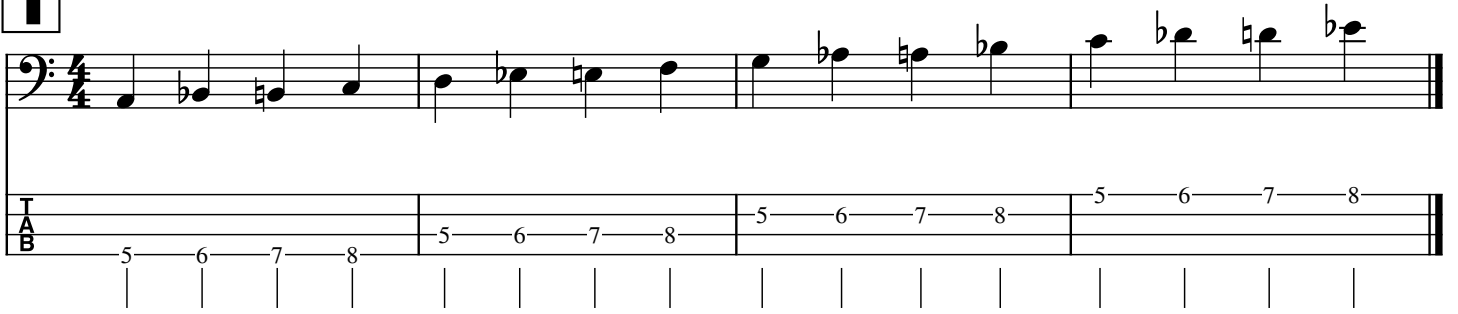


Finger Yoga Level 1

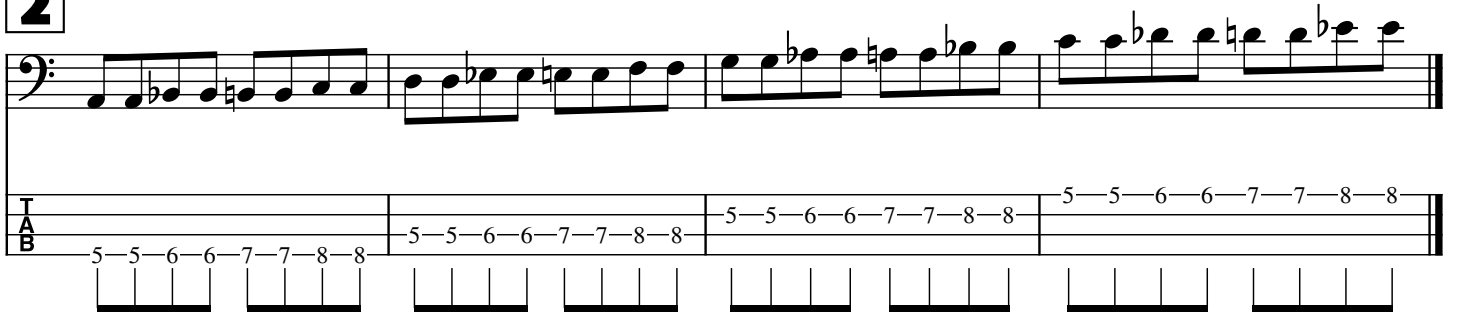
Steffen Knauss

1



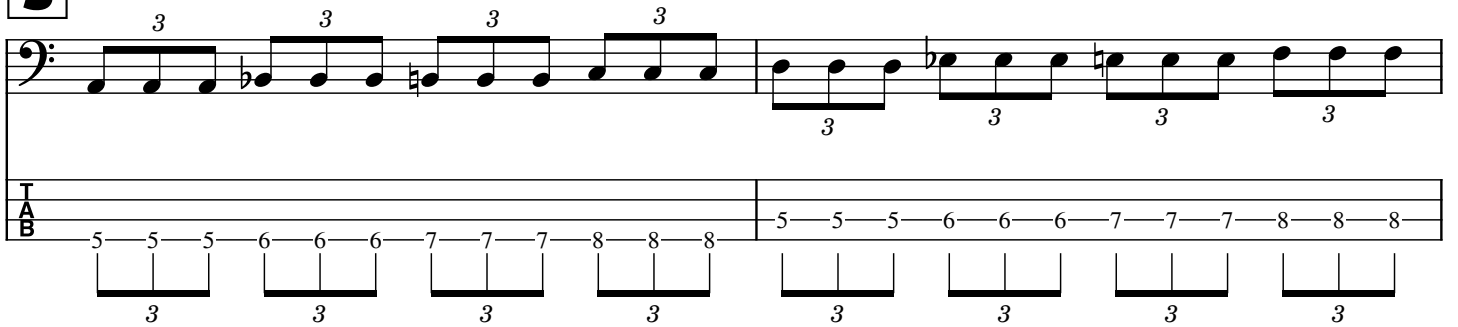
Exercise 1: A four-measure piece in 4/4 time with a bass clef. The melody consists of quarter notes: G2, A2, B2, C3, D3, E3, F3, G3, A3, B3, C4, D4, E4, F4, G4, A4, B4, C5. The fretboard diagram below shows the fingerings: 5-6-7-8 for the first measure, 5-6-7-8 for the second, 5-6-7-8 for the third, and 5-6-7-8 for the fourth.

2

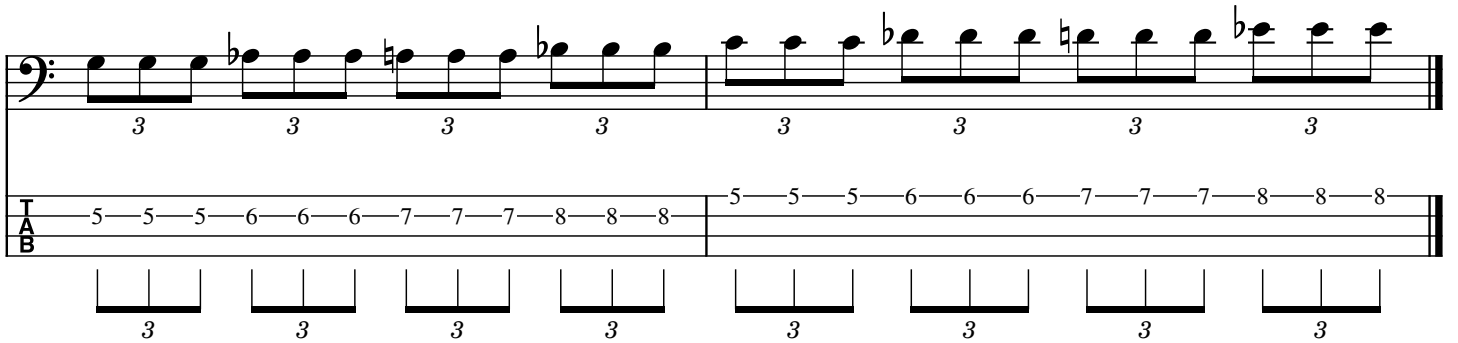


Exercise 2: An eight-measure piece in 4/4 time with a bass clef. The melody consists of quarter notes: G2, A2, B2, C3, D3, E3, F3, G3, A3, B3, C4, D4, E4, F4, G4, A4, B4, C5. The fretboard diagram below shows the fingerings: 5-5-6-6-7-7-8-8 for the first measure, 5-5-6-6-7-7-8-8 for the second, 5-5-6-6-7-7-8-8 for the third, and 5-5-6-6-7-7-8-8 for the fourth.

3



Exercise 3: An eight-measure piece in 4/4 time with a bass clef. The melody consists of quarter notes: G2, A2, B2, C3, D3, E3, F3, G3, A3, B3, C4, D4, E4, F4, G4, A4, B4, C5. The fretboard diagram below shows the fingerings: 5-5-5-6-6-6-7-7-7-8-8-8 for the first measure, 5-5-5-6-6-6-7-7-7-8-8-8 for the second, 5-5-5-6-6-6-7-7-7-8-8-8 for the third, and 5-5-5-6-6-6-7-7-7-8-8-8 for the fourth.



Exercise 3 (continued): An eight-measure piece in 4/4 time with a bass clef. The melody consists of quarter notes: G2, A2, B2, C3, D3, E3, F3, G3, A3, B3, C4, D4, E4, F4, G4, A4, B4, C5. The fretboard diagram below shows the fingerings: 5-5-5-6-6-6-7-7-7-8-8-8 for the first measure, 5-5-5-6-6-6-7-7-7-8-8-8 for the second, 5-5-5-6-6-6-7-7-7-8-8-8 for the third, and 5-5-5-6-6-6-7-7-7-8-8-8 for the fourth.

4

Musical staff for exercise 4, first system, showing a bass clef and a sequence of eighth notes with accidentals.

TAB 5-5-5-5-6-6-6-6-7-7-7-7-8-8-8-8 | 5-5-5-5-6-6-6-6-7-7-7-7-8-8-8-8

Fingerboard diagram for exercise 4, first system, showing fret positions for the first system.

Musical staff for exercise 4, second system, showing a bass clef and a sequence of eighth notes with accidentals.

TAB 5-5-5-5-6-6-6-6-7-7-7-7-8-8-8-8 | 5-5-5-5-6-6-6-6-7-7-7-7-8-8-8-8

Fingerboard diagram for exercise 4, second system, showing fret positions for the second system.

5

Musical staff for exercise 5, first system, showing a bass clef and a sequence of eighth notes with accidentals.

TAB 5-5-5-6-6-6-7-7-7-8-8-8 | 5-5-5-6-6-6-7-7-7-8-8-8

Fingerboard diagram for exercise 5, first system, showing fret positions for the first system.

Musical staff for exercise 5, second system, showing a bass clef and a sequence of eighth notes with accidentals.

TAB 5-5-5-6-6-6-7-7-7-8-8-8 | 5-5-5-6-6-6-7-7-7-8-8-8

Fingerboard diagram for exercise 5, second system, showing fret positions for the second system.

6

Musical staff for exercise 6, first system, showing a bass clef and a sequence of eighth notes with accidentals.

TAB 5-5-5-6-6-6-7-7-7-8-8-8 | 5-5-5-6-6-6-7-7-7-8-8-8

Fingerboard diagram for exercise 6, first system, showing fret positions for the first system.

Musical staff for exercise 6, second system, showing a bass clef and a sequence of eighth notes with accidentals.

TAB 5-5-5-6-6-6-7-7-7-8-8-8 | 5-5-5-6-6-6-7-7-7-8-8-8

Fingerboard diagram for exercise 6, second system, showing fret positions for the second system.