

Super FFcP Warmup

Get around the entire lower

8 frets of the mandolin with this systematic warmup!

1st Ab, Eb

FFcP

Play through as written, start exercise on 1st fret one day, 2nd fret the next and alternate daily.

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HOME

5 THIRDS

9

13 HOME

17 I MA7 V17 I17 V7

21 I MA7 V17 I17 V7

Don't attempt this exercise until you are already comfortable with all four FFcP patterns. It will be too overwhelming until then; go back and review!

This is not a speed drill. Aim for smooth, consistent finger pressure, connecting notes even when crossing strings.

25 HOME

Think "whole" section rather than units. Learning "sentences" rather than "words" by incorporating these patterns into your improvisation will allow your fingers to create music, in addition to your brain.

2nd ^{Bb, F} FFcP

50 HOME

54 THIRDS

58

62 HOME

66 I MA7 v17 i17 v7

70 I MA7 v17 i17 v7

Patience! The reward from your daily investment of time will take several months... It will pay you back in strength, dexterity, and fretboard intimacy! Super FFCP Warmup

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74 HOME

3-5-7 1-3-5-7 1-3-1 7-5-3-1 7-5 3-5-7 1-3-5-7 1-3-1 7-5-3-1 7-5

78 FOURTHS

3-1 3-5 7-5-1-7 3-1 5-7 5-3 3 5-7 3-5 1-3 7-1 5-7 3-5 1-3 1-3

82

3-1 5-3 7-5-1-7 3-1 3-5 7-5-3 3 5-7 5-3 1-3 7-1 5-7 3-5 1-3 1-3

86 HOME

3-5-7 1-3-5-7 1-3-1 7-5-3-1 7-5 3-5-7 1-3-5-7 1-3-1 7-5-3-1 7-5

90 CONTRARY MOTION 'APPROACH' TONES

1-7-5-3 3-5-7 1-7-5-3 1-7 7-5-3 3-1 1-7 7-5-3 3-1

94 CONTRARY MOTION 'APPROACH' TONES

1-7-5-3 3-5-7 1-7-5-3 1-7 7-5-3 3-1 1-7 7-5-3 3-1 3

Make this brief, but *DAILY*...
For the rest of your life.

3rd C, G

FFcP

99 HOME

4

103 THIRDS

4

107

4

111 HOME

4

115 I MA7 V17 I17 V7

4

119 I MA7 V17 I17 V7

4

Don't be afraid to tackle some of the connecting string crossings as virtual double-stops.

Super FFcP Warmup

123 HOME

5-7 2-3-5-7 2-3 5-3-2 7-5-3-2 7 5-7 2-3-5-7 2-3 5-3-2 7-5-3-2 7

127 FOURTHS

5 3 7 5 2 7 3 2 5 7 5 2 7 5 5 7 2 5 3 2 7 2 5 7 5 3 7 2 5 7 3 5 5

131

5 3 7 5 2 7 3 2 5 7 5 2 7 5 5 7 2 5 7 5 3 7 2 5 7 3 5 5

135 HOME

5-7 2-3-5-7 2-3 5-3-2 7-5-3-2 7 5-7 2-3-5-7 2-3 5-3-2 7-5-3-2 7

139 CONTRARY MOTION 'APPROACH' TONES

5-7 2-3 3-2 7-5 5-7 2-3 3-2 7-5 3-2 2-3 7-5 5-3 3-2 2-3 7-5 5-3

143 CONTRARY MOTION 'APPROACH' TONES

5-7 2-3 3-2 7-5 5-7 2-3 3-2 7-5 3-2 2-3 7-5 5-3 3-2 2-3 7-5 5-3 5

The **Super FFcP** alternates the **FFcP** base from **G** to **D** string, covers all four **FFcP** in as brief a time as possible, and systematically moves the base position consecutively from **1st** through **4th FFcP**.

4th _{D,A} FFcP

148 **HOME**

152 **THIRDS**

156

160 **HOME**

164 **I MA7** **v17** **117** **v7**

168 **I MA7** **v17** **117** **v7**

Today, you started in on Ab. Tomorrow, move everything up a fret and start on A. Then alternate!

Super FFCP Warmup

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172 HOME

HOME

176 FOURTHS

SHIFT

180

7

184 HOME

HOME

188 CONTRARY MOTION 'APPROACH' TONES

CONTRARY MOTION 'APPROACH' TONES

192 CONTRARY MOTION 'APPROACH' TONES

CONTRARY MOTION 'APPROACH' TONES