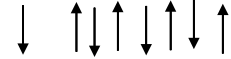


Major scale with a raised 4th

Lydian DUDU

Important: Maintain Down-Up-Down-Up picking "flow" throughout...

smooth, relaxed wrist!



A 1st FFcP **Play 3 Xs**

3 Bb 2nd FFcP **Play 3 Xs** keep the string vibrating...

5 C 3rd FFcP **Play 3 Xs**

7 Db 4th FFcP **Play 3 Xs**

9 E 1st FFcP **Play 3 Xs**

11 F 2nd FFcP **Play 3 Xs**

Lydian DUDU

13 G 3rd FFcP Play 3 Xs

15 Ab 4th FFcP Play 3 Xs

17 Bb 1st FFcP Play 3 Xs

Play each two to four times before moving on to the next key. Work on an even, smooth tone, especially between string crossings.

- 1.) Keep the left hand fingers close to the fingerboard so as to connect each note. (This is a terrific stretching exercise!)
- 2.) Maintain a DUDU (Down-Up-Down-Up) stroke, relaxing the right hand wrist. (Clear, full wrist stroke yielding volume with no tension.)
- 3.) Remember where your scale degrees are; think 1, 2, 3, 2, 1, 2, 3, 2, etc. and "raised 4" in each position (Think of the pattern as a major scale with a raised 4th scale degree.)
- 4.) Practice it two ways: *straight* sixteenths, and *swing* sixteenths.
- 5.) Feel free to add the keys in between to the printed keys.
- 6.) Experiment with moving the FFcP up the fretboard.

This is an excellent warm-up for RH wrist and LH fingers. Focus on creating maximum, full tone with crisp, bell-like snap of the pick, a full stroke of the wrist, and a sustained duration connecting every note.