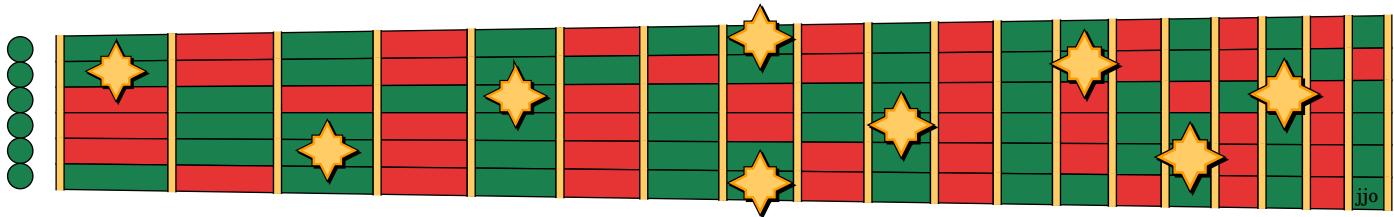


# December Fretboard Exercises

## Sixteenth Century Christmas Sightreads



**Exercise 1:** I 0 II 0 III 5 IV 4 V 0 VI 4 VII 0 VIII 5 ⑤ ⑥

$\text{♩} = 120$

3

7

13

**Exercise 2:** I 1 II 1 III 4 IV 4 V 2 VI 5 VII 1 VIII 5 ⑤

$\text{♩} = 96$

C

5

**Exercise 3:** I 1 II 2 III 1 IV 2 V 2 VI 4 VII 1 VIII 2 IX 0 X 4 XI 4 ③

$\text{♩} = 96$

Exercise 1 . . . . .	Spanish: Ríu, Ríu, Chíu (1556) . . . . .	1
Exercise 2 . . . . .	German: Personent Hodie (1582) . . . . .	1
Exercise 3 . . . . .	Praetorius: Lo, How a Rose E'er Blooming (1599) . . . . .	1

**Exercise 1** tells the story of how a kingfisher thwarts a wolf from harming a lamb (the Virgin Mary). It's a lively piece despite being in Dorian mode, and its narrow range of just six notes makes it an extraordinarily easy sightread in multiple positions (I, II, V, and VII).

Of the four youtubes below, The Boston Camerata has the most authentic Renaissance sound. The Monkees, a 60's rock/pop group, sing it a capella by a Christmas tree. King's College does a full-on Christmas eve production, and the Jon Sales piece sounds possibly like multiple period guitars, interesting but a bit harsh.

- [https://en.wikipedia.org/wiki/Riu\\_Riu\\_Chiu](https://en.wikipedia.org/wiki/Riu_Riu_Chiu)
- [https://www.youtube.com/watch?v=sY\\_q6h24VBg](https://www.youtube.com/watch?v=sY_q6h24VBg) (Boston Camerata, 2014)
- <https://www.youtube.com/watch?v=riG85oA6Wy4> (Monkees, 1967)
- <https://www.youtube.com/watch?v=hNg6Nv1Ey8Y&t=1335s> (King's College, 1992)
- <https://www.youtube.com/watch?v=yQVAmYjOt6U&t=6s> (Jon Sayles, guitar, 2018)

**Exercise 2**, also in Dorian mode, celebrates the fourth-century Saint Nicholas (a.k.a Saint Nick), known for anonymous gift giving and saving children. A thousand years after his death, a widely believed story, pictured in church artwork, had him resurrecting three children who had been killed and pickled in a barrel by a butcher who intended to sell them as ham during a terrible famine! He knows if you've been naughty!

- [https://en.wikipedia.org/wiki/Personent\\_hodie](https://en.wikipedia.org/wiki/Personent_hodie)
- [https://en.wikipedia.org/wiki/Saint\\_Nicholas#Other\\_reputed\\_miracles](https://en.wikipedia.org/wiki/Saint_Nicholas#Other_reputed_miracles)
- <https://www.youtube.com/watch?v=kinQDn8WR24> (Angel City Chorale, 2017)

**Exercise 3** is a metaphor for the Virgin Mary, in the form of a rose, foretelling the birth of Jesus. Though the music is without time signature or bars, it easily played in eight different positions, with IX being the easiest.

Voices of Music uses only period instruments in their instrumental version. The Tabernacle Choir sings the English version, "Lo, How a Rose E'er Blooming" while the Chanticleer version in German also shows the four-part score by Michael Praetorius.

- [https://en.wikipedia.org/wiki/Es\\_ist\\_ein\\_Ros\\_entsprungen](https://en.wikipedia.org/wiki/Es_ist_ein_Ros_entsprungen)
- <https://www.youtube.com/watch?v=np0CY1AqtkQ> (instrumental, Voices of Music, 2017)
- <https://www.youtube.com/watch?v=kU-E46o0sp0> (in English, Tabernacle Choir, 2016)
- <https://www.youtube.com/watch?v=Ru0JYOBre7Y> (in German, Chanticleer, 2011)

*These exercises are from the yet to be released book "Diatonic Fretboard Exercises", which contains over a thousand such exercises and will be made available for free on IMSLP. The contents may be freely copied and modified, but with the condition that they be attributed to J. J. Olson (CC-BY license).*

*Interested? Contact Jeff Olson at [jjocanoe@gmail.com](mailto:jjocanoe@gmail.com)*

*P.S. It easiest to follow these links if you **get the pdf** as indicated on the first page.*