

TABLE OF CONTENTS

	<u>Page</u>
Introduction	4
Approach to Practice	5
SECTION ONE: moving across the fingerboard	6
SECTION TWO: variations on exercises from Section One	18
SECTION THREE: alternating direction	21
SECTION FOUR: variations on exercises from Section Three	25
SECTION FIVE: skipping frets	28
SECTION SIX: skipping frets, alternating direction	32
SECTION SEVEN: moving between strings	36
SECTION EIGHT: moving back and forth between strings	40
SECTION NINE: finger independence (centered around finger # 1)	44
SECTION TEN: finger independence (centered around finger #4)	56