

Bouncing 5ths

The musical score is written in bass clef with a 3/4 time signature. It consists of two measures. The first measure has a key signature of one sharp (F#) and a common time signature of 3/4. The second measure has a key signature of one flat (Bb) and a common time signature of 3/4. The melody is a triplet of eighth notes: G2, F#2, E2 in the first measure, and F#2, E2, D2 in the second measure. The bass line consists of a triplet of eighth notes: 3, 5, 0 in the first measure, and 3, 5, 0 in the second measure. The strings are labeled T, A, and B.

1. Rhythmically, this is a triplet-based exercise.
2. **RIGHT HAND:** Make sure your right hand is muting the strings with the "floating thumb". Remember: "Your thumb has to be touching the strings in order to mute them".
3. Support your forearm from the shoulder. Everything pivots from the shoulder. Make sure you "move the mechanism". **DO NOT** anchor your thumb!
4. **DO NOT DROP YOUR ELBOW!**
5. **LEFT HAND:** Your fingers should have that "relaxed curl". Make sure you're playing "next to the fret".
6. Make the effort to teach your middle and ring fingers to "stay down". Get rid of the wasted motion/energy.
7. When you can perform this exercise correctly, then and only then should you add the metronome.
8. In the beginning, **SLOWER IS BETTER**...it exposes flaws and mistakes. But...once you have this exercise under your hands, increase the tempo until you begin to falter. Then, back it off about 5 clicks and "get to work". By increasing the tempo you'll teach your hands to "fire together".