

Practice Routine No. 1

*Be sure to tune
before each practice

1. Right hand rest stroke exercises.

2. Left hand (scale) exercises, always *i* and *m* rest strokes.

Patterns starting with 4:

4-3-2-1	4-2-1-3	4-1-3-2
4-3-1-2	4-2-3-1	4-1-2-3

3. Right hand arpeggio exercises, free strokes (except *p* on fifth and sixth strings).

4. Rasgueado (strumming) exercises to the *Farrucas* chord progression. Strum with *i*

down - up

down - up

down - up

down - up

down - s - a - m - down - down

5. Practice note names on staff below and on *note naming sheet*.