

# WEEK 2 EXERCISES

**WEI WANG**

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# REQUIREMENTS

- Good posture
- Use a metronome
- Focus clean and clear sound, only increase metronome speed when:
  - you are making clean and clear sound,
  - you feel your hands and fingers are under control
  - You only want to build muscle memory of when you are making good sound

# DAILY PRACTICE ROUTINE

## NOTE:

- For now spend enough time, minimum 50% of practice time, on warm up and scale
- if 25 min is not enough to go through all exercise, it's ok to spread everything other than warm up & scale to different days

## WARM UP

- Spider walk at 5th fret 5 with two fingers
- Spider walk at 5th fret four fingers
- Chromatic scale

# C SCALE

**Scale**  
Escala



**Exercise**  
Ejercicio



## NOAD BOOK

- open string exercise 5 - 11
- arpeggio exercises 12-15 ( only this exercise use free stroke)

# CARCASSI ARPEGGIOS WITH THE THUMB AND TWO FINGERS (OPTIONAL)





# MUSIC: ANDANTINO, A PART ONLY, B PART IS OPTIONAL

- Read music note by note, measure by measure
- No need to practice the whole part A in one day, start with first two measures in day one, then first 4 measures day 2, etc...

