains four notes, with fingerings 1, 2, 3, and 4 indicated above them. The notes are: G4 (1), A4 (2), B4 (3), and C5 (4). The tablature staff is in 4/4 time and contains five measures of fret numbers corresponding to the notes in the treble staff: 5-6-7-8, 4-5-6-7, 3-4-5-6, 2-3-4-5, and 1-2-3-4.

Vertical Directional Movement Exercises

Goal# 3

#1

Exercise #1: Ascending scale in 4/4 time. The treble clef staff shows a scale from G4 to G5. The first measure (G4-A4-B4-C5) is marked with a circled 1 and a 1. The second measure (C5-D5-E5-F5) is marked with a circled 2 and a 2. The third measure (F5-G5-A5-B5) is marked with a circled 3 and a 3. The fourth measure (B5-C6-D6-E6) is marked with a circled 4 and a 4. The bass clef staff shows the fret numbers: 5-5-5-5, 6-6-6-6, 7-7-7-7, and 8-8-8-8. The time signature 4/4 is indicated.

Exercise #2: Ascending scale in 4/4 time. The treble clef staff shows a scale from A4 to A5. The first measure (A4-B4-C5-D5) is marked with a circled 1 and a 1. The second measure (D5-E5-F5-G5) is marked with a circled 2 and a 2. The third measure (G5-A5-B5-C6) is marked with a circled 3 and a 3. The fourth measure (C6-D6-E6-F6) is marked with a circled 4 and a 4. The bass clef staff shows the fret numbers: 5-5-5-5, 6-6-6-6, 7-7-7-7, and 8-8-8-8. The time signature 4/4 is indicated.

Exercise #3: Ascending scale in 4/4 time. The treble clef staff shows a scale from B4 to B5. The first measure (B4-C5-D5-E5) is marked with a circled 1 and a 1. The second measure (E5-F5-G5-A5) is marked with a circled 2 and a 2. The third measure (A5-B5-C6-D6) is marked with a circled 3 and a 3. The fourth measure (D6-E6-F6-G6) is marked with a circled 4 and a 4. The bass clef staff shows the fret numbers: 5-5-5-5, 6-6-6-6, 7-7-7-7, and 8-8-8-8. The time signature 4/4 is indicated.

Exercise #4: Ascending scale in 4/4 time. The treble clef staff shows a scale from C5 to C6. The first measure (C5-D5-E5-F5) is marked with a circled 1 and a 1. The second measure (F5-G5-A5-B5) is marked with a circled 2 and a 2. The third measure (B5-C6-D6-E6) is marked with a circled 3 and a 3. The fourth measure (E6-F6-G6-A6) is marked with a circled 4 and a 4. The bass clef staff shows the fret numbers: 5-5-5-5, 6-6-6-6, 7-7-7-7, and 8-8-8-8. The time signature 4/4 is indicated.

⑤

1 2 3 4

TAB 5 5 5 5 6 6 6 6 7 7 7 7 8 8 8 8

⑥

1 2 3 4

TAB 5 5 5 5 6 6 6 6 7 7 7 7 8 8 8 8

#2

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

TAB 4/4 5 6 7 8 5 6 7 8 5 6 7 8 5 6 7 8 5 6 7 8 5 6 7 8

Diagonal Directional Movement Exercises

Goal# 4

#1

5 6 7 8 4 5 6 7 3 4 5 6 2 3 4 5 1 2 3 4 0 1 2 3

5 6 7 8 6 7 8 9 7 8 9 10 8 9 10 11 9 10 11 12

5 6 7 8 6 7 8 9 7 8 9 10 8 9 10 11 9 10 11 12

0 10 11 12 9 10 11 12 8 9 10 11 7 8 9 10 6 7 8 9 5 6 7 8

Progression Exercises #1

The image displays four systems of guitar progression exercises, each consisting of a treble clef staff and a corresponding guitar tablature staff. The exercises are labeled with Roman numerals V, IV, III, II, and I, indicating different chord progressions or exercises.

System V: The treble staff shows a sequence of notes with fingerings (1-4) and a final measure with a 4th finger. The tablature staff shows fret numbers (4, 5, 6, 7, 8) and a final measure with a 4th fret.

System IV: The treble staff shows a sequence of notes with fingerings (1-4) and a final measure with a 4th finger. The tablature staff shows fret numbers (4, 5, 6, 7, 8) and a final measure with a 4th fret.

System III: The treble staff shows a sequence of notes with fingerings (1-4) and a final measure with a 4th finger. The tablature staff shows fret numbers (4, 5, 6, 7, 8) and a final measure with a 4th fret.

System II: The treble staff shows a sequence of notes with fingerings (1-4) and a final measure with a 4th finger. The tablature staff shows fret numbers (4, 5, 6, 7, 8) and a final measure with a 4th fret.

System I: The treble staff shows a sequence of notes with fingerings (1-4) and a final measure with a 4th finger. The tablature staff shows fret numbers (4, 5, 6, 7, 8) and a final measure with a 4th fret.

Progression Exercise #2

The image displays a musical score for a guitar exercise, titled "Progression Exercise #2". The score is written for guitar and consists of four systems, each representing a different chord progression (V, VI, VII, VIII, IX). Each system includes a treble clef staff, an alto clef staff, and a bass clef staff. Fingerings are indicated by numbers 1-5 on the treble staff and 1-4 on the bass staff. Chord markings (V, VI, VII, VIII, IX) are placed above the treble staff. The bass staff shows the fretboard positions for the notes, with numbers indicating the fret number. The exercise is in 4/4 time and uses a key signature of one sharp (F#).

System V: Treble staff shows a sequence of notes with fingerings 1-5. Bass staff shows fret positions 8, 7, 6, 5, 8, 7, 6, 5. Chord marking V is above the first measure.

System VI: Treble staff shows a sequence of notes with fingerings 1-5. Bass staff shows fret positions 8, 7, 6, 5, 9, 8, 7, 6. Chord marking VI is above the first measure.

System VII: Treble staff shows a sequence of notes with fingerings 1-5. Bass staff shows fret positions 9, 8, 7, 6, 9, 8, 7, 6. Chord marking VII is above the first measure.

System VIII: Treble staff shows a sequence of notes with fingerings 1-5. Bass staff shows fret positions 10, 9, 8, 7, 11, 10, 9, 8. Chord marking VIII is above the first measure.

System IX: Treble staff shows a sequence of notes with fingerings 1-5. Bass staff shows fret positions 12, 11, 10, 9, 12, 11, 10, 9. Chord marking IX is above the first measure.