

SINGLE STRING TECHNIQUE UNIT 8

LAB

TIME FRAMES MUST BE CARRIED OUT TO THE CLOCK

STEP	TIME FRAME	ASSIGNMENT
STEP 1	10 minutes	Visualize, then play Ex. 104 from PC-210. Play using all down, all up, down-up, and up-down picking. Attacks should be even in both meter and amplitude.
STEP 2	10 minutes	Play Ex. 110 from PC-210 as in step 1.
STEP 3	minutes	Play Ex. 133 from PC210 as in step 1.
STEP 4	minutes	Play Ex. 110, 133 and 104 in sequence.
STEP 5	minutes	Visualize, then play Ex. 22 from PC-211 as instructed. (open position).
STEP 6	minutes	Repeat step 5: Play in fifth position (fingering pattern No. 3)
STEP 7	minutes	BREAK. Relax, move around.
	minutes	Visualize, then play Ex. 23 from PC-211, using fingering pattern 3.
STEP 9	minutes	Transpose Ex. 23 to the key of F, using fingering Pattern 1.
STEP 10	minutes	Visualize, then play Ex. 24 from PC-211. Play slowly and accurately; no jerky motion.
STEP 11	minutes	BREAK.
STEP 12	minutes	Play through all five fingering patterns in third position using the sequence in Ex. 2 from PC-211.
TOTAL	90 minutes	

AS HOMEWORK, WRITE AND CARRY OUT YOUR OWN TIME FRAMES
AFTER STEP 2