

Super FFcP Warmup

Get around the entire lower
8 frets of the mandola with this systematic warmup!

1st Db, Ab
FFcP

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

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Mandola

Mandola

HOME

1-3-5-6 1-3-5-6 6-5-3-1 6-5-3 1-3-5-6 1-3-5-6 1-6-5-3-1 6-5-3

5

TAB

THIRD

1-5-3-6-5 1-3 1-5-3-6-5 1-6-3 6-3-5-1-3 1-5 6-3-5-1-3-5-1

9

TAB

1-5-3-6-5 1-3 1-5-3-6-5 1-6-3 6-3-5-1-3 1-5 6-3-5-1-3-5-1

13

TAB

1-3-5-6 1-3-5-6 1-6-5-3-1 6-5-3 1-3-5-6 1-6-5-3-1 6-5-3

17

TAB

I MA7 VI7 II7 V7

1-5-6-5-1 1-3-6-3-1 3-6 6-3 3-6 1-5 5-1

I MA7 VI7 II7 V7

21

TAB

1-5-6-5-1 1-3-6-3-1 3-6 6-3 3-6 1-5 5-1

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.

HOME

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25

Musical notation for exercise 25, including a staff with notes and a TAB with fingerings. The TAB shows fingerings: 1-3-5-6, 1-3-5-6, 1-6-5-3-1, 6-5-3, 1-3-5-6, 1-3-5-6, 1-6-5-3-1, 6-5-3.

TAB

FOURTHS

29

Musical notation for exercise 29, including a staff with notes and a TAB with fingerings. The TAB shows fingerings: 1-6-3, 1-3-5-6, 1-6-3, 1-3-5-6, 1-3-5-6, 1-3-5-6, 1-6-3, 1-3-5-6, 1-6-3, 1-3-5-6, 1-6-3, 1-3-5-6, 1-6-3, 1-3-5-6, 1-6-3, 1-3-5-6.

TAB

33

Musical notation for exercise 33, including a staff with notes and a TAB with fingerings. The TAB shows fingerings: 1-6-3, 1-3-5-6, 1-6-3, 1-3-5-6, 1-3-5-6, 1-3-5-6, 1-6-3, 1-3-5-6, 1-6-3, 1-3-5-6, 1-6-3, 1-3-5-6, 1-6-3, 1-3-5-6, 1-6-3, 1-3-5-6.

TAB

37

Musical notation for exercise 37, including a staff with notes and a TAB with fingerings. The TAB shows fingerings: 1-3-5-6, 1-3-5-6, 1-6-5-3-1, 6-5-3, 1-3-5-6, 1-3-5-6, 1-6-5-3-1, 6-5-3, 1-3-5-6, 1-3-5-6, 1-6-5-3-1, 6-5-3.

TAB

41

CONTRARY MOTION

'APPROACH' TONES

Musical notation for exercise 41, including a staff with notes and a TAB with fingerings. The TAB shows fingerings: 1-3-5-6, 6-5-3-1, 1-3-5-6, 6-5-3-1, 6-5-3-1, 1-6, 6-5, 5-6-3-1, 6, 6-5, 5-6-3-1, 6.

TAB

45

CONTRARY MOTION

'APPROACH' TONES

Musical notation for exercise 45, including a staff with notes and a TAB with fingerings. The TAB shows fingerings: 1-3-5-6, 6-5-3-1, 1-3-5-6, 6-5-3-1, 6-5, 5-6-3-1, 1-6, 6-5, 5-6-3-1, 1-6, 1.

TAB

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 Eb, Bb
FFcP

50

HOME

TAB

54

THIRDS

TAB

58

TAB

62

HOME

TAB

66

I MA7

v17

117

v7

TAB

70

I MA7

v17

117

v7

TAB

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

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74

HOME

Musical notation for measure 74, titled "HOME". It consists of a staff with a treble clef, a key signature of one flat (Bb), and a 4/4 time signature. The melody is written in eighth notes. Below the staff is a guitar tablature with two lines of strings, showing fret numbers and a 3-finger pattern (1-3-5-7).

TAB

78

FOURTHS

Musical notation for measure 78, titled "FOURTHS". It consists of a staff with a treble clef, a key signature of one flat (Bb), and a 4/4 time signature. The melody is written in eighth notes. Below the staff is a guitar tablature with two lines of strings, showing fret numbers and a 3-finger pattern (1-3-5-7).

TAB

82

Musical notation for measure 82. It consists of a staff with a treble clef, a key signature of one flat (Bb), and a 4/4 time signature. The melody is written in eighth notes. Below the staff is a guitar tablature with two lines of strings, showing fret numbers and a 3-finger pattern (1-3-5-7).

TAB

86

HOME

Musical notation for measure 86, titled "HOME". It consists of a staff with a treble clef, a key signature of one flat (Bb), and a 4/4 time signature. The melody is written in eighth notes. Below the staff is a guitar tablature with two lines of strings, showing fret numbers and a 3-finger pattern (1-3-5-7).

TAB

90

CONTRARY MOTION

'APPROACH' TONES

Musical notation for measure 90, titled "CONTRARY MOTION" and "'APPROACH' TONES". It consists of a staff with a treble clef, a key signature of one flat (Bb), and a 4/4 time signature. The melody is written in eighth notes. Below the staff is a guitar tablature with two lines of strings, showing fret numbers and a 3-finger pattern (1-3-5-7).

TAB

94

CONTRARY MOTION

'APPROACH' TONES

Musical notation for measure 94, titled "CONTRARY MOTION" and "'APPROACH' TONES". It consists of a staff with a treble clef, a key signature of one flat (Bb), and a 4/4 time signature. The melody is written in eighth notes. Below the staff is a guitar tablature with two lines of strings, showing fret numbers and a 3-finger pattern (1-3-5-7).

TAB

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

3rd F, C

FFCP

99

HOME

TAB

103

THIRDS

TAB

107

TAB

111

TAB

115

1 MA47

v17

117

v7

TAB

1 MA47

v17

117

v7

119

TAB

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

Super FFcP Warmup

123

HOME

TAB

127

FOURTHS

TAB

131

TAB

135

TAB

139

CONTRARY MOTION

'APPROACH' TONES

TAB

143

CONTRARY MOTION

'APPROACH' TONES

TAB

The **Super FFcP** alternates the **FFcP** base from **C** to **G** 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 **G, D**

FFcP

148 **HOME**

TAB

152 **THIRD**

TAB

156

TAB

160

TAB

164 **I MA7** **VI7** **II7** **V7**

TAB

168

TAB

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

Super FFcP Warmup

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172 HOME

TAB

FOURTHS

176

TAB

180

TAB

184

TAB

CONTRARY MOTION

'APPROACH' TONES

188

TAB

CONTRARY MOTION

'APPROACH' TONES

192

TAB