
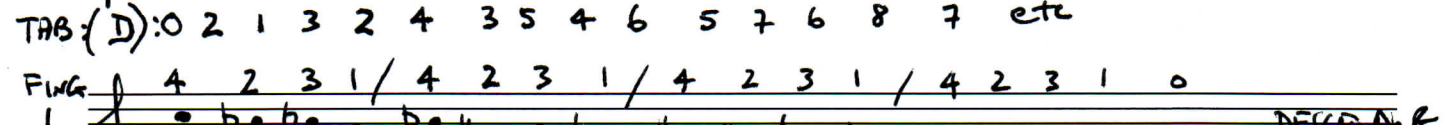
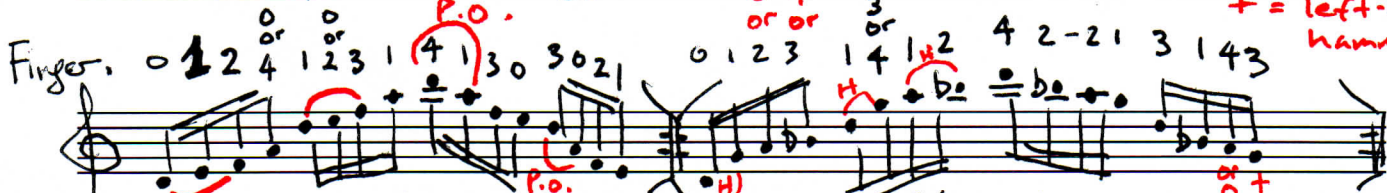


MANDOLIN EXERCISES by Stephen Lalar

① "THE CRAB" - ascending on D string

Finger: 0 2 1 3 2 4 / 1 3 2 4 / 1 3 2 4
 ↑  ASCENDING
 TAB: (D): 0 2 1 3 2 4 3 5 4 6 5 7 6 8 7 etc
 Finger: 4 2 3 1 / 4 2 3 1 / 4 2 3 1 / 4 2 3 1 0
 ↓  DESCENDING
 TAB: 10 8 9 7 8 6 7 5 6 4 5 3 4 2 3 1 0

② Dm7 / Gm7 arpeggios (all pvriv) OPTION: H (hammer-on) P.O. (pull-off) + = left-hand hammer


Finger: 0 1 2 4 1 2 3 1 4 1 3 0 3 0 2 1 0 1 2 3 1 4 1 2 4 2-2 1 3 1 4 3

 TAB: E: - - - - - 5 10 5 0 - - - - - 5 6-10 6 5 3 - - - - -
 D: 0 2 3 - - - - - 8 - - - - - 8 - 5 0 - - - - - 5 10 - - - - - 5 1 - - - - -
 G: 0 2 3 - - - - - 3 2 - - - - - 0 5 7 8 - - - - - 7 5

③ WARM-UP CO-ORDINATION STRETCHER - transfer to all strings.

Finger: 0 1 2 4 0 2 3 4 4 2 1 0 4 3 1 0

 TAB (D): 0 2 4 7 0 2 4 7 0 4 5 8 0 4 5 8 | > 1 7 4 2 0 7 4 2 0 8 5 2 0 8 5 2 0 X

④ PLECTRUM CONTROL

 and continue with left hand chords over same pattern
 eg "hippy Music"
 (OPEN STRINGS)
