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Meditations (IV) for bowed and plucked string instruments

2019

The work consists in one hundred short pieces for a bowed string instrument like violin, viola, cello or double bass and an equal number of short pieces for a plucked string instrument, like guitar, ukulele, mandolin or lute. The pieces can be performed in any order and combination on any number and combination of said instruments, up to at most four bowed string instruments and four plucked string instruments. The musicians play without a common time. Intonation need not be agreed upon. Duration is free.

## Bowed string instruments

1. 
2. Repeat three notes on different strings high up on the neck, col legno battuto. Play until you count to 9 then stop and count to 5 .
3. Four notes on same string above the middle of the neck, pizzicato. Count to 11.
4. Three notes on different strings high up on the neck, col legno tratto. Play until you count to 9 .
5. Four string chord high up on the neck. Count to 11 .
6. Four notes on same string around the middle of the neck. Play until you count to 7 then stop and count to 5 .
7. One note above the middle of the neck, tremolo. Play until you count to 5 then stop and count to 10 .
8. One note below the middle of the neck. Play until you count to 9 then stop and count again to 9 .
9. One note above the middle of the neck. Play until you count to 7 .
10. One note high up on the neck. Play until you count to 5 then stop and count again to 5 .
11. Repeat one note around the middle of the neck, tremolo. Play until you count to 7 then stop and count to 10 .
12. Three string chord around the middle of the neck, pizzicato. Count to 5 .
13. Three string chord below the middle of the neck. Count to 7 .
14. Four harmonics on different strings around the middle of the neck. Play until you count to 10 .
15. 
16. One note at the beginning of the neck, col legno battuto. Count to 8 .
17. One note below the middle of the neck, col legno battuto. Count to 9 .
18. Three string chord around the middle of the neck. Count to 5 .
19. Three string chord around the middle of the neck, pizzicato. Count to 11.
20. Three string chord at the beginning of the neck. Count to 6 .
21. One note below the middle of the neck. Play until you count to 7 then stop and count to 9 .
22. Three notes on different strings above the middle of the neck. Play until you count to 6 .
23. Four string chord high up on the neck, col legno battuto. Count to 7 .
24. Four string chord at the beginning of the neck, pizzicato. Count to 10 .
25. Four string chord above the middle of the neck, col legno battuto. Count to 6 .
26. Three string chord above the middle of the neck. Count to 5 .
27. Three string chord at the beginning of the neck. Count to 8 .
28. Four string chord below the middle of the neck, pizzicato. Count to 7 .

6 . Four notes on different strings around the middle of the neck, pizzicato. Count to 6 .
7. Two string chord around the middle of the neck. Play until you count to 7 then stop and count to 8 .
8. One note below the middle of the neck, col legno tratto. Play until you count to 8 then stop and count to 9 .
9. Three string chord above the middle of the neck, col legno battuto. Count to 7 .
10. Two string chord below the middle of the neck. Play until you count to 11 then stop and count to 8 .
11. Two harmonics on different strings around the middle of the neck. Play until you count to 11 then stop and count again to 11 .
12. One note around the middle of the neck, col legno battuto. Count to 5 .
13. One note below the middle of the neck, pizzicato. Count to 8 .
4.

1. Two string chord high up on the neck. Play until you count to 7 then stop and count to 6 .
2. Four notes on same string around the middle of the neck, col legno battuto. Count to 7 .
3. Three string chord above the middle of the neck. Count to 8 .
4. Four string chord high up on the neck, pizzicato. Count to 7.
5. One note high up on the neck. Play until you count to 5 then stop and count to 11 .
6. Four notes on same string at the beginning of the neck. Play until you count to 11 then stop and count to 8 .
7. Three string chord above the middle of the neck. Count to 11 .
8. 
9. Three notes on different strings above the middle of the neck. Play until you count to 11 then stop and count again to 11 .
10. Two notes on different strings around the middle of the neck, pizzicato. Count to 11 .
11. One note below the middle of the neck, tremolo. Play until you count to 11 then stop and count to 6 .
12. Three notes on different strings above the middle of the neck. Play until you count to 11 .
13. Four notes on different strings high up on the neck. Play until you count to 8 .
14. One note around the middle of the neck. Play until you count to 11 then stop and count to 6 .
15. Two string chord at the beginning of the neck, pizzicato. Count to 6 .
16. 
17. Two string chord at the beginning of the neck, pizzicato. Count to 10 .
18. Three notes on different strings below the middle of the neck. Play until you count to 7 .
19. Three string chord around the middle of the neck. Count to 6 .
20. Two notes on different strings high up on the neck. Play until you count to 7 .
21. Four string chord high up on the neck, col legno battuto. Count to 7 .
22. Four notes on different strings around the middle of the neck, col legno battuto. Count to 11.
23. One note above the middle of the neck, tremolo. Play until you count to 11 then stop and count to 7 .
24. Repeat one note above the middle of the neck. Play until you count to 5 then stop and count to 6 .
25. One note below the middle of the neck. Play until you count to 10 then stop and count to 9 .
26. Four notes on different strings at the beginning of the neck. Play until you count to 11 then stop and count to 8 .
27. 
28. Two notes on different strings below the middle of the neck. Play until you count to 8 then stop and count to 10 .
29. Two notes on same string below the middle of the neck, col legno tratto. Play until you count to 7 then stop and count again to 7 .
30. One note below the middle of the neck. Play until you count to 5 then stop and count again to 5 .
31. One note around the middle of the neck. Play until you count to 9 .
32. Three string chord below the middle of the neck. Count to 8 .
33. Repeat one note high up on the neck, pizzicato. Play until you count to 5 then stop and count to 10 .
34. Four notes on different strings around the middle of the neck. Play until you count to 7 then stop and count again to 7 .
35. One note at the beginning of the neck. Play until you count to 11 then stop and count to 5 .
36. Three string chord high up on the neck. Count to 6 .
37. 
38. Four string chord at the beginning of the neck, col legno battuto. Count to 6 .
39. Two string chord high up on the neck, pizzicato. Count to 10 .
40. Four notes on different strings above the middle of the neck. Play until you count to 10 then stop and count to 7 .
41. Four string chord high up on the neck. Count to 9 .
42. Four notes on same string below the middle of the neck. Play until you count to 10 .
43. Two notes on different strings at the beginning of the neck. Play until you count to 6 then stop and count to 11 .
44. Four string chord around the middle of the neck, pizzicato. Count to 8 .

8 . Three string chord high up on the neck. Count to 7 .
9.

1. One note high up on the neck, pizzicato. Count to 9 .
2. Four notes on different strings at the beginning of the neck. Play until you count to 9 .
3. Repeat one note above the middle of the neck, tremolo. Play until you count to 7 then stop and count to 6 .
4. Two string chord high up on the neck, col legno battuto. Count to 8 .
5. Two string chord around the middle of the neck. Play until you count to 5 then stop and count to 9 .
6. Two string chord below the middle of the neck. Play until you count to 5 then stop and count to 7 .
7. Three string chord around the middle of the neck. Count to 6 .
8. Two notes on different strings high up on the neck. Play until you count to 10 then stop and count to 6 .
9. Four notes on different strings around the middle of the neck, col legno battuto. Count to 10.
10. One note high up on the neck. Play until you count to 9 then stop and count again to 9 .
11. 
12. Four string chord around the middle of the neck. Count to 7 .
13. Four string chord at the beginning of the neck. Count to 9 .
14. Repeat two notes on different strings at the beginning of the neck, col legno battuto. Play until you count to 11 then stop and count again to 11 .
15. Three notes on different strings high up on the neck. Play until you count to 7 then stop and count again to 7 .
16. Four string chord above the middle of the neck. Count to 9 .
17. Repeat one note above the middle of the neck, pizzicato. Play until you count to 9 then stop and count to 10 .
18. One note above the middle of the neck. Play until you count to 11 then stop and count to 8 .
19. Four string chord at the beginning of the neck, pizzicato. Count to 5 .
20. One note below the middle of the neck. Play until you count to 10 then stop and count to 5 .
21. Four string chord above the middle of the neck. Count to 11.
22. Two string chord high up on the neck, col legno battuto. Count to 5 .
23. 
24. Two notes on same string around the middle of the neck. Play until you count to 8 then stop and count to 6 .
25. One note around the middle of the neck. Play until you count to 8 .
26. Repeat one note at the beginning of the neck. Play until you count to 8 .
27. One note at the beginning of the neck, tremolo. Play until you count to 8 .
28. Three string chord at the beginning of the neck. Count to 5 .
29. Four notes on different strings below the middle of the neck, col legno battuto. Count to 5 .
30. One note below the middle of the neck, col legno battuto. Count to 11 .
31. 
32. One note at the beginning of the neck. Play until you count to 5 then stop and count again to 5 .
33. Two notes on same string at the beginning of the neck. Play until you count to 11 then stop and count again to 11 .
34. Three notes on same string around the middle of the neck. Play until you count to 7 then stop and count again to 7 .
35. One note at the beginning of the neck. Play until you count to 7 then stop and count to 5 .
36. One note below the middle of the neck. Play until you count to 7 then stop and count to 6 .
37. One note high up on the neck, pizzicato. Count to 9 .
38. Two string chord above the middle of the neck. Play until you count to 9 then stop and count to 7 .
39. One note around the middle of the neck. Play until you count to 8 .
40. Two notes on different strings below the middle of the neck, pizzicato. Count to 7 .
41. One note at the beginning of the neck. Play until you count to 10 then stop and count to 11 .
42. Two string chord around the middle of the neck. Play until you count to 5 then stop and count to 6 .
43. One note below the middle of the neck. Play until you count to 9 then stop and count to 6 .
44. Four notes on same string at the beginning of the neck. Play until you count to 10 then stop and count to 6 .
45. Three notes on different strings above the middle of the neck, col legno tratto. Play until you count to 8 then stop and count to 11 .
46. 
47. Four string chord below the middle of the neck. Count to 8 .
48. One note at the beginning of the neck. Play until you count to 10 then stop and count to 5 .
49. Three string chord around the middle of the neck. Count to 6 .
50. Four harmonics on different strings below the middle of the neck. Play until you count to 8 then stop and count again to 8 .
51. One note high up on the neck, col legno battuto. Count to 8 .
52. Two string chord above the middle of the neck, pizzicato. Play until you count to 10 then stop and count again to 10 .
53. Repeat two notes on different strings above the middle of the neck. Play until you count to 9 .
54. 
55. Two string chord at the beginning of the neck. Play until you count to 9 then stop and count to 7 .
56. Two string chord high up on the neck. Play until you count to 10 then stop and count to 5 .
57. Two notes on different strings around the middle of the neck. Play until you count to 8 .
58. Four notes on different strings at the beginning of the neck. Play until you count to 6 then stop and count again to 6 .
59. One note high up on the neck. Play until you count to 11 then stop and count to 10 .
60. Three notes on different strings at the beginning of the neck, col legno tratto. Play until you count to 8 then stop and count again to 8 .
61. Three string chord at the beginning of the neck. Count to 5 .
62. Three string chord below the middle of the neck. Count to 8 .
63. Four string chord high up on the neck, pizzicato. Count to 9 .
64. 
65. Three string chord around the middle of the neck. Count to 10 .
66. One note around the middle of the neck, col legno tratto. Play until you count to 5 then stop and count to 10 .
67. Four notes on different strings at the beginning of the neck, col legno battuto. Count to 10 .
68. Four string chord high up on the neck. Count to 6 .
69. Two notes on different strings at the beginning of the neck. Play until you count to 11 then stop and count to 7 .
70. Three string chord around the middle of the neck. Count to 7 .
71. Three notes on different strings around the middle of the neck. Play until you count to 9 then stop and count to 11 .
72. 
73. Three string chord above the middle of the neck. Count to 8 .
74. Two string chord below the middle of the neck. Play until you count to 8 then stop and count again to 8.
75. One note high up on the neck. Play until you count to 9 then stop and count to 7 .
76. One note high up on the neck. Play until you count to 9 .
77. One note high up on the neck. Play until you count to 10 then stop and count to 8 .
78. Two string chord at the beginning of the neck, pizzicato. Count to 10 .
79. One note high up on the neck. Play until you count to 8 .
80. Two string chord above the middle of the neck. Play until you count to 7 .
81. Four string chord at the beginning of the neck. Count to 6 .
82. Three string chord around the middle of the neck. Count to 11 .
83. Four string chord below the middle of the neck. Count to 7 .
84. 
85. One note above the middle of the neck, tremolo. Play until you count to 10 then stop and count to 8 .
86. Three notes on different strings below the middle of the neck, pizzicato. Count to 9 .
87. Repeat two notes on different strings below the middle of the neck. Play until you count to 11 then stop and count to 8 .
88. Four string chord above the middle of the neck. Count to 10 .
89. One note above the middle of the neck. Play until you count to 11 then stop and count to 7 .
90. One note high up on the neck, pizzicato. Count to 11.
91. One note below the middle of the neck, tremolo. Play until you count to 7 .
92. 
93. Two string chord high up on the neck, col legno battuto. Count to 7 .
94. Four string chord at the beginning of the neck. Count to 9 .
95. Four notes on different strings above the middle of the neck, pizzicato. Count to 5 .
96. One note at the beginning of the neck. Play until you count to 5 then stop and count again to 5 .
97. Three string chord above the middle of the neck, pizzicato. Count to 7 .
98. Two string chord high up on the neck. Play until you count to 7 then stop and count to 5 .
99. Four notes on different strings high up on the neck. Play until you count to 9 then stop and count to 5 .
100. Four notes on same string below the middle of the neck, pizzicato. Count to 5 .
101. Four notes on different strings high up on the neck, pizzicato. Count to 5.
102. Two notes on same string at the beginning of the neck. Play until you count to 9 then stop and count again to 9 .
103. Four harmonics on same string high up on the neck. Play until you count to 10 then stop and count to 7 .
104. Two string chord below the middle of the neck. Play until you count to 11 then stop and count to 8 .
105. 
106. Two notes on different strings above the middle of the neck. Play until you count to 5 then stop and count to 6 .
107. Two string chord at the beginning of the neck. Play until you count to 6 .
108. Four notes on different strings at the beginning of the neck. Play until you count to 5 then stop and count to 6 .
109. Three notes on different strings at the beginning of the neck, pizzicato. Count to 5 .
110. Three string chord around the middle of the neck. Count to 5 .
111. One note around the middle of the neck. Play until you count to 9 then stop and count to 11 .
112. Four string chord above the middle of the neck. Count to 7 .
113. Two harmonics on different strings at the beginning of the neck. Play until you count to 8 then stop and count to 9 .
114. One note at the beginning of the neck. Play until you count to 7 then stop and count to 8 .
115. Repeat one note high up on the neck. Play until you count to 6 .
116. Two string chord above the middle of the neck, pizzicato. Count to 8 .
117. Two string chord high up on the neck, col legno battuto. Count to 9 .
118. 
119. One note at the beginning of the neck. Play until you count to 6 then stop and count to 8 .
120. Four notes on different strings below the middle of the neck, col legno tratto. Play until you count to 10 .
121. One note at the beginning of the neck, col legno battuto. Count to 10 .
122. One note above the middle of the neck. Play until you count to 6 then stop and count to 11 .
123. Two notes on different strings above the middle of the neck. Play until you count to 7 .
124. Two notes on different strings above the middle of the neck. Play until you count to 7 .
125. One note above the middle of the neck. Play until you count to 9 .
126. 
127. Three string chord at the beginning of the neck, col legno battuto. Count to 9 .
128. Three string chord around the middle of the neck. Count to 7 .
129. Three notes on same string around the middle of the neck, pizzicato. Count to 8 .
130. Repeat two notes on different strings above the middle of the neck, pizzicato. Play until you count to 8 .
131. One note high up on the neck. Play until you count to 8 then stop and count to 9 .
132. Three notes on same string high up on the neck, pizzicato. Count to 10 .
133. One note high up on the neck. Play until you count to 6 then stop and count to 5 .
134. Three notes on different strings below the middle of the neck. Play until you count to 10 then stop and count to 6 .
135. Two notes on different strings below the middle of the neck. Play until you count to 6 then stop and count again to 6 .
136. Three string chord above the middle of the neck. Count to 7 .
137. 
138. Three string chord below the middle of the neck. Count to 9 .
139. Two string chord at the beginning of the neck. Play until you count to 11 then stop and count to 5 .
140. Four notes on same string high up on the neck. Play until you count to 10 then stop and count again to 10 .
141. Four notes on same string high up on the neck. Play until you count to 8 .
142. Repeat four notes on different strings above the middle of the neck. Play until you count to 8 then stop and count to 10 .
143. Three notes on different strings below the middle of the neck. Play until you count to 7 then stop and count again to 7 .
144. One note around the middle of the neck, tremolo. Play until you count to 10 then stop and count to 7 .
145. 
146. Two string chord below the middle of the neck. Play until you count to 8 then stop and count to 11 .
147. Three notes on different strings high up on the neck. Play until you count to 6 then stop and count to 11 .
148. Four string chord above the middle of the neck. Count to 8 .
149. Two string chord below the middle of the neck. Play until you count to 5 then stop and count to 10 .
150. One note at the beginning of the neck. Play until you count to 8 then stop and count to 11 .
151. Three string chord above the middle of the neck. Count to 6 .
152. Two string chord above the middle of the neck. Play until you count to 10 then stop and count again to 10 .
153. Two notes on different strings at the beginning of the neck, col legno tratto. Play until you count to 11 then stop and count to 8 .
154. Repeat four notes on same string around the middle of the neck, col legno tratto. Play until you count to 9 then stop and count to 5 .
155. One note at the beginning of the neck. Play until you count to 5 .
156. Three string chord at the beginning of the neck. Count to 6 .
157. Three string chord around the middle of the neck. Count to 7 .
158. Three string chord below the middle of the neck. Count to 5 .
159. Four string chord below the middle of the neck, pizzicato. Count to 10 .
160. Three notes on different strings around the middle of the neck. Play until you count to 7 then stop and count to 5 .
161. One note above the middle of the neck. Play until you count to 5 then stop and count to 6 .

6 . Three string chord around the middle of the neck. Count to 10 .
7. Two notes on different strings high up on the neck. Play until you count to 6 then stop and count to 10 .
8. Three string chord at the beginning of the neck. Count to 10 .
9. Two notes on different strings at the beginning of the neck. Play until you count to 11 .
10. Three string chord at the beginning of the neck. Count to 10 .
11. Two notes on different strings below the middle of the neck. Play until you count to 8 then stop and count to 7 .
12. Four string chord above the middle of the neck. Count to 9 .
25.

1. Four notes on same string around the middle of the neck. Play until you count to 11 .
2. Three string chord above the middle of the neck. Count to 8 .
3. One note above the middle of the neck, pizzicato. Count to 8 .
4. Four string chord above the middle of the neck. Count to 7 .
5. Three string chord high up on the neck. Count to 5 .
6. Three notes on different strings around the middle of the neck. Play until you count to 10 then stop and count to 7 .
7. Three string chord high up on the neck. Count to 6 .
8. One note high up on the neck. Play until you count to 7 then stop and count to 11 .
9. Two string chord high up on the neck. Play until you count to 11 .
10. Four string chord above the middle of the neck. Count to 6 .
11. Three string chord high up on the neck, col legno battuto. Count to 10 .
12. Two string chord below the middle of the neck, col legno battuto. Count to 7.
13. 
14. Four string chord around the middle of the neck, pizzicato. Count to 9 .
15. Two notes on different strings below the middle of the neck. Play until you count to 8 .
16. Three string chord high up on the neck. Count to 10 .
17. Four string chord around the middle of the neck, pizzicato. Count to 8 .
18. Four string chord at the beginning of the neck. Count to 7 .
19. Three string chord high up on the neck, pizzicato. Count to 11 .
20. One note high up on the neck, pizzicato. Count to 9 .
21. Repeat four notes on same string above the middle of the neck. Play until you count to 10 then stop and count again to 10 .
22. Two string chord at the beginning of the neck, pizzicato. Play until you count to 6 then stop and count again to 6 .
23. Four notes on same string below the middle of the neck. Play until you count to 9 then stop and count to 8 .
24. Four string chord at the beginning of the neck. Count to 7 .
25. Three string chord above the middle of the neck. Count to 6 .
26. 
27. Three string chord below the middle of the neck, pizzicato. Count to 11 .
28. Two string chord around the middle of the neck, pizzicato. Count to 10.
29. Four notes on same string high up on the neck. Play until you count to 9 then stop and count to 7 .
30. Two string chord high up on the neck. Play until you count to 6 .
31. Repeat three harmonics on same string above the middle of the neck. Play until you count to 11 then stop and count again to 11 .
32. Three string chord around the middle of the neck. Count to 7 .
33. Repeat one note below the middle of the neck. Play until you count to 11 then stop and count again to 11 .
34. Four string chord around the middle of the neck. Count to 6 .
35. Four notes on same string high up on the neck, col legno battuto. Count to 6 .
36. One note above the middle of the neck. Play until you count to 5 then stop and count to 11 .
37. One note above the middle of the neck. Play until you count to 8 .
38. 
39. Two notes on different strings high up on the neck. Play until you count to 8 then stop and count again to 8 .
40. Two notes on different strings above the middle of the neck, pizzicato. Count to 11 .
41. Four notes on same string below the middle of the neck, pizzicato. Count to 11.
42. Two string chord below the middle of the neck. Play until you count to 6 then stop and count to 7 .
43. Three notes on different strings high up on the neck, pizzicato. Count to 5 .

6 . Four notes on different strings below the middle of the neck. Play until you count to 11 .
7. Three string chord at the beginning of the neck. Count to 7 .
8. One note above the middle of the neck. Play until you count to 9 then stop and count to 8 .
9. One note around the middle of the neck. Play until you count to 6 then stop and count to 8 .
10. Two notes on different strings above the middle of the neck. Play until you count to 7 then stop and count to 8 .
11. Two notes on different strings high up on the neck. Play until you count to 7 then stop and count to 11 .
12. Three harmonics on different strings at the beginning of the neck. Play until you count to 8 then stop and count to 6 .
13. Two string chord high up on the neck. Play until you count to 7 then stop and count to 6 .
29.

1. Four notes on different strings at the beginning of the neck. Play until you count to 11 .
2. Two string chord high up on the neck. Play until you count to 9 then stop and count to 10 .
3. Three string chord around the middle of the neck. Count to 6 .
4. Two notes on different strings at the beginning of the neck. Play until you count to 8 .
5. Repeat one note above the middle of the neck. Play until you count to 8 then stop and count to 10 .
6. One note at the beginning of the neck. Play until you count to 6 then stop and count to 9 .
7. One note above the middle of the neck, pizzicato. Count to 10 .
8. 
9. Two string chord around the middle of the neck. Play until you count to 7 then stop and count to 6 .
10. Four string chord at the beginning of the neck. Count to 6 .
11. Three string chord high up on the neck. Count to 7 .
12. One note above the middle of the neck, pizzicato. Count to 11 .
13. Two string chord high up on the neck. Play until you count to 9 then stop and count to 6 .
14. Four notes on different strings at the beginning of the neck. Play until you count to 6 then stop and count to 8 .
15. Two notes on different strings high up on the neck. Play until you count to 9 .
16. Four notes on different strings below the middle of the neck, col legno tratto. Play until you count to 9 then stop and count to 11 .
17. Two string chord below the middle of the neck. Play until you count to 10 then stop and count to 5 . 10. Three notes on different strings below the middle of the neck, col legno battuto. Count to 6 .
18. Four notes on same string around the middle of the neck. Play until you count to 11 then stop and count to 6 .
19. Repeat three notes on same string above the middle of the neck, pizzicato. Play until you count to 7 then stop and count to 6 .
20. 
21. One note below the middle of the neck. Play until you count to 8 then stop and count to 10 .
22. Three string chord high up on the neck. Count to 5 .
23. One note around the middle of the neck. Play until you count to 9 then stop and count to 10 .
24. Two string chord high up on the neck. Play until you count to 7 then stop and count to 5 .
25. Four string chord above the middle of the neck. Count to 5 .
26. One note high up on the neck. Play until you count to 11 then stop and count to 10 .
27. Four string chord at the beginning of the neck. Count to 10 .
28. 
29. One note above the middle of the neck. Play until you count to 8 then stop and count to 10 .
30. One note at the beginning of the neck. Play until you count to 8 then stop and count to 5 .
31. Three notes on different strings above the middle of the neck. Play until you count to 7 then stop and count to 9 .
32. One note above the middle of the neck. Play until you count to 11 then stop and count to 6 .
33. One note below the middle of the neck, col legno battuto. Count to 5 .
34. Four notes on different strings high up on the neck, pizzicato. Count to 9 .
35. One note around the middle of the neck. Play until you count to 8 then stop and count to 7 .
36. Two notes on different strings around the middle of the neck, col legno battuto. Count to 11.
37. Two notes on different strings below the middle of the neck. Play until you count to 5 then stop and count to 7.
38. Three notes on same string above the middle of the neck. Play until you count to 8 then stop and count again to 8 .
39. 
40. Four string chord around the middle of the neck. Count to 5 .
41. Three notes on same string around the middle of the neck. Play until you count to 7 then stop and count again to 7 .
42. Four string chord around the middle of the neck. Count to 7 .
43. Two string chord high up on the neck, pizzicato. Count to 11 .
44. Three string chord below the middle of the neck. Count to 11 .
45. Three notes on different strings high up on the neck. Play until you count to 7 then stop and count to 11 .
46. Two string chord below the middle of the neck. Play until you count to 5 then stop and count to 11 .
47. Two notes on same string below the middle of the neck. Play until you count to 6 then stop and count to 8 .
48. Two string chord below the middle of the neck. Play until you count to 11 then stop and count to 5 . 10. Two notes on different strings at the beginning of the neck, col legno tratto. Play until you count to 6 then stop and count to 8 .
49. Three notes on different strings around the middle of the neck. Play until you count to 8 then stop and count to 9 .
50. Four string chord high up on the neck, pizzicato. Count to 11 .
51. 
52. Three notes on different strings at the beginning of the neck. Play until you count to 5 then stop and count to 7 .
53. Three string chord high up on the neck. Count to 11 .
54. Two string chord below the middle of the neck. Play until you count to 11 then stop and count again to 11 .
55. Four string chord high up on the neck. Count to 5 .
56. Two notes on same string at the beginning of the neck. Play until you count to 11 then stop and count to 8 .
57. Four notes on same string at the beginning of the neck. Play until you count to 11 then stop and count to 10 .
58. Four harmonics on same string at the beginning of the neck. Play until you count to 11 then stop and count again to 11 .
59. Four notes on same string high up on the neck. Play until you count to 10 then stop and count to 8 .
60. Four notes on different strings around the middle of the neck, col legno battuto. Count to 8 .
61. Four string chord at the beginning of the neck. Count to 11 .
62. One note high up on the neck, pizzicato. Count to 5 .
63. Four notes on different strings around the middle of the neck. Play until you count to 7 then stop and count to 9 .
64. 
65. One note below the middle of the neck. Play until you count to 6 then stop and count to 5 .
66. Three notes on different strings at the beginning of the neck. Play until you count to 11 then stop and count to 6 .
67. Two notes on different strings around the middle of the neck. Play until you count to 10 .
68. Three string chord around the middle of the neck. Count to 10 .
69. Repeat one note high up on the neck. Play until you count to 9 .
70. Two string chord around the middle of the neck, col legno battuto. Count to 10.
71. Four string chord at the beginning of the neck. Count to 9 .
72. Four string chord around the middle of the neck. Count to 7 .
73. 
74. Two string chord at the beginning of the neck. Play until you count to 6 then stop and count to 7 .
75. Two notes on different strings high up on the neck, pizzicato. Count to 11 .
76. Four string chord above the middle of the neck. Count to 6 .
77. Two notes on different strings at the beginning of the neck. Play until you count to 6 .
78. Three string chord below the middle of the neck. Count to 7 .
79. Four harmonics on same string above the middle of the neck. Play until you count to 5 .
80. Repeat one note around the middle of the neck. Play until you count to 7 then stop and count to 8 .
81. 
82. Four notes on same string around the middle of the neck. Play until you count to 11 .
83. Repeat one note around the middle of the neck, tremolo. Play until you count to 11 .
84. Two string chord around the middle of the neck. Play until you count to 5 then stop and count to 6 .
85. Two string chord at the beginning of the neck, col legno battuto. Play until you count to 8 then stop and count to 5 .
86. Two string chord below the middle of the neck. Play until you count to 10 then stop and count to 5 .
87. Two notes on different strings high up on the neck. Play until you count to 6 then stop and count to 11 .
88. Repeat one note at the beginning of the neck. Play until you count to 11 .
89. One note high up on the neck, col legno battuto. Count to 8 .
90. 
91. Three string chord at the beginning of the neck. Count to 7 .
92. Four string chord above the middle of the neck, pizzicato. Count to 10 .
93. Two string chord above the middle of the neck, col legno battuto. Count to 11 .
94. One note at the beginning of the neck. Play until you count to 6 then stop and count to 9 .
95. Two harmonics on different strings high up on the neck. Play until you count to 7 then stop and count to 6 .
96. Repeat one note high up on the neck. Play until you count to 6 then stop and count to 10 .
97. Three string chord around the middle of the neck. Count to 10 .
98. Four string chord below the middle of the neck. Count to 10 .
99. 
100. Three string chord above the middle of the neck, pizzicato. Count to 6 .
101. One note around the middle of the neck. Play until you count to 8 then stop and count to 6 .
102. Three notes on different strings above the middle of the neck. Play until you count to 8 then stop and count to 5 .
103. Three notes on same string at the beginning of the neck. Play until you count to 7 .
104. Two string chord above the middle of the neck. Play until you count to 5 then stop and count to 9 .
105. Three harmonics on different strings high up on the neck. Play until you count to 5 then stop and count to 11 .
106. Three notes on different strings high up on the neck. Play until you count to 8 then stop and count to 10 .
8 . One note at the beginning of the neck. Play until you count to 5 .
107. One note above the middle of the neck. Play until you count to 7 then stop and count to 9 .
108. Repeat one note above the middle of the neck. Play until you count to 8 then stop and count to 10 .
109. Three notes on different strings above the middle of the neck, pizzicato. Count to 11.
110. Three string chord below the middle of the neck, col legno battuto. Count to 9 .
111. 
112. Three string chord above the middle of the neck. Count to 11 .
113. One note at the beginning of the neck. Play until you count to 11 then stop and count to 9 .
114. Repeat four notes on different strings above the middle of the neck. Play until you count to 10 then stop and count again to 10 .
115. Four string chord high up on the neck. Count to 10 .
116. One note at the beginning of the neck. Play until you count to 9 .
117. Four notes on different strings high up on the neck, col legno tratto. Play until you count to 9 .
118. Two harmonics on different strings high up on the neck. Play until you count to 7 then stop and count to 11 .
119. Four string chord at the beginning of the neck, pizzicato. Count to 5 .
120. Three notes on same string around the middle of the neck, pizzicato. Count to 9 .
121. 
122. One note above the middle of the neck. Play until you count to 5 then stop and count to 9 .
123. Two notes on same string high up on the neck. Play until you count to 10 then stop and count to 5 .
124. Two string chord at the beginning of the neck. Play until you count to 10 then stop and count again to 10 .
125. Four string chord below the middle of the neck. Count to 6 .
126. Four string chord high up on the neck, col legno battuto. Count to 10 .
127. Four notes on different strings below the middle of the neck, pizzicato. Count to 7 .
128. Four string chord at the beginning of the neck. Count to 7 .
129. Three string chord high up on the neck, pizzicato. Count to 8 .
130. 
131. Four string chord high up on the neck. Count to 11.
132. One note high up on the neck. Play until you count to 5 then stop and count again to 5 .
133. Four string chord above the middle of the neck. Count to 7 .
134. Four notes on different strings at the beginning of the neck. Play until you count to 9 then stop and count to 11 .
135. Two string chord below the middle of the neck. Play until you count to 7 then stop and count to 11 .
136. Three string chord below the middle of the neck. Count to 8 .
137. Repeat three notes on same string at the beginning of the neck, col legno battuto. Play until you count to 9 then stop and count again to 9 .
138. Three notes on different strings below the middle of the neck. Play until you count to 6 then stop and count to 9 .
139. One note high up on the neck. Play until you count to 11 then stop and count to 8 .
140. Four notes on different strings at the beginning of the neck. Play until you count to 9 then stop and count to 10 .
141. Two string chord at the beginning of the neck. Play until you count to 6 .
142. Repeat one note around the middle of the neck. Play until you count to 8 .
143. 
144. Two notes on different strings at the beginning of the neck. Play until you count to 10 then stop and count to 7 .
145. One note below the middle of the neck. Play until you count to 8 then stop and count to 9 .
146. Two string chord high up on the neck. Play until you count to 7 then stop and count to 11 .
147. One note high up on the neck. Play until you count to 7 then stop and count again to 7 .
148. Four notes on different strings at the beginning of the neck. Play until you count to 6 .
149. Two notes on same string high up on the neck. Play until you count to 6 then stop and count to 10 .
150. Two notes on different strings at the beginning of the neck. Play until you count to 10 then stop and count again to 10 .
151. 
152. One note above the middle of the neck. Play until you count to 5 then stop and count to 9 .
153. Three string chord high up on the neck. Count to 7 .
154. Three string chord above the middle of the neck. Count to 8 .
155. Three string chord around the middle of the neck. Count to 5 .
156. Three notes on different strings around the middle of the neck. Play until you count to 10 .
157. Two string chord above the middle of the neck. Play until you count to 8 .
158. Two string chord above the middle of the neck. Play until you count to 6 .
159. One note above the middle of the neck. Play until you count to 9 .
160. Two notes on different strings around the middle of the neck. Play until you count to 6 then stop and count to 7 .
161. One note high up on the neck, pizzicato. Count to 9 .
162. Three harmonics on different strings high up on the neck. Play until you count to 5 .
163. One note above the middle of the neck. Play until you count to 7 then stop and count again to 7 .
164. One note around the middle of the neck, pizzicato. Count to 5 .
165. 
166. Two notes on different strings high up on the neck, col legno tratto. Play until you count to 7 then stop and count to 5 .
167. Three string chord above the middle of the neck. Count to 7 .
168. Three notes on different strings at the beginning of the neck. Play until you count to 8 .
169. One note at the beginning of the neck. Play until you count to 5 then stop and count to 10 .
170. Three string chord below the middle of the neck, col legno battuto. Count to 5 .
171. One note below the middle of the neck, tremolo. Play until you count to 8 then stop and count to 11 .
172. Two string chord high up on the neck. Play until you count to 9 then stop and count to 10 .
173. Two string chord around the middle of the neck, pizzicato. Play until you count to 11 then stop and count again to 11 .
174. Four notes on same string high up on the neck. Play until you count to 5 then stop and count again to 5 .
175. Two notes on same string around the middle of the neck. Play until you count to 7 .
176. Two string chord around the middle of the neck, col legno battuto. Count to 8 .
177. Two harmonics on same string above the middle of the neck. Play until you count to 9 .
178. 
179. Two harmonics on different strings below the middle of the neck. Play until you count to 10 then stop and count to 11 .
180. Two string chord at the beginning of the neck. Play until you count to 8 then stop and count to 11 .
181. Four string chord above the middle of the neck. Count to 11.
182. One note high up on the neck. Play until you count to 11 then stop and count to 8 .
183. Three string chord at the beginning of the neck. Count to 8 .
184. One note at the beginning of the neck. Play until you count to 7 then stop and count to 10 .
185. One note high up on the neck. Play until you count to 10 then stop and count to 6 .
186. Three notes on different strings below the middle of the neck. Play until you count to 10 .
187. 
188. Four string chord below the middle of the neck, pizzicato. Count to 5 .
189. Three notes on different strings around the middle of the neck. Play until you count to 8 .
190. Three string chord at the beginning of the neck, pizzicato. Count to 6 .
191. One note around the middle of the neck. Play until you count to 11 then stop and count again to 11 .
192. One note above the middle of the neck. Play until you count to 7 .
193. Four notes on different strings above the middle of the neck. Play until you count to 8 then stop and count to 7 .
194. One note below the middle of the neck, pizzicato. Count to 10 .

8 . Repeat one note around the middle of the neck. Play until you count to 11 then stop and count again to 11 .
48.

1. Two notes on same string high up on the neck, col legno tratto. Play until you count to 11 then stop and count to 5 .
2. Three notes on different strings around the middle of the neck. Play until you count to 8 then stop and count to 5 .
3. Repeat two notes on different strings above the middle of the neck. Play until you count to 8 .
4. Two harmonics on different strings above the middle of the neck. Play until you count to 10 then stop and count to 8 .
5. Three harmonics on different strings at the beginning of the neck. Play until you count to 11 then stop and count to 9 .
6. One note around the middle of the neck, pizzicato. Count to 9 .
7. Three string chord below the middle of the neck. Count to 7 .
8. One note below the middle of the neck, col legno tratto. Play until you count to 8 then stop and count to 11 .
9. Repeat one note below the middle of the neck. Play until you count to 7 then stop and count to 8 .
10. One note high up on the neck. Play until you count to 9 .
11. Two notes on same string above the middle of the neck, col legno tratto. Play until you count to 5 then stop and count to 6 .
12. Three notes on different strings around the middle of the neck. Play until you count to 5 then stop and count to 7 .
13. 
14. One note around the middle of the neck. Play until you count to 6 then stop and count to 10 .
15. One note below the middle of the neck. Play until you count to 6 then stop and count to 8 .
16. Four harmonics on same string below the middle of the neck. Play until you count to 6 then stop and count to 10 .
17. Three harmonics on different strings at the beginning of the neck. Play until you count to 11 .
18. Repeat four notes on different strings around the middle of the neck, col legno tratto. Play until you count to 7 then stop and count to 11 .
19. One note at the beginning of the neck. Play until you count to 6 then stop and count again to 6 .
20. Two string chord above the middle of the neck. Play until you count to 10 then stop and count to 9 .
21. Three notes on different strings at the beginning of the neck. Play until you count to 6 then stop and count again to 6 .
22. Two notes on different strings above the middle of the neck. Play until you count to 11 then stop and count to 9 .
23. Three string chord above the middle of the neck. Count to 5 .
24. 
25. Two notes on same string at the beginning of the neck. Play until you count to 6 then stop and count to 9 .
26. Four harmonics on same string high up on the neck. Play until you count to 11 then stop and count to 6 .
27. Three string chord below the middle of the neck. Count to 10 .
28. One note around the middle of the neck. Play until you count to 10 then stop and count to 5 .
29. Three notes on different strings around the middle of the neck. Play until you count to 11 then stop and count to 5 .
30. Four string chord below the middle of the neck. Count to 5 .
31. One note at the beginning of the neck. Play until you count to 8 then stop and count to 11 .

8 . Three string chord high up on the neck. Count to 8 .
9. Three string chord high up on the neck. Count to 6 .
51.

1. Two string chord above the middle of the neck. Play until you count to 8 then stop and count to 10 .
2. Three notes on different strings high up on the neck, pizzicato. Count to 10 .
3. Three string chord above the middle of the neck, pizzicato. Count to 9 .
4. Two string chord around the middle of the neck. Play until you count to 10 then stop and count to 7 .
5. Four string chord below the middle of the neck. Count to 5 .
6. One note above the middle of the neck, col legno battuto. Count to 5 .
7. Four harmonics on different strings at the beginning of the neck. Play until you count to 9 then stop and count to 8 .
8. Repeat two harmonics on same string high up on the neck. Play until you count to 9 then stop and count to 10 .
9. Two string chord around the middle of the neck. Play until you count to 5 .
10. Four notes on different strings below the middle of the neck. Play until you count to 5 then stop and count to 6 .
11. Two string chord at the beginning of the neck. Play until you count to 7 then stop and count to 8 .
12. Two string chord around the middle of the neck. Play until you count to 11 then stop and count to 7 .
13. One note at the beginning of the neck. Play until you count to 6 then stop and count to 10 .
14. One note at the beginning of the neck, pizzicato. Count to 6 .
15. 
16. Four notes on different strings around the middle of the neck. Play until you count to 11 .
17. Repeat four notes on different strings above the middle of the neck, col legno battuto. Play until you count to 10 then stop and count to 5 .
18. One note high up on the neck. Play until you count to 10 then stop and count to 7 .
19. Two notes on same string high up on the neck. Play until you count to 11 .
20. Two notes on different strings below the middle of the neck. Play until you count to 5 then stop and count to 7 .
21. One note around the middle of the neck, pizzicato. Count to 11 .
22. Three notes on same string above the middle of the neck. Play until you count to 9 .
23. Three string chord above the middle of the neck. Count to 11 .
24. Four string chord above the middle of the neck, col legno battuto. Count to 10.
25. Three string chord at the beginning of the neck. Count to 11 .
26. Four notes on different strings above the middle of the neck, col legno battuto. Count to 7.
27. Four string chord above the middle of the neck. Count to 11.
28. One note above the middle of the neck, tremolo. Play until you count to 5 then stop and count to 9 .
29. Four string chord high up on the neck. Count to 8 .
30. One note below the middle of the neck. Play until you count to 10 .
31. One note above the middle of the neck, pizzicato. Count to 9 .
32. Three string chord above the middle of the neck. Count to 5 .
33. Two string chord around the middle of the neck, pizzicato. Count to 5 .
34. 
35. Three string chord high up on the neck. Count to 9 .
36. Two notes on different strings below the middle of the neck. Play until you count to 11 .
37. One note high up on the neck. Play until you count to 7 then stop and count to 6 .
38. Repeat one note at the beginning of the neck. Play until you count to 8 then stop and count to 9 .
39. Four notes on different strings high up on the neck. Play until you count to 8 then stop and count to 11 .
40. One note around the middle of the neck, pizzicato. Count to 9 .
41. Three notes on different strings at the beginning of the neck, pizzicato. Count to 7 .
42. Two notes on different strings around the middle of the neck, col legno battuto. Count to 9 .
43. One note above the middle of the neck. Play until you count to 8 .
44. Four notes on different strings at the beginning of the neck. Play until you count to 6 .
45. 
46. Four string chord at the beginning of the neck. Count to 5 .
47. Three string chord below the middle of the neck. Count to 9 .
48. Three notes on same string below the middle of the neck, pizzicato. Count to 11 .
49. Four string chord at the beginning of the neck, pizzicato. Count to 7.
50. One note high up on the neck. Play until you count to 6 then stop and count to 9 .
51. Three notes on different strings at the beginning of the neck. Play until you count to 6 .
52. One note high up on the neck. Play until you count to 10 .
53. 
54. Two notes on same string above the middle of the neck. Play until you count to 5 then stop and count again to 5 .
55. One note below the middle of the neck. Play until you count to 5 then stop and count to 7 .
56. One note at the beginning of the neck. Play until you count to 8 then stop and count to 10 .
57. Three notes on different strings above the middle of the neck. Play until you count to 11 then stop and count to 7 .
58. Three notes on different strings around the middle of the neck. Play until you count to 10 .
59. Three notes on same string at the beginning of the neck. Play until you count to 5 .
60. Four string chord at the beginning of the neck. Count to 11.
61. Two notes on different strings high up on the neck. Play until you count to 10 then stop and count again to 10 .
62. Three notes on same string below the middle of the neck. Play until you count to 10 .
63. Four string chord below the middle of the neck, col legno battuto. Count to 8 .
64. Three notes on different strings at the beginning of the neck, col legno battuto. Count to 6 .
65. Repeat two notes on different strings below the middle of the neck. Play until you count to 10 then stop and count again to 10 .
66. Four notes on different strings below the middle of the neck. Play until you count to 11 then stop and count to 9 .
67. Four notes on different strings around the middle of the neck. Play until you count to 10 then stop and count to 7 .
68. 
69. One note above the middle of the neck. Play until you count to 9 then stop and count to 10 .
70. Two notes on different strings around the middle of the neck. Play until you count to 9 then stop and count again to 9 .
71. Repeat three notes on different strings high up on the neck, pizzicato. Play until you count to 6 then stop and count to 5 .
72. Three notes on different strings high up on the neck, col legno tratto. Play until you count to 8 then stop and count to 9 .
73. Four notes on same string below the middle of the neck. Play until you count to 5 .
74. Four notes on different strings above the middle of the neck. Play until you count to 11 then stop and count to 8 .
75. Four notes on same string at the beginning of the neck, col legno tratto. Play until you count to 9 then stop and count to 8 .
76. Four notes on different strings at the beginning of the neck. Play until you count to 5 then stop and count to 6 .
77. 
78. One note above the middle of the neck. Play until you count to 7 then stop and count to 8 .
79. Three string chord below the middle of the neck. Count to 10 .
80. Four string chord above the middle of the neck. Count to 10 .
81. Three notes on different strings above the middle of the neck. Play until you count to 7 then stop and count to 5 .
82. Three string chord around the middle of the neck. Count to 8 .
83. One note below the middle of the neck. Play until you count to 8 then stop and count to 5 .
84. One note below the middle of the neck. Play until you count to 7 then stop and count to 9 .
85. Two notes on same string at the beginning of the neck, col legno tratto. Play until you count to 9 then stop and count to 5 .
86. One note at the beginning of the neck. Play until you count to 5 then stop and count to 11 .
87. Three string chord high up on the neck. Count to 11 .
88. Three string chord at the beginning of the neck. Count to 8 .
89. 
90. Two notes on different strings below the middle of the neck. Play until you count to 9 .
91. Four harmonics on different strings below the middle of the neck. Play until you count to 7 .
92. Three string chord high up on the neck. Count to 6 .
93. One note around the middle of the neck, tremolo. Play until you count to 7 then stop and count to 9 .
94. Four notes on different strings around the middle of the neck, pizzicato. Count to 5 .
95. Two string chord around the middle of the neck. Play until you count to 6 then stop and count to 10 .
96. One note above the middle of the neck. Play until you count to 6 then stop and count to 5 .
97. Three string chord around the middle of the neck, pizzicato. Count to 11 .
98. Two string chord high up on the neck. Play until you count to 8 .
99. Two notes on different strings at the beginning of the neck. Play until you count to 5 then stop and count to 6 .
100. Four harmonics on same string high up on the neck. Play until you count to 6 then stop and count to 5 .
101. Four notes on different strings high up on the neck, col legno tratto. Play until you count to 10 then stop and count to 11 .
102. Two string chord high up on the neck, col legno battuto. Count to 10 .
103. Two string chord high up on the neck. Play until you count to 5 then stop and count to 7 .
104. One note at the beginning of the neck, tremolo. Play until you count to 11 then stop and count to 7 .
105. Two notes on same string high up on the neck. Play until you count to 6 then stop and count to 5 .
106. Two string chord at the beginning of the neck. Play until you count to 7 then stop and count to 9 .
107. Four notes on different strings around the middle of the neck. Play until you count to 11 .
108. One note at the beginning of the neck. Play until you count to 8 then stop and count to 10 .
109. One note at the beginning of the neck, col legno battuto. Count to 7 .
110. Four notes on different strings above the middle of the neck. Play until you count to 9 then stop and count to 11 .
111. 
112. Two notes on same string below the middle of the neck. Play until you count to 11 .
113. One note at the beginning of the neck. Play until you count to 5 then stop and count to 9 .
114. Two string chord at the beginning of the neck, pizzicato. Play until you count to 6 then stop and count to 11 .
115. Three string chord below the middle of the neck, pizzicato. Count to 11 .
116. Four string chord below the middle of the neck. Count to 10 .
117. Three string chord below the middle of the neck, pizzicato. Count to 8 .
118. Two notes on same string at the beginning of the neck, pizzicato. Count to 11.
119. Four notes on different strings at the beginning of the neck. Play until you count to 11 .

9 . One note high up on the neck, pizzicato. Count to 7 .
62.

1. Three string chord below the middle of the neck. Count to 11 .
2. Two notes on same string high up on the neck. Play until you count to 5 .
3. Four notes on same string above the middle of the neck, col legno tratto. Play until you count to 10 then stop and count to 7 .
4. Three notes on same string around the middle of the neck. Play until you count to 10 then stop and count to 5 .
5. Four string chord high up on the neck. Count to 10 .
6. Three string chord around the middle of the neck, pizzicato. Count to 8 .
7. Four notes on different strings high up on the neck. Play until you count to 7 then stop and count to 5 .
8. Three notes on different strings around the middle of the neck. Play until you count to 7 .
9. Four string chord below the middle of the neck. Count to 7 .
10. Four notes on same string around the middle of the neck, col legno battuto. Count to 10 .
11. Four notes on same string high up on the neck. Play until you count to 9 then stop and count to 6 .
12. Three string chord above the middle of the neck. Count to 10 .
13. Two string chord at the beginning of the neck. Play until you count to 9 then stop and count to 7 .
14. Four notes on same string high up on the neck. Play until you count to 5 then stop and count again to 5 .
15. 
16. Three string chord around the middle of the neck. Count to 5 .
17. Two notes on different strings above the middle of the neck. Play until you count to 6 then stop and count to 9 .
18. Three string chord below the middle of the neck. Count to 6 .
19. Two notes on same string high up on the neck, col legno battuto. Count to 8 .
20. Four string chord at the beginning of the neck. Count to 10 .
21. Repeat three notes on same string at the beginning of the neck. Play until you count to 6 then stop and count again to 6 .
22. Three notes on same string below the middle of the neck. Play until you count to 9 then stop and count again to 9 .
8 . Four string chord below the middle of the neck. Count to 7 .
23. One note below the middle of the neck. Play until you count to 6 .
24. Four notes on same string below the middle of the neck. Play until you count to 9 .
25. Repeat two notes on different strings around the middle of the neck. Play until you count to 7 then stop and count to 10 .
26. Two notes on different strings above the middle of the neck. Play until you count to 6 then stop and count to 10 .
27. Three notes on different strings around the middle of the neck. Play until you count to 6 .
28. Three string chord around the middle of the neck. Count to 10 .
29. 
30. Four notes on different strings below the middle of the neck. Play until you count to 11 .
31. Three string chord around the middle of the neck. Count to 11 .
32. One note high up on the neck. Play until you count to 6 then stop and count to 9 .
33. Three harmonics on same string high up on the neck. Play until you count to 7 then stop and count again to 7 .
34. One note around the middle of the neck, pizzicato. Count to 9 .
35. Three harmonics on different strings high up on the neck. Play until you count to 9 then stop and count to 5 .
36. Three notes on same string around the middle of the neck. Play until you count to 7 .
37. One note below the middle of the neck. Play until you count to 11 then stop and count to 9 .
38. 
39. Three harmonics on same string above the middle of the neck. Play until you count to 7 then stop and count to 9 .
40. Two string chord high up on the neck, pizzicato. Count to 10 .
41. One note above the middle of the neck. Play until you count to 10 then stop and count to 5 .
42. Two harmonics on different strings around the middle of the neck. Play until you count to 9 then stop and count to 7 .
43. Four notes on different strings high up on the neck, pizzicato. Count to 9 .
44. Repeat four notes on same string high up on the neck. Play until you count to 9 then stop and count to 6 .
45. Two notes on different strings around the middle of the neck. Play until you count to 7 .
46. One note below the middle of the neck, col legno battuto. Count to 7 .
47. Three string chord high up on the neck. Count to 11 .
48. Three string chord at the beginning of the neck, col legno battuto. Count to 11 .
49. Two string chord high up on the neck. Play until you count to 8 .
50. Four notes on different strings below the middle of the neck. Play until you count to 11 then stop and count to 7 .
51. 
52. Repeat one note at the beginning of the neck. Play until you count to 8 .
53. Four string chord around the middle of the neck, pizzicato. Count to 8 .
54. Three string chord high up on the neck. Count to 11.
55. One note around the middle of the neck. Play until you count to 5 then stop and count to 10 .
56. One note around the middle of the neck. Play until you count to 8 .
57. Three string chord below the middle of the neck, pizzicato. Count to 6 .
58. Three notes on same string below the middle of the neck. Play until you count to 9 then stop and count to 8 .
59. Two notes on different strings around the middle of the neck. Play until you count to 6 .
60. Repeat one note at the beginning of the neck. Play until you count to 9 then stop and count to 5 .
61. 
62. Four notes on different strings at the beginning of the neck. Play until you count to 5 then stop and count to 11 .
63. Two notes on same string below the middle of the neck, pizzicato. Count to 5 .
64. Three harmonics on different strings above the middle of the neck. Play until you count to 7 .
65. Four string chord high up on the neck. Count to 8 .
66. Four harmonics on different strings high up on the neck. Play until you count to 9 then stop and count to 10 .
67. Two string chord around the middle of the neck. Play until you count to 8 then stop and count to 10 .
68. One note above the middle of the neck, pizzicato. Count to 11 .
69. Three notes on same string around the middle of the neck. Play until you count to 8 then stop and count again to 8 .
70. One note at the beginning of the neck. Play until you count to 5 then stop and count to 9 .
71. Three string chord around the middle of the neck, pizzicato. Count to 11.
72. Four notes on different strings at the beginning of the neck, col legno tratto. Play until you count to 10 .
73. Four notes on same string below the middle of the neck, pizzicato. Count to 9 .
74. Four string chord at the beginning of the neck, pizzicato. Count to 5 .
75. 
76. Four string chord high up on the neck. Count to 9 .
77. One note high up on the neck. Play until you count to 6 then stop and count to 10 .
78. Four harmonics on different strings below the middle of the neck. Play until you count to 11 .
79. One note high up on the neck. Play until you count to 5 then stop and count to 10 .
80. One note around the middle of the neck. Play until you count to 9 then stop and count to 10 .
81. Two string chord high up on the neck. Play until you count to 5 .
82. Four string chord high up on the neck. Count to 11.
83. Four string chord high up on the neck. Count to 10 .
84. Three notes on different strings at the beginning of the neck. Play until you count to 5 then stop and count to 9 .
85. 
86. Three notes on different strings at the beginning of the neck, col legno tratto. Play until you count to 8 then stop and count to 11 .
87. One note above the middle of the neck. Play until you count to 5 then stop and count to 7 .
88. Three notes on different strings below the middle of the neck, col legno battuto. Count to 5 .
89. One note at the beginning of the neck. Play until you count to 10 then stop and count to 7 .
90. Three harmonics on different strings around the middle of the neck. Play until you count to 5 then stop and count to 9 .
91. One note below the middle of the neck, pizzicato. Count to 9 .
92. Two string chord around the middle of the neck. Play until you count to 5.
93. 
94. Three string chord high up on the neck, pizzicato. Count to 8 .
95. Repeat four notes on different strings above the middle of the neck. Play until you count to 10 then stop and count to 7 .
96. Four notes on different strings above the middle of the neck. Play until you count to 9 .
97. One note at the beginning of the neck. Play until you count to 7 then stop and count again to 7 .
98. One note around the middle of the neck, pizzicato. Count to 8 .
99. Three string chord above the middle of the neck. Count to 10 .
100. One note high up on the neck. Play until you count to 8 then stop and count again to 8 .
101. Four string chord high up on the neck. Count to 5 .
102. Two string chord at the beginning of the neck. Play until you count to 8 then stop and count to 9 .
103. Two notes on same string around the middle of the neck, col legno battuto. Count to 10 .
104. Three notes on different strings around the middle of the neck, col legno battuto. Count to 10 .
105. 
106. Two string chord above the middle of the neck. Play until you count to 9 then stop and count to 8 .
107. Three string chord below the middle of the neck. Count to 10 .
108. Three notes on different strings around the middle of the neck. Play until you count to 5 then stop and count to 11 .
109. Three notes on different strings high up on the neck. Play until you count to 9 then stop and count to 5 .
110. Four harmonics on different strings above the middle of the neck. Play until you count to 9 then stop and count to 11 .
111. One note below the middle of the neck, pizzicato. Count to 6 .
112. Two string chord below the middle of the neck. Play until you count to 7 then stop and count to 9 .
113. Three string chord below the middle of the neck. Count to 8 .
114. One note at the beginning of the neck, pizzicato. Count to 10 .
115. Three string chord high up on the neck, pizzicato. Count to 11 .
116. Four harmonics on same string below the middle of the neck. Play until you count to 5 then stop and count again to 5 .
117. 
118. Two string chord high up on the neck. Play until you count to 7 then stop and count to 11 .
119. Four string chord around the middle of the neck, pizzicato. Count to 6 .
120. One note high up on the neck. Play until you count to 5 then stop and count to 10 .
121. One note below the middle of the neck. Play until you count to 6 then stop and count to 10 .
122. One note below the middle of the neck. Play until you count to 6 then stop and count to 9 .
123. Four string chord at the beginning of the neck, pizzicato. Count to 6 .
124. Four notes on different strings above the middle of the neck. Play until you count to 10 .
125. One note at the beginning of the neck. Play until you count to 9 then stop and count to 10 .
126. One note high up on the neck. Play until you count to 11 then stop and count to 6 .
127. Four notes on different strings above the middle of the neck, pizzicato. Count to 8 .
128. Repeat two harmonics on different strings below the middle of the neck. Play until you count to 6 then stop and count to 8 .
129. Three string chord around the middle of the neck. Count to 7 .
130. One note around the middle of the neck, pizzicato. Count to 6 .
131. Two string chord high up on the neck. Play until you count to 5 .
132. 
133. Three string chord above the middle of the neck. Count to 7 .
134. Four string chord at the beginning of the neck, pizzicato. Count to 7 .
135. Two string chord below the middle of the neck. Play until you count to 9 then stop and count to 6 .
136. Four string chord around the middle of the neck. Count to 7 .
137. Repeat two notes on same string below the middle of the neck, col legno tratto. Play until you count to 9 then stop and count to 5 .
138. Four notes on same string below the middle of the neck. Play until you count to 8 .
139. Repeat one note around the middle of the neck. Play until you count to 7 then stop and count to 5 .
140. Four notes on different strings around the middle of the neck. Play until you count to 10 then stop and count to 7 .
141. Three notes on different strings below the middle of the neck. Play until you count to 11 then stop and count again to 11 .
142. One note high up on the neck. Play until you count to 5 .
143. 
144. Four notes on same string above the middle of the neck. Play until you count to 6 then stop and count again to 6 .
145. Three harmonics on different strings around the middle of the neck. Play until you count to 9 then stop and count to 7 .
146. One note at the beginning of the neck, tremolo. Play until you count to 7 then stop and count to 8 .
147. One note around the middle of the neck. Play until you count to 5 .
148. Two notes on different strings around the middle of the neck, pizzicato. Count to 5.
149. Two notes on different strings high up on the neck. Play until you count to 10 then stop and count to 9 .
150. Repeat four harmonics on different strings below the middle of the neck. Play until you count to 8 then stop and count to 11 .
151. 
152. Four notes on different strings at the beginning of the neck, pizzicato. Count to 7 .
153. One note at the beginning of the neck. Play until you count to 5 then stop and count to 10 .
154. One note below the middle of the neck, col legno tratto. Play until you count to 6 then stop and count to 7 .
155. Two string chord high up on the neck, pizzicato. Play until you count to 9 then stop and count again to 9 .
156. Two notes on different strings at the beginning of the neck. Play until you count to 9 then stop and count to 6 .
157. One note high up on the neck, col legno battuto. Count to 11 .
158. Two notes on same string around the middle of the neck. Play until you count to 6 then stop and count to 11 .
159. One note below the middle of the neck. Play until you count to 11 then stop and count to 8 .

## 76.

1. One note above the middle of the neck. Play until you count to 9 then stop and count to 7 .
2. Two string chord above the middle of the neck. Play until you count to 8 then stop and count to 9 .
3. Three harmonics on different strings high up on the neck. Play until you count to 11 then stop and count to 7 .
4. Three notes on same string at the beginning of the neck. Play until you count to 11 then stop and count again to 11 .
5. One note at the beginning of the neck, pizzicato. Count to 5 .
6. One note below the middle of the neck. Play until you count to 6 then stop and count to 11 .
7. Four string chord high up on the neck. Count to 8.
8. Three harmonics on different strings above the middle of the neck. Play until you count to 5 .
9. Two string chord above the middle of the neck. Play until you count to 8 then stop and count to 7 .
10. Three string chord below the middle of the neck. Count to 11 .
11. Three string chord below the middle of the neck, pizzicato. Count to 6 .
12. Three string chord high up on the neck. Count to 9 .
13. 
14. Four harmonics on same string below the middle of the neck. Play until you count to 10 then stop and count to 9 .
15. Four string chord around the middle of the neck. Count to 11 .
16. One note around the middle of the neck. Play until you count to 11 then stop and count again to 11 .
17. Three string chord above the middle of the neck, col legno battuto. Count to 7.
18. Three string chord at the beginning of the neck. Count to 7 .

6 . Four harmonics on same string at the beginning of the neck. Play until you count to 5 then stop and count again to 5 .
7. Four string chord below the middle of the neck. Count to 10 .
8. Three string chord around the middle of the neck. Count to 10 .
9. Three string chord below the middle of the neck, pizzicato. Count to 10 .
10. Two string chord high up on the neck, pizzicato. Count to 5 .
11. Two notes on same string above the middle of the neck, col legno tratto. Play until you count to 7 then stop and count again to 7 .
12. Four string chord at the beginning of the neck, pizzicato. Count to 9 .
78.

1. One note above the middle of the neck. Play until you count to 7 .
2. Repeat three notes on different strings below the middle of the neck. Play until you count to 7 then stop and count to 5 .
3. Repeat three harmonics on different strings at the beginning of the neck. Play until you count to 10 then stop and count to 7 .
4. Two string chord around the middle of the neck, pizzicato. Count to 5 .
5. Three string chord above the middle of the neck, pizzicato. Count to 5 .
6. Four string chord below the middle of the neck. Count to 8 .
7. Two notes on different strings below the middle of the neck. Play until you count to 8 then stop and count to 7 .
8. Two notes on different strings below the middle of the neck, pizzicato. Count to 9 .
9. Four string chord around the middle of the neck. Count to 10 .
10. Four string chord above the middle of the neck. Count to 11 .
11. Three string chord at the beginning of the neck. Count to 5 .
12. Three string chord above the middle of the neck. Count to 8 .
13. Three harmonics on different strings around the middle of the neck. Play until you count to 9 then stop and count to 6 .
14. One note at the beginning of the neck. Play until you count to 11 then stop and count again to 11 .
15. 
16. Repeat four notes on different strings above the middle of the neck, pizzicato. Play until you count to 7 .
17. Repeat four notes on different strings high up on the neck. Play until you count to 9 then stop and count to 7.
18. Three string chord around the middle of the neck. Count to 6 .
19. Two string chord high up on the neck. Play until you count to 5 then stop and count again to 5 .
20. Four notes on different strings around the middle of the neck. Play until you count to 11 .
21. Four notes on different strings above the middle of the neck. Play until you count to 8 then stop and count to 6 .
22. Two harmonics on same string below the middle of the neck. Play until you count to 11 then stop and count again to 11 .
23. Four notes on different strings at the beginning of the neck, pizzicato. Count to 8 .
24. Repeat three notes on different strings around the middle of the neck, pizzicato. Play until you count to 8 .
25. 
26. Two notes on same string around the middle of the neck. Play until you count to 10 then stop and count to 8 .
27. Two string chord below the middle of the neck. Play until you count to 6 then stop and count again to 6 .
28. Three string chord above the middle of the neck. Count to 6 .
29. Two notes on different strings around the middle of the neck. Play until you count to 11 .
30. One note above the middle of the neck. Play until you count to 11 then stop and count to 7 .
31. Four string chord around the middle of the neck. Count to 9 .
32. Four notes on different strings high up on the neck, col legno tratto. Play until you count to 7.
33. 
34. Three harmonics on different strings above the middle of the neck. Play until you count to 11 then stop and count to 9 .
35. Three notes on different strings at the beginning of the neck, pizzicato. Count to 6 .
36. One note below the middle of the neck. Play until you count to 7 then stop and count to 10 .
37. Four notes on different strings high up on the neck, pizzicato. Count to 10.
38. Repeat four notes on different strings high up on the neck, col legno tratto. Play until you count to 8 .
39. Three harmonics on different strings around the middle of the neck. Play until you count to 9 then stop and count to 6 .
40. Four string chord high up on the neck. Count to 8 .
41. Four string chord above the middle of the neck, col legno battuto. Count to 6 .
42. Two notes on different strings around the middle of the neck, pizzicato. Count to 6 .
43. Two notes on different strings above the middle of the neck. Play until you count to 11 then stop and count to 5 .
44. One note around the middle of the neck, pizzicato. Count to 10 .
45. One note below the middle of the neck. Play until you count to 9 then stop and count to 5 .
46. 
47. Four notes on different strings at the beginning of the neck. Play until you count to 9 then stop and count to 8 .
48. Two string chord high up on the neck, pizzicato. Count to 6 .
49. One note above the middle of the neck, pizzicato. Count to 5 .
50. Four notes on different strings below the middle of the neck. Play until you count to 8 then stop and count to 10 .
51. Three string chord around the middle of the neck. Count to 6 .
52. Three string chord around the middle of the neck, col legno battuto. Count to 10 .
53. Repeat four notes on different strings above the middle of the neck, pizzicato. Play until you count to 8 .
54. One note below the middle of the neck, tremolo. Play until you count to 10 then stop and count to 6 .
55. Four string chord at the beginning of the neck. Count to 9 .
56. One note below the middle of the neck, pizzicato. Count to 6 .
57. Three notes on different strings around the middle of the neck. Play until you count to 6 then stop and count to 11 .
58. Two notes on different strings below the middle of the neck, col legno tratto. Play until you count to 7 then stop and count to 10 .
59. One note above the middle of the neck. Play until you count to 5 then stop and count to 9 .
60. 
61. Three notes on same string around the middle of the neck. Play until you count to 10 then stop and count to 5 .
62. Three string chord below the middle of the neck. Count to 6 .
63. Four notes on different strings around the middle of the neck, col legno battuto. Count to 6 .
64. Two notes on different strings high up on the neck. Play until you count to 9 then stop and count to 8 .
65. Two string chord above the middle of the neck, pizzicato. Play until you count to 8 then stop and count to 9 .
66. Four string chord above the middle of the neck. Count to 8 .
67. One note high up on the neck, pizzicato. Count to 5 .
68. Three string chord above the middle of the neck. Count to 8 .
69. One note at the beginning of the neck. Play until you count to 8 then stop and count to 11 .
70. Three string chord below the middle of the neck. Count to 6 .
71. 
72. One note at the beginning of the neck, tremolo. Play until you count to 7 then stop and count to 8 .
73. Two string chord around the middle of the neck, pizzicato. Count to 7 .
74. Two string chord high up on the neck. Play until you count to 5 .
75. Three string chord below the middle of the neck. Count to 5 .
76. Three string chord high up on the neck. Count to 11 .
77. Three string chord high up on the neck, pizzicato. Count to 6 .
78. Four string chord at the beginning of the neck. Count to 5 .
79. 
80. Four notes on same string below the middle of the neck, pizzicato. Count to 10 .
81. Three string chord around the middle of the neck. Count to 8 .
82. Repeat one note at the beginning of the neck. Play until you count to 10 then stop and count to 7 .
83. Four string chord high up on the neck. Count to 7 .
84. Four string chord above the middle of the neck. Count to 6 .
85. One note at the beginning of the neck. Play until you count to 7 then stop and count to 6 .
86. One note at the beginning of the neck, pizzicato. Count to 7 .
87. Three string chord at the beginning of the neck, col legno battuto. Count to 11.
88. Repeat one note at the beginning of the neck, pizzicato. Play until you count to 9 then stop and count to 8 .
89. One note high up on the neck. Play until you count to 10 .
90. Four string chord above the middle of the neck. Count to 7 .
91. Four notes on different strings below the middle of the neck, col legno battuto. Count to 8 .
92. Repeat four harmonics on same string at the beginning of the neck. Play until you count to 9 .
93. One note at the beginning of the neck. Play until you count to 8 then stop and count to 9 .
94. One note around the middle of the neck. Play until you count to 11 then stop and count to 8 .
95. Four string chord above the middle of the neck, pizzicato. Count to 9 .
96. One note above the middle of the neck, pizzicato. Count to 9 .
97. One note at the beginning of the neck. Play until you count to 9 then stop and count to 5 .
98. Repeat four notes on different strings above the middle of the neck. Play until you count to 5 then stop and count to 7 .
99. Three string chord high up on the neck. Count to 10 .
100. Four string chord above the middle of the neck. Count to 7 .
101. Four string chord around the middle of the neck. Count to 9 .
102. 
103. One note above the middle of the neck, pizzicato. Count to 5 .
104. Three notes on different strings below the middle of the neck. Play until you count to 6 then stop and count to 9 .
105. One note above the middle of the neck, tremolo. Play until you count to 9 then stop and count to 7 . 4. Repeat two notes on different strings above the middle of the neck, col legno battuto. Play until you count to 6 then stop and count to 7 .
106. One note at the beginning of the neck. Play until you count to 10 then stop and count to 5 .
107. Three harmonics on different strings high up on the neck. Play until you count to 11 then stop and count again to 11 .
108. Four notes on same string above the middle of the neck, col legno tratto. Play until you count to 5 .
109. Three notes on same string below the middle of the neck. Play until you count to 11 then stop and count to 8 .
110. Three string chord above the middle of the neck. Count to 7 .
111. One note high up on the neck, tremolo. Play until you count to 6 then stop and count to 8 .
112. One note below the middle of the neck. Play until you count to 7 then stop and count to 5 .
113. Two string chord below the middle of the neck. Play until you count to 7 then stop and count to 11 .
114. Four string chord above the middle of the neck. Count to 7 .
115. Two string chord around the middle of the neck, pizzicato. Count to 8 .
116. 
117. Two string chord above the middle of the neck. Play until you count to 5 then stop and count to 8 .
118. Four string chord below the middle of the neck. Count to 9 .
119. Four harmonics on different strings below the middle of the neck. Play until you count to 10 then stop and count to 9 .
120. Three string chord around the middle of the neck. Count to 7 .
121. One note high up on the neck, pizzicato. Count to 9 .
122. One note above the middle of the neck. Play until you count to 10 then stop and count to 5 .
123. Three string chord high up on the neck. Count to 6 .
124. Four notes on different strings at the beginning of the neck. Play until you count to 9 .
125. Three notes on same string at the beginning of the neck. Play until you count to 5 .
126. 
127. Two notes on different strings high up on the neck. Play until you count to 11 .
128. Two harmonics on different strings around the middle of the neck. Play until you count to 7 .
129. Two harmonics on different strings high up on the neck. Play until you count to 10 .
130. One note below the middle of the neck. Play until you count to 9 then stop and count again to 9 .
131. Two string chord high up on the neck, col legno battuto. Count to 10 .
132. One note around the middle of the neck. Play until you count to 6 then stop and count to 5 .
133. Two notes on different strings above the middle of the neck, col legno battuto. Count to 10 .
134. Three string chord high up on the neck. Count to 10 .
135. Three string chord below the middle of the neck. Count to 6 .
136. One note below the middle of the neck, tremolo. Play until you count to 11 .
137. Three string chord around the middle of the neck. Count to 6 .
138. 
139. Four notes on same string below the middle of the neck, pizzicato. Count to 11 .
140. One note high up on the neck. Play until you count to 6 then stop and count to 7 .
141. Four notes on different strings around the middle of the neck. Play until you count to 10 .
142. Two harmonics on different strings high up on the neck. Play until you count to 8 then stop and count to 6 .
143. Three string chord below the middle of the neck, pizzicato. Count to 6 .
144. One note high up on the neck, pizzicato. Count to 10 .
145. Four string chord below the middle of the neck, pizzicato. Count to 11.
146. Three notes on different strings high up on the neck, col legno tratto. Play until you count to 10 then stop and count again to 10 .
147. One note below the middle of the neck. Play until you count to 7 .
148. 
149. Two notes on different strings high up on the neck. Play until you count to 6 then stop and count to 10 .
150. Two string chord high up on the neck, pizzicato. Count to 7 .
151. Three string chord at the beginning of the neck. Count to 9 .
152. Three string chord above the middle of the neck, pizzicato. Count to 8 .
153. One note above the middle of the neck, pizzicato. Count to 9 .
154. Three harmonics on same string at the beginning of the neck. Play until you count to 8 then stop and count to 10 .
155. Two notes on same string above the middle of the neck, col legno battuto. Count to 7 .
156. Two notes on different strings at the beginning of the neck. Play until you count to 11 then stop and count to 6 .
157. Four string chord below the middle of the neck. Count to 10 .
158. Four notes on different strings around the middle of the neck, pizzicato. Count to 7 .
159. Three string chord high up on the neck. Count to 9 .
160. 
161. Three notes on same string above the middle of the neck, pizzicato. Count to 9 .
162. Four string chord at the beginning of the neck. Count to 9 .
163. One note below the middle of the neck, pizzicato. Count to 6 .
164. Four notes on different strings high up on the neck. Play until you count to 8 then stop and count to 7 .
165. Three notes on different strings at the beginning of the neck, col legno battuto. Count to 5 .
166. Three notes on different strings below the middle of the neck. Play until you count to 6 then stop and count to 10 .
167. Three notes on same string at the beginning of the neck, col legno tratto. Play until you count to 10 then stop and count again to 10 .
168. Four harmonics on different strings high up on the neck. Play until you count to 11 .
169. 
170. Repeat three notes on same string high up on the neck. Play until you count to 5 .
171. Two string chord high up on the neck, col legno battuto. Count to 7 .
172. Three notes on different strings below the middle of the neck. Play until you count to 9 then stop and count to 8 .
173. Four string chord below the middle of the neck. Count to 9 .
174. Three notes on same string at the beginning of the neck. Play until you count to 9 then stop and count to 6 .
175. Three notes on same string high up on the neck, col legno tratto. Play until you count to 11 .
176. Three notes on different strings around the middle of the neck, col legno battuto. Count to 10.
177. One note below the middle of the neck. Play until you count to 9 then stop and count to 7 .
178. 
179. Four notes on different strings at the beginning of the neck. Play until you count to 7 then stop and count to 5 .
180. One note above the middle of the neck. Play until you count to 9 then stop and count to 11 .
181. Three notes on different strings at the beginning of the neck, pizzicato. Count to 10 .
182. Three notes on same string high up on the neck, col legno battuto. Count to 7.
183. Four string chord around the middle of the neck, pizzicato. Count to 10 .
184. One note around the middle of the neck. Play until you count to 11 then stop and count to 7 .
185. Three string chord at the beginning of the neck. Count to 7 .
186. Four string chord high up on the neck. Count to 9 .
187. Four notes on same string at the beginning of the neck, col legno battuto. Count to 5 .
188. Four string chord high up on the neck. Count to 7 .
189. Three string chord above the middle of the neck, pizzicato. Count to 6 .
190. Repeat four notes on different strings high up on the neck. Play until you count to 7 then stop and count to 9 .
191. Repeat four notes on different strings high up on the neck. Play until you count to 6 .
192. Four notes on same string around the middle of the neck. Play until you count to 9 then stop and count to 8 .
193. 
194. Four string chord at the beginning of the neck. Count to 11.
195. One note above the middle of the neck. Play until you count to 9 then stop and count again to 9 .
196. One note at the beginning of the neck. Play until you count to 9 then stop and count to 6 .
197. Three notes on different strings below the middle of the neck. Play until you count to 5 then stop and count again to 5 .
198. Four notes on same string around the middle of the neck. Play until you count to 9 then stop and count to 11 .
199. Four string chord below the middle of the neck, pizzicato. Count to 9 .
200. One note below the middle of the neck. Play until you count to 7 .
201. Four string chord high up on the neck. Count to 7 .
202. Two string chord at the beginning of the neck. Play until you count to 10 then stop and count to 11 .
203. 
204. Two string chord above the middle of the neck, col legno battuto. Count to 11 .
205. One note below the middle of the neck, col legno battuto. Count to 5 .
206. Repeat two notes on different strings around the middle of the neck, col legno battuto. Play until you count to 10 then stop and count to 8 .
207. Four string chord around the middle of the neck. Count to 7 .
208. Two notes on same string below the middle of the neck, col legno battuto. Count to 5 .
209. Repeat one note below the middle of the neck, tremolo. Play until you count to 6 then stop and count to 9 .
210. Four notes on same string at the beginning of the neck. Play until you count to 7 .
211. Three notes on different strings high up on the neck. Play until you count to 10 then stop and count again to 10 .
212. Two string chord at the beginning of the neck. Play until you count to 8 then stop and count to 6 .
213. Three harmonics on same string around the middle of the neck. Play until you count to 6 then stop and count to 10 .
214. 
215. Three harmonics on different strings high up on the neck. Play until you count to 6 then stop and count to 7 .
216. Three notes on different strings above the middle of the neck. Play until you count to 7 then stop and count to 6 .
217. Two notes on same string at the beginning of the neck. Play until you count to 8 .
218. One note around the middle of the neck, pizzicato. Count to 5 .
219. Four string chord above the middle of the neck, pizzicato. Count to 5 .
220. Two notes on different strings above the middle of the neck. Play until you count to 11 then stop and count to 9 .
221. Three string chord high up on the neck. Count to 6 .
222. Three notes on different strings high up on the neck. Play until you count to 10 then stop and count to 5 .
223. 
224. Four string chord at the beginning of the neck. Count to 7 .
225. Four notes on different strings above the middle of the neck. Play until you count to 5 then stop and count to 8 .
226. Three string chord at the beginning of the neck. Count to 6 .
227. Two notes on different strings high up on the neck. Play until you count to 6 then stop and count to 5 .
228. Two string chord below the middle of the neck. Play until you count to 9 .
229. Two notes on different strings at the beginning of the neck, col legno battuto. Count to 9 .
230. Two string chord above the middle of the neck. Play until you count to 9 then stop and count to 11 .
231. One note at the beginning of the neck. Play until you count to 9 then stop and count to 11 .
232. Three notes on same string around the middle of the neck. Play until you count to 8 then stop and count to 10 .
233. Four notes on same string at the beginning of the neck. Play until you count to 11 .
234. Four string chord high up on the neck, pizzicato. Count to 7 .
235. 
236. Three notes on different strings around the middle of the neck, pizzicato. Count to 10 .
237. Four string chord at the beginning of the neck, pizzicato. Count to 11.
238. Three string chord around the middle of the neck. Count to 10 .
239. One note below the middle of the neck. Play until you count to 5 then stop and count to 7 .
240. Three string chord high up on the neck, pizzicato. Count to 6 .
241. Two notes on different strings above the middle of the neck. Play until you count to 11 .
242. One note at the beginning of the neck. Play until you count to 6 then stop and count to 5 .
243. Three notes on different strings at the beginning of the neck. Play until you count to 9 then stop and count to 6 .
244. Three string chord around the middle of the neck. Count to 10 .
245. Two string chord high up on the neck. Play until you count to 7 then stop and count to 5 .
246. One note below the middle of the neck. Play until you count to 8 then stop and count to 6 .
247. Two string chord around the middle of the neck. Play until you count to 11 then stop and count to 5 .
248. 
249. Three harmonics on different strings above the middle of the neck. Play until you count to 5 then stop and count to 6 .
250. Three string chord around the middle of the neck, pizzicato. Count to 9 .
251. Four notes on different strings high up on the neck. Play until you count to 6 then stop and count to 11 .
252. Four notes on different strings high up on the neck, col legno tratto. Play until you count to 10 then stop and count to 6 .
253. Four string chord above the middle of the neck. Count to 6 .
254. Two notes on same string at the beginning of the neck, col legno tratto. Play until you count to 10 then stop and count to 6 .
255. Two notes on different strings at the beginning of the neck. Play until you count to 8 then stop and count to 11 .

## Plucked string instruments

1. 
2. Four string chord at the beginning of the neck. Count to 11 .
3. One note below the middle of the neck. Count to 9 .
4. One note below the middle of the neck. Count to 7 .
5. Four string chord around the middle of the neck. Count to 6 .
6. Two string chord at the beginning of the neck. Count to 9 .
7. Four string chord around the middle of the neck. Count to 9 .
8. Four string chord above the middle of the neck. Count to 11.
9. Four notes on different strings below the middle of the neck. Count to 8 .
10. One note at the beginning of the neck. Count to 11 .
11. One natural harmonic above the middle of the neck. Count to 8 .
12. One note below the middle of the neck. Count to 5 .
13. One note below the middle of the neck. Count to 8 .
14. 
15. Four notes on different strings at the beginning of the neck. Count to 5 .
16. Two notes on same string below the middle of the neck. Count to 10 .
17. Three notes on different strings around the middle of the neck. Count to 6 .
18. Four notes on different strings around the middle of the neck. Count to 7 .
19. One note high up on the neck. Count to 10 .

6 . Four notes on same string below the middle of the neck. Count to 9 .
7. Two string chord above the middle of the neck. Count to 11 .
8. Three notes on different strings above the middle of the neck. Count to 8 .
9. Four string chord above the middle of the neck. Count to 10 .
3.

1. Two string chord below the middle of the neck. Count to 6 .
2. Four notes on same string at the beginning of the neck. Count to 6 .
3. Three string chord at the beginning of the neck. Count to 10 .
4. Four string chord below the middle of the neck. Count to 9 .
5. Two notes on different strings at the beginning of the neck. Count to 7 .
6. Three string chord at the beginning of the neck. Count to 10 .
7. One note below the middle of the neck. Count to 10 .
8. Three string chord high up on the neck. Count to 9 .
9. One note at the beginning of the neck. Count to 6 .
10. Two notes on same string at the beginning of the neck. Count to 9 .
11. Three notes on different strings high up on the neck. Count to 6 .
12. One note below the middle of the neck. Count to 11 .
13. Two notes on different strings above the middle of the neck. Count to 5 .
14. Two notes on different strings below the middle of the neck. Count to 11 .
15. Four notes on different strings above the middle of the neck. Count to 9 .
16. Four notes on different strings below the middle of the neck. Count to 7 .
17. One note below the middle of the neck. Count to 8 .
18. 
19. Two string chord above the middle of the neck. Count to 6 .
20. Four string chord high up on the neck. Count to 8 .
21. Two notes on same string at the beginning of the neck. Count to 5 .
22. Two notes on different strings high up on the neck. Count to 7 .
23. One note around the middle of the neck. Count to 8 .
24. Two notes on same string above the middle of the neck. Count to 10 .
25. Two notes on different strings around the middle of the neck. Count to 5.
26. One note high up on the neck. Count to 11 .
27. Two string chord at the beginning of the neck. Count to 6 .
28. One note at the beginning of the neck. Count to 5 .
29. Three notes on same string at the beginning of the neck. Count to 9 .
30. Four notes on different strings below the middle of the neck. Count to 11.
31. One note high up on the neck. Count to 6 .
32. 
33. One natural harmonic around the middle of the neck. Count to 8 .
34. One note below the middle of the neck. Count to 10 .
35. Two string chord high up on the neck. Count to 5 .
36. Three notes on different strings around the middle of the neck. Count to 11 .
37. Three string chord around the middle of the neck. Count to 7 .
38. Four notes on different strings at the beginning of the neck. Count to 9 .
39. One note below the middle of the neck. Count to 11 .
40. One natural harmonic high up on the neck. Count to 9 .
41. One natural harmonic high up on the neck. Count to 5 .
42. Two string tremolo chord at the beginning of the neck. Count to 6 .
43. Four string chord at the beginning of the neck. Count to 10 .
44. Two notes on different strings around the middle of the neck. Count to 10.
45. Two notes on different strings around the middle of the neck. Count to 7 .
46. Four string chord at the beginning of the neck. Count to 9 .
47. Two notes on different strings high up on the neck. Count to 11 .
48. One note high up on the neck. Count to 5 .
49. Four string chord high up on the neck. Count to 9 .
50. Four string chord below the middle of the neck. Count to 9 .
51. One natural harmonic around the middle of the neck. Count to 6 .
52. One note high up on the neck. Count to 6 .
53. Four notes on same string high up on the neck. Count to 5 .
54. Three string chord above the middle of the neck. Count to 8 .
55. 
56. Four notes on different strings below the middle of the neck. Count to 7 .
57. Three notes on same string above the middle of the neck. Count to 10 .
58. One tremolo note above the middle of the neck. Count to 11 .
59. One note high up on the neck. Count to 9 .
60. Two string chord at the beginning of the neck. Count to 5 .
61. One note below the middle of the neck. Count to 6 .
62. One note below the middle of the neck. Count to 6 .
63. Three string chord around the middle of the neck. Count to 9 .
64. Two notes on different strings below the middle of the neck. Count to 6 .
65. Three string chord below the middle of the neck. Count to 8 .
66. 
67. Two notes on same string below the middle of the neck. Count to 7 .
68. One note below the middle of the neck. Count to 5 .
69. Four notes on same string at the beginning of the neck. Count to 7 .
70. Two notes on different strings around the middle of the neck. Count to 10.
71. Four string chord high up on the neck. Count to 8 .
72. Four string chord above the middle of the neck. Count to 11 .
73. Two string tremolo chord at the beginning of the neck. Count to 9 .
74. One note above the middle of the neck. Count to 8 .
75. One natural harmonic around the middle of the neck. Count to 5 .
76. Two notes on different strings above the middle of the neck. Count to 6 .
77. 
78. Two notes on different strings above the middle of the neck. Count to 6 .
79. Three notes on different strings high up on the neck. Count to 7 .
80. Four notes on different strings around the middle of the neck. Count to 6 .
81. Three string chord below the middle of the neck. Count to 11 .
82. Two string chord high up on the neck. Count to 10 .
83. Four string chord high up on the neck. Count to 9 .
84. Three notes on same string above the middle of the neck. Count to 5 .
85. Two string chord around the middle of the neck. Count to 10 .
86. Two notes on different strings at the beginning of the neck. Count to 9 .
87. Four notes on different strings above the middle of the neck. Count to 8 .
88. Three string chord around the middle of the neck. Count to 7 .
89. Three string chord above the middle of the neck. Count to 11 .
90. Three string chord high up on the neck. Count to 10 .
91. Four string chord at the beginning of the neck. Count to 10 .
92. 
93. Four string chord high up on the neck. Count to 9 .
94. Two notes on different strings around the middle of the neck. Count to 9 .
95. Two string chord above the middle of the neck. Count to 9 .
96. Four string chord high up on the neck. Count to 9 .
97. One note at the beginning of the neck. Count to 9 .
98. Three notes on same string at the beginning of the neck. Count to 8 .
99. Two string chord high up on the neck. Count to 6 .
100. One tremolo note above the middle of the neck. Count to 6 .
101. Three notes on different strings at the beginning of the neck. Count to 7 .
102. 
103. Two string chord around the middle of the neck. Count to 6 .
104. Four string chord above the middle of the neck. Count to 7 .
105. One note at the beginning of the neck. Count to 10 .
106. Three string chord at the beginning of the neck. Count to 9 .
107. Four string chord around the middle of the neck. Count to 7 .
108. Four notes on different strings above the middle of the neck. Count to 8 .
109. One note at the beginning of the neck. Count to 9 .
110. Two notes on different strings at the beginning of the neck. Count to 8 .
111. Two string chord at the beginning of the neck. Count to 11 .
112. Four notes on different strings high up on the neck. Count to 7 .
113. Four notes on same string at the beginning of the neck. Count to 10 .
114. Four notes on same string around the middle of the neck. Count to 5 .
115. Two string chord below the middle of the neck. Count to 8 .
116. Two notes on different strings below the middle of the neck. Count to 8 .
117. 
118. Two notes on same string at the beginning of the neck. Count to 10 .
119. Three string chord below the middle of the neck. Count to 10 .
120. One note around the middle of the neck. Count to 8 .
121. Three string chord around the middle of the neck. Count to 10 .
122. Four notes on different strings around the middle of the neck. Count to 5 .
123. Three string chord at the beginning of the neck. Count to 8 .
124. Four string chord at the beginning of the neck. Count to 8 .
125. Two notes on same string at the beginning of the neck. Count to 9 .
126. Four string chord around the middle of the neck. Count to 9 .
127. 
128. One note at the beginning of the neck. Count to 9 .
129. Two string tremolo chord around the middle of the neck. Count to 5 .
130. Two notes on different strings around the middle of the neck. Count to 5.
131. One natural harmonic high up on the neck. Count to 8 .
132. Two notes on different strings high up on the neck. Count to 8 .
133. Two string chord high up on the neck. Count to 9 .
134. One natural harmonic above the middle of the neck. Count to 6 .
135. Four string chord at the beginning of the neck. Count to 11 .
136. One natural harmonic above the middle of the neck. Count to 10 .
137. Four notes on same string high up on the neck. Count to 7 .
138. One note at the beginning of the neck. Count to 5 .
139. Four notes on different strings high up on the neck. Count to 6 .
140. Four string chord around the middle of the neck. Count to 6 .
141. One note below the middle of the neck. Count to 8 .
142. Four string tremolo chord at the beginning of the neck. Count to 7 .
143. Two string chord high up on the neck. Count to 7 .
144. Four notes on different strings at the beginning of the neck. Count to 7 .
145. 
146. One note around the middle of the neck. Count to 10 .
147. Four notes on same string at the beginning of the neck. Count to 8 .
148. One note below the middle of the neck. Count to 10 .
149. One note above the middle of the neck. Count to 6 .
150. Two string chord around the middle of the neck. Count to 6 .
151. One natural harmonic above the middle of the neck. Count to 8 .
152. Four notes on different strings around the middle of the neck. Count to 11.
153. Two string chord high up on the neck. Count to 6 .
154. Two string chord at the beginning of the neck. Count to 8 .
155. Two notes on same string at the beginning of the neck. Count to 11 .
156. Four string chord around the middle of the neck. Count to 10.
157. One natural harmonic above the middle of the neck. Count to 9 .
158. Four notes on different strings at the beginning of the neck. Count to 9 .
159. Two notes on different strings at the beginning of the neck. Count to 7 .
160. 
161. Three string chord above the middle of the neck. Count to 7 .
162. Two string chord around the middle of the neck. Count to 11 .
163. One natural harmonic high up on the neck. Count to 11 .
164. Three string chord below the middle of the neck. Count to 9 .
165. Three string chord high up on the neck. Count to 10 .
166. One tremolo note around the middle of the neck. Count to 8 .
167. One natural harmonic above the middle of the neck. Count to 9 .
168. Four notes on different strings around the middle of the neck. Count to 8 .
169. Two string chord below the middle of the neck. Count to 6 .
170. Three notes on different strings below the middle of the neck. Count to 8 .
171. Four notes on different strings above the middle of the neck. Count to 7 .
172. One note below the middle of the neck. Count to 5 .
173. One note at the beginning of the neck. Count to 8 .
174. Three notes on same string around the middle of the neck. Count to 10 .
175. One note at the beginning of the neck. Count to 5 .
176. Two string chord around the middle of the neck. Count to 8 .
177. Three notes on different strings at the beginning of the neck. Count to 5 .
178. Three string chord below the middle of the neck. Count to 9 .
179. Two notes on different strings around the middle of the neck. Count to 9 .
180. Three notes on different strings high up on the neck. Count to 7 .
181. One note high up on the neck. Count to 11 .
182. Four notes on different strings above the middle of the neck. Count to 8 .
183. Four notes on same string above the middle of the neck. Count to 5 .
184. Three notes on same string below the middle of the neck. Count to 7 .
185. Four notes on different strings below the middle of the neck. Count to 11 .
186. 
187. One note below the middle of the neck. Count to 7 .
188. Two string tremolo chord high up on the neck. Count to 7 .
189. Two notes on same string high up on the neck. Count to 7 .
190. Two string chord at the beginning of the neck. Count to 5 .
191. One natural harmonic above the middle of the neck. Count to 8 .

6 . Three notes on different strings below the middle of the neck. Count to 7 .
7. Four string chord at the beginning of the neck. Count to 6 .
8. Two notes on different strings around the middle of the neck. Count to 11.
9. Four notes on same string at the beginning of the neck. Count to 11 .
10. Two string chord high up on the neck. Count to 6 .
20.

1. Four notes on same string at the beginning of the neck. Count to 11 .
2. One note below the middle of the neck. Count to 10 .
3. Three notes on different strings around the middle of the neck. Count to 7 .
4. One note at the beginning of the neck. Count to 11 .
5. Two string chord around the middle of the neck. Count to 11 .
6. One note around the middle of the neck. Count to 8 .
7. Two string chord above the middle of the neck. Count to 9 .
8. Two string chord above the middle of the neck. Count to 6 .
9. Three notes on different strings high up on the neck. Count to 9 .
10. One natural harmonic high up on the neck. Count to 11 .
11. Three string chord around the middle of the neck. Count to 10 .
12. Two string chord high up on the neck. Count to 9 .
13. Four notes on different strings above the middle of the neck. Count to 10 .
14. Two string chord high up on the neck. Count to 8 .
15. Three string chord below the middle of the neck. Count to 8 .
16. Three notes on different strings below the middle of the neck. Count to 5 .
17. Three string chord at the beginning of the neck. Count to 7 .
18. One note at the beginning of the neck. Count to 9 .
19. Two string chord below the middle of the neck. Count to 7 .
20. Two notes on different strings high up on the neck. Count to 9 .
21. 
22. Three string chord at the beginning of the neck. Count to 8 .
23. One natural harmonic around the middle of the neck. Count to 6 .
24. One tremolo note above the middle of the neck. Count to 7 .
25. Two string chord at the beginning of the neck. Count to 9 .
26. Four string chord below the middle of the neck. Count to 7 .
27. Two notes on different strings below the middle of the neck. Count to 7 .
28. Two string chord below the middle of the neck. Count to 8 .
29. One note at the beginning of the neck. Count to 5 .
30. Two notes on different strings below the middle of the neck. Count to 11.
31. Three notes on different strings above the middle of the neck. Count to 10.
32. One tremolo note high up on the neck. Count to 8 .
33. Three string chord below the middle of the neck. Count to 9 .
34. One note at the beginning of the neck. Count to 6 .
35. 
36. Two notes on different strings around the middle of the neck. Count to 11 .
37. Three notes on different strings below the middle of the neck. Count to 6 .
38. Three string chord above the middle of the neck. Count to 7 .
39. Four string chord at the beginning of the neck. Count to 9 .
40. Two notes on same string at the beginning of the neck. Count to 10 .
41. Two notes on different strings around the middle of the neck. Count to 10 .
42. Three string chord below the middle of the neck. Count to 11 .
43. Two notes on different strings above the middle of the neck. Count to 7 .
44. Three notes on different strings high up on the neck. Count to 11.
45. Four string chord high up on the neck. Count to 9 .
46. Four notes on different strings above the middle of the neck. Count to 5 .
47. Three notes on different strings high up on the neck. Count to 9 .
48. Two string chord above the middle of the neck. Count to 6 .
49. 
50. Four notes on different strings around the middle of the neck. Count to 5 .
51. Three notes on different strings at the beginning of the neck. Count to 6 .
52. Two string chord high up on the neck. Count to 11 .
53. Three string chord above the middle of the neck. Count to 7 .
54. Three notes on different strings at the beginning of the neck. Count to 11 .
55. One natural harmonic high up on the neck. Count to 8 .
56. Three notes on different strings above the middle of the neck. Count to 11 .
57. Three notes on same string around the middle of the neck. Count to 6 .
58. Three string chord high up on the neck. Count to 6 .
59. One note above the middle of the neck. Count to 5 .
60. Three string chord above the middle of the neck. Count to 5 .
61. Two notes on different strings at the beginning of the neck. Count to 6 .
62. 
63. Two notes on same string high up on the neck. Count to 11 .
64. One natural harmonic above the middle of the neck. Count to 11 .
65. One natural harmonic around the middle of the neck. Count to 6 .
66. Four notes on different strings around the middle of the neck. Count to 10.
67. Three string chord high up on the neck. Count to 9 .
68. One note at the beginning of the neck. Count to 8 .
69. Two notes on different strings high up on the neck. Count to 6 .
70. Two string chord high up on the neck. Count to 6 .
71. Four string tremolo chord at the beginning of the neck. Count to 9 .
72. Two notes on different strings around the middle of the neck. Count to 8 .
73. One note above the middle of the neck. Count to 9 .
74. 
75. Three string chord above the middle of the neck. Count to 11 .
76. One note high up on the neck. Count to 9 .
77. Four notes on different strings around the middle of the neck. Count to 7 .
78. One note below the middle of the neck. Count to 9 .
79. Two string tremolo chord high up on the neck. Count to 9 .
80. Two notes on same string high up on the neck. Count to 10 .
81. Four string chord below the middle of the neck. Count to 10 .
82. One natural harmonic around the middle of the neck. Count to 5 .
83. One natural harmonic above the middle of the neck. Count to 5 .
84. One natural harmonic above the middle of the neck. Count to 8 .
85. One natural harmonic around the middle of the neck. Count to 8 .
86. Four string chord high up on the neck. Count to 9 .
87. Four notes on different strings high up on the neck. Count to 9 .
88. One note high up on the neck. Count to 8 .
89. Three notes on different strings below the middle of the neck. Count to 6 .
90. Three notes on different strings high up on the neck. Count to 8 .
91. Four notes on different strings below the middle of the neck. Count to 9 .
92. Three string chord at the beginning of the neck. Count to 8 .
93. One note high up on the neck. Count to 10 .
94. Three notes on different strings high up on the neck. Count to 10 .
95. Two string chord at the beginning of the neck. Count to 9 .
96. Four string chord below the middle of the neck. Count to 9 .
97. Four string chord below the middle of the neck. Count to 6 .
98. Four string chord below the middle of the neck. Count to 8 .
99. Three notes on same string around the middle of the neck. Count to 9 .
100. 
101. One natural harmonic above the middle of the neck. Count to 6 .
102. One note at the beginning of the neck. Count to 10 .
103. One note at the beginning of the neck. Count to 5 .
104. One note below the middle of the neck. Count to 10 .
105. Three string chord above the middle of the neck. Count to 11 .
106. One note around the middle of the neck. Count to 11 .
107. Two string chord at the beginning of the neck. Count to 10 .

8 . Two string chord above the middle of the neck. Count to 9 .
9. Four notes on different strings around the middle of the neck. Count to 7.
10. Two string chord high up on the neck. Count to 5 .
11. Two notes on different strings at the beginning of the neck. Count to 11 .
12. One note around the middle of the neck. Count to 10 .
13. Four notes on different strings high up on the neck. Count to 7 .
14. Four notes on same string high up on the neck. Count to 6 .
29.

1. One natural harmonic above the middle of the neck. Count to 7 .
2. Three string chord at the beginning of the neck. Count to 9 .
3. Three string chord below the middle of the neck. Count to 10 .
4. Two string chord above the middle of the neck. Count to 5 .
5. Two notes on different strings high up on the neck. Count to 8 .

6 . Four notes on different strings around the middle of the neck. Count to 9 .
7. Three string chord below the middle of the neck. Count to 10 .
8. Three notes on different strings above the middle of the neck. Count to 7 .
9. Four string chord high up on the neck. Count to 10 .
10. Three notes on same string high up on the neck. Count to 7 .
30.

1. Three notes on same string above the middle of the neck. Count to 7 .
2. One note at the beginning of the neck. Count to 10 .
3. Three notes on different strings above the middle of the neck. Count to 11 .
4. Three notes on different strings below the middle of the neck. Count to 9 .
5. Four notes on same string around the middle of the neck. Count to 7 .
6. Three notes on different strings around the middle of the neck. Count to 10 .
7. Three notes on same string high up on the neck. Count to 6 .
8. One note high up on the neck. Count to 6 .
9. Four string tremolo chord below the middle of the neck. Count to 9 .
10. 
11. Three string chord around the middle of the neck. Count to 7 .
12. Four string chord above the middle of the neck. Count to 7 .
13. Two notes on different strings at the beginning of the neck. Count to 10 .
14. One note below the middle of the neck. Count to 5 .
15. Three notes on different strings around the middle of the neck. Count to 11 .
16. Two notes on different strings high up on the neck. Count to 9 .
17. Two string chord above the middle of the neck. Count to 9 .
18. 
19. Two notes on same string high up on the neck. Count to 6 .
20. One natural harmonic around the middle of the neck. Count to 6 .
21. Two notes on different strings around the middle of the neck. Count to 8 .
22. One note around the middle of the neck. Count to 7 .
23. One note around the middle of the neck. Count to 8 .
24. Three notes on same string high up on the neck. Count to 11 .
25. One note around the middle of the neck. Count to 9 .
26. Four notes on different strings above the middle of the neck. Count to 5 .
27. One note at the beginning of the neck. Count to 7 .
28. Four notes on different strings below the middle of the neck. Count to 5 .
29. One note at the beginning of the neck. Count to 6 .
30. Three notes on different strings at the beginning of the neck. Count to 6 .
31. Two string chord at the beginning of the neck. Count to 7 .
32. Three notes on different strings at the beginning of the neck. Count to 5 .
33. 
34. Four notes on different strings at the beginning of the neck. Count to 8 .
35. Three string chord above the middle of the neck. Count to 11.
36. One note below the middle of the neck. Count to 6 .
37. Two notes on different strings high up on the neck. Count to 7 .
38. Three notes on different strings above the middle of the neck. Count to 7 .
39. Two notes on same string high up on the neck. Count to 10 .
40. Three string chord above the middle of the neck. Count to 7 .
41. Two string chord below the middle of the neck. Count to 6 .
42. Four string chord around the middle of the neck. Count to 5 .
43. Two notes on different strings around the middle of the neck. Count to 10.
44. One natural harmonic high up on the neck. Count to 9 .
45. 
46. Three notes on same string at the beginning of the neck. Count to 9 .
47. One natural harmonic high up on the neck. Count to 10 .
48. One note at the beginning of the neck. Count to 9 .
49. Three notes on different strings high up on the neck. Count to 11 .
50. One note below the middle of the neck. Count to 10 .
51. Two string chord high up on the neck. Count to 8 .
52. Two string chord at the beginning of the neck. Count to 7 .
53. Three notes on same string high up on the neck. Count to 7 .
54. Two string chord high up on the neck. Count to 8 .
55. Three string chord at the beginning of the neck. Count to 6 .
56. Four string chord below the middle of the neck. Count to 7 .
57. 
58. Four notes on same string above the middle of the neck. Count to 11 .
59. Two notes on different strings above the middle of the neck. Count to 5 .
60. Four string chord above the middle of the neck. Count to 11 .
61. Four notes on different strings at the beginning of the neck. Count to 8 .
62. Three string chord around the middle of the neck. Count to 9 .

6 . Four notes on different strings around the middle of the neck. Count to 8 .
7. Four notes on different strings high up on the neck. Count to 7 .
8. One note at the beginning of the neck. Count to 5 .
9. Two string chord around the middle of the neck. Count to 9 .
10. One note above the middle of the neck. Count to 11 .
36.

1. Three string chord at the beginning of the neck. Count to 5 .
2. Two notes on different strings high up on the neck. Count to 9 .
3. Four notes on different strings high up on the neck. Count to 7 .
4. One note below the middle of the neck. Count to 9 .

5 . One note at the beginning of the neck. Count to 5 .
6. Two string chord at the beginning of the neck. Count to 11 .
7. Four notes on different strings above the middle of the neck. Count to 11.

8 . Four string chord around the middle of the neck. Count to 6 .
9. Four notes on different strings high up on the neck. Count to 5 .
10. Two string chord high up on the neck. Count to 6 .
11. One note high up on the neck. Count to 8 .
12. Four string chord above the middle of the neck. Count to 6 .
37.

1. Three notes on different strings high up on the neck. Count to 9 .
2. Three string chord high up on the neck. Count to 7 .
3. Three string chord below the middle of the neck. Count to 5 .
4. Four string chord above the middle of the neck. Count to 6 .
5. One note below the middle of the neck. Count to 10 .
6. One note at the beginning of the neck. Count to 9 .
7. One note below the middle of the neck. Count to 8 .

8 . Four notes on same string at the beginning of the neck. Count to 5 .
9. One note high up on the neck. Count to 6 .
10. Three string chord around the middle of the neck. Count to 5 .
38.

1. One natural harmonic above the middle of the neck. Count to 7 .
2. Three string chord below the middle of the neck. Count to 10 .
3. Two string chord around the middle of the neck. Count to 10.
4. Four string chord below the middle of the neck. Count to 5 .
5. Three string chord at the beginning of the neck. Count to 11 .

6 . Four notes on same string above the middle of the neck. Count to 5 .
7. Three string tremolo chord high up on the neck. Count to 9 .
8. Three notes on different strings below the middle of the neck. Count to 8 .
9. One note around the middle of the neck. Count to 9 .
39.

1. Two string chord high up on the neck. Count to 11 .
2. Three string chord at the beginning of the neck. Count to 6 .
3. One note around the middle of the neck. Count to 6 .
4. Three string chord below the middle of the neck. Count to 10 .
5. One note at the beginning of the neck. Count to 9 .
6. Two string chord at the beginning of the neck. Count to 7 .
7. Two notes on different strings at the beginning of the neck. Count to 6 .
8. 
9. One natural harmonic around the middle of the neck. Count to 7 .
10. Three string chord at the beginning of the neck. Count to 10 .
11. Three notes on different strings below the middle of the neck. Count to 6 .
12. Two notes on different strings around the middle of the neck. Count to 8 .
13. Two string chord below the middle of the neck. Count to 11.
14. Two notes on different strings above the middle of the neck. Count to 5 .
15. Three string chord around the middle of the neck. Count to 6 .
16. One note above the middle of the neck. Count to 11 .
17. Four notes on same string below the middle of the neck. Count to 8 .
18. One note high up on the neck. Count to 9 .
19. Three string chord above the middle of the neck. Count to 8 .
20. Four notes on same string around the middle of the neck. Count to 9 .
21. 
22. Three notes on different strings around the middle of the neck. Count to 7.
23. Four notes on different strings below the middle of the neck. Count to 7 .
24. Two string chord around the middle of the neck. Count to 9 .
25. Two string chord below the middle of the neck. Count to 7 .
26. Four string chord above the middle of the neck. Count to 7 .
27. Two string chord below the middle of the neck. Count to 11 .
28. One note at the beginning of the neck. Count to 8 .

8 . One note at the beginning of the neck. Count to 8 .
9. Three string chord above the middle of the neck. Count to 5 .
10. One note high up on the neck. Count to 10 .
11. Four notes on different strings below the middle of the neck. Count to 9 .
12. Two notes on different strings at the beginning of the neck. Count to 9 .
13. Four notes on same string at the beginning of the neck. Count to 10 .
42.

1. One note below the middle of the neck. Count to 11 .
2. One natural harmonic around the middle of the neck. Count to 10 .
3. Four string chord above the middle of the neck. Count to 8 .
4. Two notes on different strings at the beginning of the neck. Count to 6 .
5. Three notes on different strings below the middle of the neck. Count to 11 .
6. Three notes on different strings above the middle of the neck. Count to 9 .
7. Three notes on same string above the middle of the neck. Count to 9 .
8. Two string chord around the middle of the neck. Count to 10 .
9. Four string chord below the middle of the neck. Count to 5 .
10. One note above the middle of the neck. Count to 9 .
11. Four notes on same string above the middle of the neck. Count to 9 .
12. Four notes on different strings above the middle of the neck. Count to 8 .
13. Four notes on same string above the middle of the neck. Count to 5 .
14. 
15. One note at the beginning of the neck. Count to 7 .
16. Three notes on different strings above the middle of the neck. Count to 9 .
17. Four notes on different strings high up on the neck. Count to 11.
18. Four string chord around the middle of the neck. Count to 11 .
19. Three string chord around the middle of the neck. Count to 9 .
20. One note below the middle of the neck. Count to 7 .
21. Two notes on same string high up on the neck. Count to 5 .
22. Two notes on different strings high up on the neck. Count to 9 .
23. Three string tremolo chord above the middle of the neck. Count to 10.
24. Four notes on different strings at the beginning of the neck. Count to 5 .
25. Two notes on different strings below the middle of the neck. Count to 10 .
26. One note around the middle of the neck. Count to 6 .
27. Three string chord above the middle of the neck. Count to 8 .
28. 
29. Two string tremolo chord below the middle of the neck. Count to 9 .
30. Four string chord high up on the neck. Count to 8 .
31. One natural harmonic above the middle of the neck. Count to 11 .
32. Three string chord high up on the neck. Count to 11 .
33. Four string chord at the beginning of the neck. Count to 10 .
34. Four string chord at the beginning of the neck. Count to 8 .
35. One natural harmonic above the middle of the neck. Count to 7 .
36. Two notes on same string around the middle of the neck. Count to 11 .
37. Two notes on different strings at the beginning of the neck. Count to 6 .
38. Three string chord high up on the neck. Count to 8 .
39. 
40. Four notes on different strings at the beginning of the neck. Count to 9 .
41. One note below the middle of the neck. Count to 9 .
42. Four notes on same string high up on the neck. Count to 8 .
43. Three string chord at the beginning of the neck. Count to 10 .
44. Four notes on different strings around the middle of the neck. Count to 9 .
45. Three notes on different strings around the middle of the neck. Count to 7 .
46. One note below the middle of the neck. Count to 11 .

8 . Four string chord below the middle of the neck. Count to 7 .
9. One natural harmonic high up on the neck. Count to 8 .
46.

1. Two notes on same string high up on the neck. Count to 8 .
2. Two notes on same string high up on the neck. Count to 10 .
3. Two string chord above the middle of the neck. Count to 6 .
4. One natural harmonic high up on the neck. Count to 5 .
5. Four string chord below the middle of the neck. Count to 5 .
6. One note high up on the neck. Count to 8 .
7. Three string chord high up on the neck. Count to 11.
8. Four string chord around the middle of the neck. Count to 11 .
9. Two notes on same string high up on the neck. Count to 6 .
10. Four notes on same string below the middle of the neck. Count to 6 .
11. Four notes on different strings high up on the neck. Count to 11 .
12. Two string chord above the middle of the neck. Count to 10 .
13. Four notes on different strings below the middle of the neck. Count to 7 .
14. 
15. One natural harmonic above the middle of the neck. Count to 8 .
16. Three notes on different strings at the beginning of the neck. Count to 8 .
17. One natural harmonic around the middle of the neck. Count to 10 .
18. Four notes on different strings below the middle of the neck. Count to 6 .
19. One note below the middle of the neck. Count to 11 .

6 . Four string chord high up on the neck. Count to 5 .
7. Three notes on same string high up on the neck. Count to 11 .
8. Four string chord high up on the neck. Count to 7 .
48.

1. One note below the middle of the neck. Count to 7 .
2. Two string chord around the middle of the neck. Count to 11 .
3. Two string chord high up on the neck. Count to 5 .
4. Four notes on different strings above the middle of the neck. Count to 10 .
5. Three notes on same string at the beginning of the neck. Count to 6 .

6 . One note below the middle of the neck. Count to 8 .
7. Two notes on same string around the middle of the neck. Count to 5 .
8. Four string chord around the middle of the neck. Count to 10 .
9. Three string chord above the middle of the neck. Count to 5 .
49.

1. Two notes on different strings below the middle of the neck. Count to 6 .
2. One note above the middle of the neck. Count to 7 .
3. Four notes on same string around the middle of the neck. Count to 9 .
4. One note high up on the neck. Count to 9 .
5. One note above the middle of the neck. Count to 7 .
6. Three notes on different strings high up on the neck. Count to 10 .
7. Three string chord below the middle of the neck. Count to 10 .
8. One note above the middle of the neck. Count to 11 .
9. Four notes on different strings high up on the neck. Count to 5 .
10. Three notes on different strings at the beginning of the neck. Count to 6 .
11. Two notes on different strings high up on the neck. Count to 9 .
12. Two notes on different strings above the middle of the neck. Count to 5 .
13. Three notes on different strings high up on the neck. Count to 8 .
14. One note below the middle of the neck. Count to 11 .
15. Four notes on same string high up on the neck. Count to 6 .
16. One natural harmonic high up on the neck. Count to 9 .
17. Three notes on different strings high up on the neck. Count to 10 .
18. Four notes on different strings below the middle of the neck. Count to 9 .
19. One note below the middle of the neck. Count to 6 .
20. One note above the middle of the neck. Count to 5 .
21. Two notes on same string above the middle of the neck. Count to 7 .
22. One note at the beginning of the neck. Count to 6 .
23. 
24. Four notes on same string at the beginning of the neck. Count to 11 .
25. Four string chord at the beginning of the neck. Count to 6 .
26. Three notes on different strings at the beginning of the neck. Count to 10 .
27. Three notes on different strings at the beginning of the neck. Count to 7 .
28. Four notes on different strings above the middle of the neck. Count to 11 .
29. One tremolo note at the beginning of the neck. Count to 7 .
30. Two notes on different strings around the middle of the neck. Count to 5.
31. Four notes on different strings above the middle of the neck. Count to 9 .
32. One note above the middle of the neck. Count to 6 .
33. 
34. Four notes on different strings below the middle of the neck. Count to 9 .
35. Two string chord high up on the neck. Count to 6 .
36. Four string chord around the middle of the neck. Count to 7 .
37. Four string chord above the middle of the neck. Count to 9 .
38. Two string chord above the middle of the neck. Count to 5 .
39. Two notes on same string high up on the neck. Count to 9 .
40. Three string chord around the middle of the neck. Count to 8 .
41. One note below the middle of the neck. Count to 10 .
42. Three notes on different strings around the middle of the neck. Count to 6 .
43. Four string chord high up on the neck. Count to 11.
44. Two notes on same string high up on the neck. Count to 7 .
45. Three string chord high up on the neck. Count to 9 .
46. One natural harmonic high up on the neck. Count to 8 .
47. One note below the middle of the neck. Count to 10 .
48. One tremolo note around the middle of the neck. Count to 7 .
49. Two string chord below the middle of the neck. Count to 10 .
50. Two string chord at the beginning of the neck. Count to 10 .
51. Four string tremolo chord around the middle of the neck. Count to 11 .
52. Four string chord below the middle of the neck. Count to 11 .
53. Four string chord above the middle of the neck. Count to 8 .
54. One natural harmonic high up on the neck. Count to 11 .
55. Two string chord at the beginning of the neck. Count to 10 .
56. One note at the beginning of the neck. Count to 10 .
57. Three notes on same string high up on the neck. Count to 6 .
58. 
59. One note below the middle of the neck. Count to 5 .
60. Two notes on different strings below the middle of the neck. Count to 5 .
61. Four string chord at the beginning of the neck. Count to 11 .
62. Two notes on different strings at the beginning of the neck. Count to 8 .
63. Three string chord around the middle of the neck. Count to 11 .

6 . One note below the middle of the neck. Count to 5 .
7. Three notes on different strings above the middle of the neck. Count to 10 .
8. Three string chord below the middle of the neck. Count to 8 .
9. Four string chord below the middle of the neck. Count to 10 .
10. One note high up on the neck. Count to 5 .
55.

1. Four notes on different strings around the middle of the neck. Count to 9 .
2. Two notes on same string above the middle of the neck. Count to 11 .
3. Three string chord around the middle of the neck. Count to 10 .
4. Two string chord around the middle of the neck. Count to 5 .
5. Two notes on different strings at the beginning of the neck. Count to 8 .
6. One note at the beginning of the neck. Count to 8 .
7. Four notes on same string at the beginning of the neck. Count to 7 .
8. Two string chord below the middle of the neck. Count to 9 .
9. One natural harmonic high up on the neck. Count to 5 .
10. One note at the beginning of the neck. Count to 10 .
11. Three notes on same string around the middle of the neck. Count to 10 .
12. One natural harmonic around the middle of the neck. Count to 5 .
13. One note around the middle of the neck. Count to 10 .
14. Four notes on different strings above the middle of the neck. Count to 8 .
15. Three notes on different strings below the middle of the neck. Count to 6 .
16. Four notes on different strings high up on the neck. Count to 8 .
17. Four notes on same string high up on the neck. Count to 6 .
18. Four notes on same string at the beginning of the neck. Count to 10 .
19. One note below the middle of the neck. Count to 9 .
20. Three string chord high up on the neck. Count to 10.
21. Four string chord around the middle of the neck. Count to 7 .
22. Three string chord around the middle of the neck. Count to 5 .
23. 
24. Two string chord below the middle of the neck. Count to 9 .
25. Three notes on same string high up on the neck. Count to 7 .
26. Three string chord below the middle of the neck. Count to 6 .
27. Four string tremolo chord above the middle of the neck. Count to 6 .
28. Two notes on different strings high up on the neck. Count to 6 .
29. Two string chord above the middle of the neck. Count to 6 .
30. Three string chord high up on the neck. Count to 5 .
31. Two string chord high up on the neck. Count to 10 .
32. One note high up on the neck. Count to 9 .
33. Four string chord below the middle of the neck. Count to 10 .
34. Three string chord around the middle of the neck. Count to 9 .
35. Four string chord high up on the neck. Count to 8 .
36. One natural harmonic high up on the neck. Count to 9 .
37. 
38. Two notes on different strings above the middle of the neck. Count to 5 .
39. Two string chord around the middle of the neck. Count to 5 .
40. Two string chord around the middle of the neck. Count to 9 .
41. Four notes on different strings above the middle of the neck. Count to 9 .
42. Two string chord above the middle of the neck. Count to 5 .
43. Four string chord above the middle of the neck. Count to 9 .
44. Four string chord at the beginning of the neck. Count to 9 .
45. One note below the middle of the neck. Count to 8 .
46. One natural harmonic above the middle of the neck. Count to 5 .
47. Two notes on different strings around the middle of the neck. Count to 5 .
48. Three notes on same string at the beginning of the neck. Count to 10 .
49. Two notes on different strings at the beginning of the neck. Count to 5 .
50. Two notes on different strings below the middle of the neck. Count to 5 .
51. Three notes on different strings high up on the neck. Count to 10 .
52. Two string chord high up on the neck. Count to 7 .
53. Four string chord around the middle of the neck. Count to 7.
54. One natural harmonic high up on the neck. Count to 5 .
55. One note at the beginning of the neck. Count to 7 .
56. Four string chord high up on the neck. Count to 10.
57. Two notes on different strings at the beginning of the neck. Count to 5 .
58. One natural harmonic above the middle of the neck. Count to 9 .
59. 
60. One natural harmonic above the middle of the neck. Count to 10 .
61. One natural harmonic around the middle of the neck. Count to 7 .
62. Two notes on different strings at the beginning of the neck. Count to 11 .
63. One tremolo note around the middle of the neck. Count to 7 .
64. Two string chord high up on the neck. Count to 5 .
65. Two notes on different strings above the middle of the neck. Count to 7 .
66. One note around the middle of the neck. Count to 5 .
67. Two string chord around the middle of the neck. Count to 11 .
68. Three string chord above the middle of the neck. Count to 11 .
69. One natural harmonic above the middle of the neck. Count to 8 .
70. Three notes on same string high up on the neck. Count to 11 .
71. Two string chord around the middle of the neck. Count to 10 .
72. Two string chord below the middle of the neck. Count to 5 .
73. Three string chord at the beginning of the neck. Count to 8 .
74. Four string chord below the middle of the neck. Count to 5 .
75. Four notes on different strings at the beginning of the neck. Count to 9 .
76. Three string tremolo chord high up on the neck. Count to 11 .
77. Three notes on same string around the middle of the neck. Count to 7 .
78. Four string chord at the beginning of the neck. Count to 10 .
79. Three notes on same string below the middle of the neck. Count to 7 .
80. One note around the middle of the neck. Count to 10 .
81. Three notes on same string high up on the neck. Count to 5 .

9 . One note below the middle of the neck. Count to 7 .
10. One natural harmonic high up on the neck. Count to 6 .
11. Four string chord around the middle of the neck. Count to 6 .
12. Two notes on different strings above the middle of the neck. Count to 5 .
13. Four notes on different strings around the middle of the neck. Count to 5 .
62.

1. Two string chord high up on the neck. Count to 9 .
2. Four notes on same string above the middle of the neck. Count to 8 .
3. One note at the beginning of the neck. Count to 6 .
4. Four string chord around the middle of the neck. Count to 8 .
5. Three string chord high up on the neck. Count to 8 .
6. Four string chord above the middle of the neck. Count to 8 .
7. Three notes on same string high up on the neck. Count to 11 .
8. Three string chord at the beginning of the neck. Count to 6 .
9. 
10. Four string chord around the middle of the neck. Count to 10 .
11. Three string chord around the middle of the neck. Count to 10 .
12. One note at the beginning of the neck. Count to 5 .
13. Four string chord above the middle of the neck. Count to 7 .
14. Three string chord around the middle of the neck. Count to 11 .
15. Three notes on different strings below the middle of the neck. Count to 9 .
16. Four notes on different strings above the middle of the neck. Count to 7 .
17. Three string chord above the middle of the neck. Count to 11.
18. One note at the beginning of the neck. Count to 9 .
19. Two notes on different strings high up on the neck. Count to 6 .
20. Four string chord above the middle of the neck. Count to 11.
21. Two notes on different strings around the middle of the neck. Count to 9 .
22. Four string chord above the middle of the neck. Count to 10 .
23. Four string chord high up on the neck. Count to 8 .
24. One note at the beginning of the neck. Count to 8 .
25. Two string chord around the middle of the neck. Count to 5 .
26. Three notes on different strings at the beginning of the neck. Count to 10 .
27. 
28. Four string chord above the middle of the neck. Count to 5 .
29. One natural harmonic high up on the neck. Count to 11 .
30. Three string chord around the middle of the neck. Count to 11 .
31. One note above the middle of the neck. Count to 9 .
32. Four string chord around the middle of the neck. Count to 5 .

6 . Four notes on same string above the middle of the neck. Count to 5 .
7. Three notes on different strings high up on the neck. Count to 9 .
8. Two string chord above the middle of the neck. Count to 11.
9. Four string chord around the middle of the neck. Count to 7.
10. Four notes on same string at the beginning of the neck. Count to 11 .
11. Four notes on different strings above the middle of the neck. Count to 6 .
12. Three string chord high up on the neck. Count to 5 .
66.

1. Two string chord around the middle of the neck. Count to 11 .
2. One natural harmonic high up on the neck. Count to 8 .
3. Two notes on different strings high up on the neck. Count to 11 .
4. Four string chord below the middle of the neck. Count to 10 .
5. Two string chord above the middle of the neck. Count to 6 .
6. One natural harmonic around the middle of the neck. Count to 8 .
7. One natural harmonic above the middle of the neck. Count to 7 .
8. Four string chord high up on the neck. Count to 6 .
9. Two notes on same string at the beginning of the neck. Count to 11 .
10. One note below the middle of the neck. Count to 5 .
11. Two notes on different strings high up on the neck. Count to 11 .
12. Two string chord around the middle of the neck. Count to 10 .
13. Four string chord around the middle of the neck. Count to 8 .
14. 
15. Three string chord at the beginning of the neck. Count to 9 .
16. Four string chord around the middle of the neck. Count to 10 .
17. Three notes on same string around the middle of the neck. Count to 11 .
18. One note high up on the neck. Count to 9 .
19. Two notes on different strings around the middle of the neck. Count to 6 .
20. Four string chord at the beginning of the neck. Count to 5 .
21. Two notes on different strings below the middle of the neck. Count to 5 .
22. Two string chord at the beginning of the neck. Count to 6 .
23. Four notes on different strings at the beginning of the neck. Count to 7 .
24. Four string chord below the middle of the neck. Count to 8 .
25. 
26. Two string chord at the beginning of the neck. Count to 7 .
27. Two notes on same string above the middle of the neck. Count to 9 .
28. Four notes on different strings below the middle of the neck. Count to 10 .
29. One note at the beginning of the neck. Count to 11 .
30. Three notes on same string high up on the neck. Count to 6 .
31. Four notes on different strings high up on the neck. Count to 6 .
32. One note around the middle of the neck. Count to 6 .

8 . Four string chord at the beginning of the neck. Count to 8 .
9. Two notes on same string above the middle of the neck. Count to 8 .
10. Three string chord above the middle of the neck. Count to 7 .
11. One note below the middle of the neck. Count to 6 .
69.

1. One note around the middle of the neck. Count to 9 .
2. One natural harmonic above the middle of the neck. Count to 8 .
3. Four notes on different strings below the middle of the neck. Count to 7 .
4. Two string chord high up on the neck. Count to 10 .
5. One note below the middle of the neck. Count to 7 .
6. One note above the middle of the neck. Count to 8 .
7. Three notes on same string at the beginning of the neck. Count to 6 .
8. Three notes on same string above the middle of the neck. Count to 9 .
9. 
10. One note at the beginning of the neck. Count to 11 .
11. One note around the middle of the neck. Count to 9 .
12. Two string chord around the middle of the neck. Count to 8 .
13. Two notes on different strings high up on the neck. Count to 8 .
14. Four string chord above the middle of the neck. Count to 5 .
15. Two string chord high up on the neck. Count to 9 .
16. Three notes on same string at the beginning of the neck. Count to 5 .
17. Two notes on same string high up on the neck. Count to 9 .
18. Three notes on different strings around the middle of the neck. Count to 9 .
19. 
20. Four notes on different strings below the middle of the neck. Count to 8 .
21. One note at the beginning of the neck. Count to 5 .
22. Four string chord above the middle of the neck. Count to 9 .
23. Three notes on different strings high up on the neck. Count to 8 .
24. Four notes on same string above the middle of the neck. Count to 7 .
25. Two string chord below the middle of the neck. Count to 5 .
26. Three string chord at the beginning of the neck. Count to 9 .

8 . One note below the middle of the neck. Count to 5 .
9. Two notes on different strings high up on the neck. Count to 6 .
72.

1. Four notes on different strings below the middle of the neck. Count to 7 .
2. Two notes on different strings at the beginning of the neck. Count to 8 .
3. Two notes on different strings around the middle of the neck. Count to 10 .
4. Three string chord high up on the neck. Count to 5 .
5. Three notes on different strings around the middle of the neck. Count to 7.
6. One note high up on the neck. Count to 10 .
7. Two notes on different strings below the middle of the neck. Count to 8 .
8. One natural harmonic high up on the neck. Count to 9 .
9. Four notes on different strings high up on the neck. Count to 8 .
10. Three notes on different strings below the middle of the neck. Count to 11 .
11. Four notes on same string high up on the neck. Count to 11.
12. 
13. Three string chord above the middle of the neck. Count to 11 .
14. One note at the beginning of the neck. Count to 9 .
15. Two notes on different strings at the beginning of the neck. Count to 7 .
16. Two notes on same string around the middle of the neck. Count to 11 .

5 . One note below the middle of the neck. Count to 9 .
6. Four string chord high up on the neck. Count to 10 .
7. Three notes on different strings above the middle of the neck. Count to 7 .

8 . Four notes on same string around the middle of the neck. Count to 5 .
9. One natural harmonic above the middle of the neck. Count to 10 .
10. Two string chord high up on the neck. Count to 9 .
11. One natural harmonic above the middle of the neck. Count to 7 .
12. Four string tremolo chord below the middle of the neck. Count to 5 .
13. Four notes on different strings around the middle of the neck. Count to 11.
14. One natural harmonic high up on the neck. Count to 6 .
74.

1. One note high up on the neck. Count to 8 .
2. Four string chord below the middle of the neck. Count to 9 .
3. Four string chord at the beginning of the neck. Count to 9 .
4. Three notes on different strings around the middle of the neck. Count to 8 .

5 . One note below the middle of the neck. Count to 9 .
6. One note above the middle of the neck. Count to 8 .
7. Three string chord below the middle of the neck. Count to 7 .
8. One natural harmonic above the middle of the neck. Count to 10 .
9. Four notes on different strings above the middle of the neck. Count to 5 .
10. Three notes on different strings around the middle of the neck. Count to 11.
11. One note around the middle of the neck. Count to 7 .
12. One natural harmonic around the middle of the neck. Count to 9 .
13. One natural harmonic above the middle of the neck. Count to 6 .
75.

1. Three notes on different strings below the middle of the neck. Count to 5 .
2. Three notes on different strings below the middle of the neck. Count to 11 .
3. One note around the middle of the neck. Count to 8 .
4. One natural harmonic above the middle of the neck. Count to 6 .
5. Three notes on different strings below the middle of the neck. Count to 11 .

6 . Two notes on different strings around the middle of the neck. Count to 6 .
7. Two notes on different strings below the middle of the neck. Count to 11 .
8. Two notes on same string around the middle of the neck. Count to 10 .
76.

1. Four string chord high up on the neck. Count to 5.
2. Four notes on different strings around the middle of the neck. Count to 5 .
3. Four notes on different strings above the middle of the neck. Count to 5 .
4. One natural harmonic high up on the neck. Count to 10 .
5. Three notes on same string around the middle of the neck. Count to 5 .
6. Two string chord at the beginning of the neck. Count to 9 .
7. Four notes on different strings below the middle of the neck. Count to 11.
8. Three notes on different strings high up on the neck. Count to 11 .
9. 
10. Four notes on different strings at the beginning of the neck. Count to 11.
11. Four notes on different strings high up on the neck. Count to 8 .
12. One note at the beginning of the neck. Count to 6 .
13. Two string chord high up on the neck. Count to 7.
14. One note high up on the neck. Count to 10 .
15. Two notes on same string around the middle of the neck. Count to 10 .
16. Two notes on different strings high up on the neck. Count to 7 .
17. Three notes on different strings above the middle of the neck. Count to 9 .
18. Three notes on different strings around the middle of the neck. Count to 5 .
19. Four notes on different strings at the beginning of the neck. Count to 8 .
20. Three string chord below the middle of the neck. Count to 10 .
21. 
22. Four string chord above the middle of the neck. Count to 10 .
23. Four notes on same string around the middle of the neck. Count to 5 .
24. Three string chord at the beginning of the neck. Count to 9 .
25. Three notes on different strings above the middle of the neck. Count to 5 .
26. Four string chord high up on the neck. Count to 9 .
27. Two notes on different strings above the middle of the neck. Count to 6 .
28. Two notes on same string above the middle of the neck. Count to 5 .
29. One natural harmonic around the middle of the neck. Count to 9 .
30. Three string chord below the middle of the neck. Count to 10 .
31. Three notes on different strings high up on the neck. Count to 7 .
32. 
33. Four notes on different strings at the beginning of the neck. Count to 11.
34. Four notes on different strings high up on the neck. Count to 8 .
35. Four notes on different strings around the middle of the neck. Count to 6 .
36. Two string chord at the beginning of the neck. Count to 10 .
37. Two string chord below the middle of the neck. Count to 11 .
38. One natural harmonic above the middle of the neck. Count to 5 .
39. Two string chord above the middle of the neck. Count to 8 .
40. One note around the middle of the neck. Count to 7 .
41. Two string chord below the middle of the neck. Count to 9 .
42. Three string chord below the middle of the neck. Count to 8 .
43. One note above the middle of the neck. Count to 6 .
44. One note at the beginning of the neck. Count to 5 .
45. One note below the middle of the neck. Count to 5 .
46. 
47. Two string chord high up on the neck. Count to 9 .
48. Three notes on different strings below the middle of the neck. Count to 9 .
49. Four string chord around the middle of the neck. Count to 11 .
50. Two string chord above the middle of the neck. Count to 10 .
51. Two string chord above the middle of the neck. Count to 6 .
52. Two string chord below the middle of the neck. Count to 8 .
53. Two string tremolo chord above the middle of the neck. Count to 10 .
54. One note at the beginning of the neck. Count to 5 .
55. One note at the beginning of the neck. Count to 8 .
56. One note at the beginning of the neck. Count to 6 .
57. Four string chord at the beginning of the neck. Count to 9 .
58. Three string chord high up on the neck. Count to 8 .
59. Three string chord at the beginning of the neck. Count to 7 .
60. Two string chord high up on the neck. Count to 10 .
61. One note at the beginning of the neck. Count to 10 .
62. Three string chord high up on the neck. Count to 6 .
63. Three notes on different strings above the middle of the neck. Count to 10.
64. Three notes on different strings at the beginning of the neck. Count to 6 .
65. One note at the beginning of the neck. Count to 7 .
66. Four string chord above the middle of the neck. Count to 10 .
67. Two notes on different strings high up on the neck. Count to 8 .
68. One note above the middle of the neck. Count to 9 .
69. One note high up on the neck. Count to 10 .
70. 
71. One note high up on the neck. Count to 8 .
72. Three notes on different strings above the middle of the neck. Count to 9 .
73. Two notes on same string below the middle of the neck. Count to 10 .
74. Three notes on different strings at the beginning of the neck. Count to 9 .
75. Three notes on different strings high up on the neck. Count to 9 .
76. Four notes on same string at the beginning of the neck. Count to 6 .
77. Three notes on different strings around the middle of the neck. Count to 9 .
78. Two string chord around the middle of the neck. Count to 11 .
79. Three notes on different strings at the beginning of the neck. Count to 6 .
80. Four string chord above the middle of the neck. Count to 5 .
81. 
82. One natural harmonic above the middle of the neck. Count to 10 .
83. Two string chord above the middle of the neck. Count to 10 .
84. Three string chord around the middle of the neck. Count to 9 .
85. Three string chord at the beginning of the neck. Count to 10 .
86. Four notes on different strings above the middle of the neck. Count to 6 .
87. Four notes on different strings high up on the neck. Count to 6 .
88. Four string chord high up on the neck. Count to 5.
89. Two string chord below the middle of the neck. Count to 5 .
90. Three string chord at the beginning of the neck. Count to 5 .
91. Two notes on different strings above the middle of the neck. Count to 5 .
92. Two string chord below the middle of the neck. Count to 9 .
93. Four notes on different strings high up on the neck. Count to 6 .
94. Two notes on different strings below the middle of the neck. Count to 6 .
95. Three notes on different strings below the middle of the neck. Count to 10 .
96. Three notes on different strings around the middle of the neck. Count to 6 .
97. Three notes on same string at the beginning of the neck. Count to 8 .
98. Two notes on different strings at the beginning of the neck. Count to 11 .
99. One note above the middle of the neck. Count to 9 .
100. One note at the beginning of the neck. Count to 11 .
101. Two notes on different strings high up on the neck. Count to 7 .
102. Three string chord below the middle of the neck. Count to 10 .
103. Three string chord above the middle of the neck. Count to 10 .
104. 
105. Four notes on different strings at the beginning of the neck. Count to 10 .
106. One natural harmonic around the middle of the neck. Count to 9 .
107. One note at the beginning of the neck. Count to 8 .
108. Two notes on same string at the beginning of the neck. Count to 10 .
109. Four string chord around the middle of the neck. Count to 10 .
110. Two string chord above the middle of the neck. Count to 7 .
111. Four string chord high up on the neck. Count to 9 .
112. Three string chord at the beginning of the neck. Count to 7 .
113. Three string chord around the middle of the neck. Count to 6 .
114. 
115. Two notes on different strings at the beginning of the neck. Count to 8 .
116. Three notes on same string around the middle of the neck. Count to 10 .
117. Four string chord around the middle of the neck. Count to 7 .
118. Three string chord at the beginning of the neck. Count to 7 .
119. Three string chord at the beginning of the neck. Count to 10 .

6 . Three notes on different strings below the middle of the neck. Count to 5 .
7. One note at the beginning of the neck. Count to 5 .

8 . One note around the middle of the neck. Count to 8 .
9. Three notes on different strings above the middle of the neck. Count to 10.
10. One note at the beginning of the neck. Count to 5 .
87.

1. Three string chord around the middle of the neck. Count to 9 .
2. Four notes on different strings above the middle of the neck. Count to 8 .
3. Four notes on different strings around the middle of the neck. Count to 7 .
4. Two string chord below the middle of the neck. Count to 10 .
5. One natural harmonic high up on the neck. Count to 6 .
6. Two notes on same string below the middle of the neck. Count to 6 .
7. Three notes on different strings around the middle of the neck. Count to 11.
8. Two string chord below the middle of the neck. Count to 9 .
9. Three notes on different strings around the middle of the neck. Count to 5 .
10. Two string chord above the middle of the neck. Count to 8 .
11. 
12. One note high up on the neck. Count to 9 .
13. Four notes on same string below the middle of the neck. Count to 11 .
14. Three string chord above the middle of the neck. Count to 6 .
15. Four notes on same string at the beginning of the neck. Count to 8 .
16. Four string chord high up on the neck. Count to 5 .
17. Three string tremolo chord high up on the neck. Count to 9 .
18. Four string chord around the middle of the neck. Count to 9 .
19. Three string chord at the beginning of the neck. Count to 11 .
20. Four string chord above the middle of the neck. Count to 10 .
21. 
22. Four notes on different strings around the middle of the neck. Count to 7 .
23. Two string chord above the middle of the neck. Count to 8 .
24. Four string chord below the middle of the neck. Count to 10 .
25. Two notes on different strings above the middle of the neck. Count to 6 .
26. Three notes on same string below the middle of the neck. Count to 11 .
27. Two notes on same string above the middle of the neck. Count to 6 .
28. Three string chord high up on the neck. Count to 8 .
29. Four notes on different strings around the middle of the neck. Count to 8 .
30. Three string chord at the beginning of the neck. Count to 7 .
31. 
32. Two string chord around the middle of the neck. Count to 6 .
33. Four notes on different strings above the middle of the neck. Count to 5 .
34. Two notes on different strings above the middle of the neck. Count to 8 .
35. One note at the beginning of the neck. Count to 8 .
36. Four string chord above the middle of the neck. Count to 11 .
37. One note below the middle of the neck. Count to 9 .
38. One note high up on the neck. Count to 6 .
39. One natural harmonic above the middle of the neck. Count to 11 .
40. Four string tremolo chord below the middle of the neck. Count to 9 .
41. 
42. One note below the middle of the neck. Count to 7 .
43. Two string chord at the beginning of the neck. Count to 8 .
44. Four notes on same string around the middle of the neck. Count to 8 .
45. Three string chord around the middle of the neck. Count to 7.
46. Two string chord below the middle of the neck. Count to 11 .
47. Three string chord around the middle of the neck. Count to 6 .
48. Four notes on different strings below the middle of the neck. Count to 9 .

8 . Three string chord high up on the neck. Count to 6 .
9. One note at the beginning of the neck. Count to 10 .
10. Four notes on different strings below the middle of the neck. Count to 8 .
11. Three string chord at the beginning of the neck. Count to 7 .
92.

1. Two string chord around the middle of the neck. Count to 11 .
2. Two notes on same string high up on the neck. Count to 9 .
3. Two string tremolo chord high up on the neck. Count to 6 .
4. Three notes on different strings above the middle of the neck. Count to 9 .
5. Three notes on same string above the middle of the neck. Count to 5 .
6. Two notes on different strings at the beginning of the neck. Count to 7 .
7. Four string chord around the middle of the neck. Count to 5 .
8. One natural harmonic high up on the neck. Count to 8 .
9. 
10. Two string chord at the beginning of the neck. Count to 11 .
11. One note above the middle of the neck. Count to 10 .
12. Four notes on different strings below the middle of the neck. Count to 9 .
13. One natural harmonic around the middle of the neck. Count to 8 .
14. One note below the middle of the neck. Count to 10 .
15. Two string chord at the beginning of the neck. Count to 6 .
16. One natural harmonic above the middle of the neck. Count to 5 .
17. One natural harmonic around the middle of the neck. Count to 8 .
18. One note high up on the neck. Count to 11 .
19. Three notes on different strings at the beginning of the neck. Count to 6 .
20. Four string chord high up on the neck. Count to 7 .
21. 
22. Three notes on same string below the middle of the neck. Count to 6 .
23. Four notes on different strings at the beginning of the neck. Count to 10 .
24. One note at the beginning of the neck. Count to 5 .
25. One note below the middle of the neck. Count to 5 .
26. Three notes on same string high up on the neck. Count to 5 .
27. Three notes on different strings at the beginning of the neck. Count to 10 .
28. Four string chord above the middle of the neck. Count to 8 .
29. Four notes on different strings below the middle of the neck. Count to 7 .
30. One note below the middle of the neck. Count to 7 .
31. Four string tremolo chord around the middle of the neck. Count to 9 .
32. Four notes on same string around the middle of the neck. Count to 5 .
33. 
34. Three notes on same string above the middle of the neck. Count to 9 .
35. Two string chord high up on the neck. Count to 5 .
36. One note around the middle of the neck. Count to 6 .
37. Two string chord above the middle of the neck. Count to 8 .
38. Three notes on different strings at the beginning of the neck. Count to 10 .
39. Three notes on different strings high up on the neck. Count to 5 .
40. Three string chord above the middle of the neck. Count to 11 .
41. Three notes on different strings around the middle of the neck. Count to 5 .
42. Two string chord around the middle of the neck. Count to 5 .
43. Three string chord below the middle of the neck. Count to 7 .
44. Four notes on different strings around the middle of the neck. Count to 11.
45. One note high up on the neck. Count to 5 .
46. One note above the middle of the neck. Count to 9 .
47. 
48. Three string chord above the middle of the neck. Count to 11 .
49. Four string tremolo chord around the middle of the neck. Count to 11 .
50. Four string chord above the middle of the neck. Count to 7 .
51. Four string chord above the middle of the neck. Count to 6 .
52. One tremolo note around the middle of the neck. Count to 10 .
53. One note below the middle of the neck. Count to 11 .
54. Two notes on different strings at the beginning of the neck. Count to 10 .
55. One natural harmonic above the middle of the neck. Count to 9 .
56. One note at the beginning of the neck. Count to 11 .
57. 
58. Four notes on same string above the middle of the neck. Count to 7 .
59. One note at the beginning of the neck. Count to 6 .
60. Three notes on same string below the middle of the neck. Count to 6 .
61. Three notes on different strings below the middle of the neck. Count to 7 .
62. Two notes on different strings below the middle of the neck. Count to 5 .
63. Four notes on same string high up on the neck. Count to 9 .
64. Three string chord below the middle of the neck. Count to 11 .
65. Two string chord at the beginning of the neck. Count to 10 .
66. Three string chord high up on the neck. Count to 5 .
67. One natural harmonic around the middle of the neck. Count to 9 .
68. Three string chord around the middle of the neck. Count to 6 .
69. One natural harmonic around the middle of the neck. Count to 5 .
70. One tremolo note at the beginning of the neck. Count to 6 .
71. 
72. Three notes on different strings above the middle of the neck. Count to 8 .
73. Three string chord above the middle of the neck. Count to 10 .
74. Three string chord around the middle of the neck. Count to 6 .
75. Two string chord above the middle of the neck. Count to 11 .
76. One note around the middle of the neck. Count to 6 .
77. Four string chord below the middle of the neck. Count to 10 .
78. Three string chord at the beginning of the neck. Count to 5 .
79. Two notes on different strings above the middle of the neck. Count to 8 .
80. Two notes on different strings high up on the neck. Count to 7 .
81. Three notes on different strings below the middle of the neck. Count to 9 .
82. One tremolo note below the middle of the neck. Count to 5 .
83. Three notes on different strings high up on the neck. Count to 5 .
84. 
85. One note above the middle of the neck. Count to 6 .
86. Three notes on same string around the middle of the neck. Count to 7 .
87. Four notes on same string around the middle of the neck. Count to 8 .
88. Three notes on different strings below the middle of the neck. Count to 11 .
89. Two notes on different strings above the middle of the neck. Count to 10 .
90. One note high up on the neck. Count to 6 .
91. Three string chord below the middle of the neck. Count to 7 .

8 . One note below the middle of the neck. Count to 8 .
9. Four string chord above the middle of the neck. Count to 9 .
10. Three notes on same string at the beginning of the neck. Count to 9 .
11. Three notes on different strings high up on the neck. Count to 8 .
12. Four notes on different strings around the middle of the neck. Count to 10.
13. One note above the middle of the neck. Count to 9 .
14. Three string chord around the middle of the neck. Count to 6 .
100.

1. Three string chord around the middle of the neck. Count to 7 .
2. Two string chord around the middle of the neck. Count to 9 .
3. Four notes on different strings high up on the neck. Count to 10 .
4. Four notes on same string above the middle of the neck. Count to 8 .
5. Three string chord below the middle of the neck. Count to 9 .
6. Four notes on different strings above the middle of the neck. Count to 9 .
7. Four string chord at the beginning of the neck. Count to 7 .
