

CONTENTS

PART ONE: MAJOR SCALE EXERCISES	1
Practicing The Scales	3
Patterns In F Major (ascending)	4
Patterns In F Major (descending)	6
Patterns In F Major (ascending & descending)	7
Patterns In F Major (ascending & descending - alternating)	10
 Coils	 12
Three Note Coils Ascending Picking Pattern	13
Three Note Coils In F Major (ascending)	13
Three Note Coils Descending Picking Pattern	16
Three Note Coils In F Major (descending)	16
Three Note Coils In F Major (ascending & descending)	19
Three Note Coils In F Major (ascending & descending - alternating)	24
Four Note Coils Ascending Picking Pattern	28
Four Note Coils In F Major (ascending)	29
Four Note Coils Descending Picking Pattern	31
Four Note Coils In F Major (descending)	32
Four Note Coils In F Major (ascending & descending)	34
Four Note Coils In F Major (ascending & descending - alternating)	39
 Single String Exercises	 43
Two String Exercises	46
 Scale Tone Thirds In F Major (ascending)	 49
Scale Tone Thirds In F Major (descending)	51
Scale Tone Thirds In F Major (ascending & descending)	53
Scale Tone Thirds In F Major (ascending & descending - alternating)	58

KEYS:

F#	63	Cb	70
Gb	64	C	71
G	65	C#	72
Ab	66	Db	73
A	67	D	74
Bb	68	Eb	75
B	69	E	76

CONTENTS CONTINUED

PART TWO: MINOR PENTATONIC EXERCISES 77

Practicing The Pentatonics	79
F Minor Pentatonic (ascending)	80
F Minor Pentatonic (descending)	82
F Minor Pentatonic (ascending & descending)	83
F Minor Pentatonic (ascending & descending - alternating)	84

Three Note Coils Ascending Picking Patterns For Pentatonic	86
Three Note Coils In F Minor Pentatonic (ascending)	86
Three Note Coils Descending Picking Patterns For Pentatonic	88
Three Note Coils In F Minor Pentatonic (descending)	88
Three Note Coils In F Minor Pentatonic (ascending & descending)	90
Three Note Coils In F Minor Pentatonic (ascending & descending - alternating)	93
Four Note Coils Ascending Picking Patterns	96
Four Note Coils In F Minor Pentatonic (ascending)	96
Four Note Coils Descending Picking Patterns	98
Four Note Coils In F Minor Pentatonic (descending)	98
Four Note Coils In F Minor Pentatonic (ascending & descending)	100
Four Note Coils In F Minor Pentatonic (ascending & descending - alternating)	103

Two String Pentatonic Exercises	106
Three Note	106
Four Note	108

KEYS:

F#	111
G	112
A $\flat$	113
A	114
B $\flat$	115
B	116

C	117
C#	118
D	119
E $\flat$	120
E	121