

Outside/Inside Exercise

Hand Mechanics Workshop

Max Rich

Standard tuning

♩ = 120

Level 1

mf

TAB: 8 5 6 7 8 5 6 7 | 8 5 6 7 8 5 6 7 | 8 5 6 7

TAB: 5 8 7 6 5 8 7 6 | 5 8 7 6 5 8 7 6 | 5 8 7 6

Level 2

TAB: 8 6 8 6 | 8 6 8 6

TAB: 5 7 8 6 | 5 7 8 6 | 5 7 8 6 | 5 7 8 6

Level 3

TAB: 8 6 8 6 | 8 6 8 6

Musical notation for measures 13 and 14. The treble clef staff shows notes with accidentals: measure 13 has F#4, G4, A4, B4; measure 14 has C5, B4, A4, G4. The guitar TAB staff shows fret numbers: measure 13 has 5-7-5-7; measure 14 has 5-7-8-6.

Level 4

Musical notation for measures 15 and 16. The treble clef staff shows notes with accidentals: measure 15 has G4, A4, B4, C5; measure 16 has D5, C5, B4, A4. The guitar TAB staff shows fret numbers: measure 15 has 8-6-8-6; measure 16 has 5-7-5-7.

Level 5

Musical notation for measures 17 and 18. The treble clef staff shows notes with accidentals: measure 17 has G4, A4, B4, C5; measure 18 has D5, C5, B4, A4. The guitar TAB staff shows fret numbers: measure 17 has 8-6-8-6; measure 18 has 5-7-5-7.