

Lesson 1

1. Learn to hold bow and saaj
 2. Learn to play the bow on the 'M' without holding any frets as slowly as possible and without making the transition between bows transparent.
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Lesson 2

1. Understand the difference between arohi & avrohi
2. Understand the keys & mandar, madyam & taar scales.
3. Learn to play S
4. Learn the fingering technique
5. S R G M, P M G R
top

-- M.-----
---m'.-----
---P-----
---d.-----
---D.-----
---n.-----
---N.-----
---S-----
r
---R-----
---g-----
---G-----
---M-----
---m'-----
---P-----
d
---D-----
---n-----
---N-----
---S°-----
r°
---R°-----
g°
---G°-----

Lesson 3. (tintaal)

S R G M P D N S°

S° N D P M G R S

First, one sur per bow, then two surs per bow, then 4s/b 8s/b 16s/b, this applies to all the bowing and fretting exercises.

Lesson 4. (keharva)

Arohi:

SRGMMGRS, RGMPPMGR, GMPDDPMG, MPDNNDPM, PDNS°S°NDP

Avrohi:

PDNS°S°NDP, MPDNNDPM,
GMPDDPMG, RGMPPMGR,
SRGMMGRS,

Lesson 5 (jhaptal)

Arohi:

SRGMP,PMGRS, RGMPPMGR, GMPDN,NDPMG, MPDNS°,S°NDPM

Avrohi:

S°NDPM,MPDNS°, NDPMG,GMPDN, DPMGR,RGMPD,
PMGRS,SRGMP

Lesson 6 (tintaal)

Arohi:

SRG-, RGM-, GMP-, MPD-, PDN-, DNS°-

Avrohi:

S°ND-, NDP-, DPM-, PMG-, MGR-, GRS-

Lesson 7 (tintaal)

Arohi:

SR-G, RG-M, GM-P, MP-D, PD-N, DN-S°

Avrohi:

S°N-D, ND-P, DP-M, PM-G, MG-R, GR-S

Lesson 8 (tintaal)

Arohi:

S-RG, R-GM, G-MP, M-PD, P-DN, D-NS°

Avrohi:

S°-ND, N-DP, D-PM, P-MG, M-GR, G-RS

Lesson 9 (dadra)

Arohi:

SRG RGM GMP MPD PDN DNS°

Avrohi:

S°ND NDP DPM PMG MGR GRS

Lesson 10 (tintaal)

Arohi:

SRGM RGMP GMPD MPDN

Avrohi:

S°NDP NDPM DPMG PMGR

Lesson 11 (jhaptal)

Arohi:

SRGMP RGMPD GMPDN MPDNS°

Avrohi:

S°NDPM NDPMG DPMGR PMGRS

Lesson 12 (iktaal)

Arohi:

SGRMGPMDPNDS°

Avrohi:

S°DNPDMPGMRGS

Lesson 13 (jhaptal)

Arohi:

SMRPGDMNPS°
Avrohi:
S°PNMDGPRMS

Lesson 14 (iktal)

Arohi: SRSGRS, RGRMGR, GMGPMG, MPMDPM, PDPNDP, DNDS°ND
Avrohi: S°NS°DNS°, NDNPDN, DPDMPD, PMPGMP, MGMRGM, GRGSRG

Lesson 15 (dadra)

Arohi: SRSGRG, RGRMGM, GMGPMP, MPMDPD, PDPS°NS°

Avrohi: S°NS°DND, NDNPDN, DPDMPM, PMPGMG, MGMRGR, GRGSRS

Lesson 16 (roopak)

Arohi: SRSMGRS, RGRPMGR, GMGDPMG, MPMNDPM, PDPS°NDP
Avrohi: S°NS°PDNS°, NDNMPDN, DPDGMPD, PMPRGMP, MGMSRGM

Lesson 17 (iktal)

Arohi: GRS, MGR, PMG, DPM, NDP, S°ND
Avrohi: DNS°, PDN, MPD, GMP, RGM, SRG

Lesson 18 (tintaal)

Arohi: MGRS, PMGR, DPMG, NDPM, S°NDP
Avrohi: PDNS°, MPDN, GMPD, RGMP, SRGM

Lesson 19 (dadra)

Arohi: SRSG--, RGRM--, GMGP--, MPMD--,
PDPN--, DNDS°--
Avrohi: S°NS°D--, NDNP--, DPDM--, PMPG- -,
MGMR--, GRGS--

Lesson 20 (iktal)

Arohi: SRSG-G, RGRM-M, GMGP-P, MPMD-D,
PDPN-N, DNDS°-S°
Avrohi: S°NS°D-D, NDNP-P, DPDM-M, PMPG-G,
MGMR-R, GRGS-S

Note, play this with the following bow cycle:

S R S G - G
BOW BOW BOW BOW BOW

Lesson 21 (by Pandit Ramnarayan Ji) (tintaal)

Arohi: SRGGRRGS, RGMMGMGR, GMPPMPMG, MPDDPDPM, PDNNDNDP,
DNS°S°NS°ND
Avrohi: DNS°S°NS°ND, PDNNDNDP, MPDDPDPM, GMPPMPMG, RGMMGMGR,
SRGGRRGS,

Lesson 22 (by Pandit Ramnarayan Ji) (tintaal)

Arohi:

S R G G RG RG R S,
R G M M GM GM G R,
G M P P MP MP M G,
M P D D PD PD PM,
P D N N DN DN D P,
D N S° S° NS° NS° N D

Avrohi:

D N S° S° NS° NS° N D,
P D N N DN DN D P,
M P D D PD PD PM,
G M P P MP MP M G,
R G M M GM GM G R

Lesson 23 (by Pandit Ramnarayan Ji) (iktaal)

Arohi:

S R G G RG RG R S M G R S,
R G M M GM GM G R P M G R,
G M P P MP MP M G D P M G,
M P D D PD PD P M N D P M,
P D N N DN DN D P S° N D P,
D N S° S° NS° NS° N D R° S° N D

Avrohi:

D N S° S° NS° NS° N D R° S° N D,
P D N N DN DN D P S° N D P,
M P D D PD PD P M N D P M,
G M P P MP MP M G D P M G,
R G M M GM GM G R P M G R,

Lesson 24 (tintaal)

sapaat tana:

SN.D.P.M.P.D.N., SRGMPDNS°, R°G°M°P°D°P°M°G°, R°S°NDPMPGR

Srnsdnds
Sgrgsrnsdnds
Smgmrgsrnsdnds

