

Part A

Exercises for skipping frets, alternating direction, with all 4 fingers moving across the fingerboard

$\text{♩} = 60/180$

UP

105

T A B 1 3 4 2 1 3 4 2 1 3 4 2

DOWN

T A B 1 3 4 2 1 3 4 2 1 3 4 2 1 3 4 2

UP

106

T A B 2 4 3 1 2 4 3 1 2 4 3 1

DOWN

T A B 2 4 3 1 2 4 3 1 2 4 3 1 2 4 3 1

UP

107

T A B 3 1 2 4 3 1 2 4 3 1 2 4

DOWN

T A B 3 1 2 4 3 1 2 4 3 1 2 4 3 1 2 4

UP

108

T A B 4 2 1 3 4 2 1 3 4 2 1 3

DOWN

T A B 4 2 1 3 4 2 1 3 4 2 1 3 4 2 1 3