

the first 100 guitar exercises for beginners pdf

the first 100 guitar exercises for beginners pdf is an invaluable resource for those embarking on their guitar-playing journey. This comprehensive collection of exercises is designed to build foundational skills, improve finger strength, and develop essential techniques for novice guitarists. Beginners can benefit greatly from structured practice routines that cover various aspects such as finger independence, chord transitions, scales, and strumming patterns. The exercises are often presented in an easy-to-follow PDF format, making it accessible for learners to practice anytime and anywhere. This article explores the importance of these exercises, how to use the PDF effectively, and key categories of guitar exercises that are typically included. By understanding and utilizing these exercises, beginners can accelerate their progress and establish a solid playing foundation.

- Understanding the Importance of Guitar Exercises for Beginners
- Overview of the First 100 Guitar Exercises PDF
- Key Categories of Guitar Exercises Included
- How to Use the First 100 Guitar Exercises PDF Effectively
- Tips for Maximizing Practice Efficiency

Understanding the Importance of Guitar Exercises for Beginners

Guitar exercises play a critical role in the early stages of learning the instrument. They help beginners develop muscle memory, finger dexterity, and hand coordination, which are essential for playing smoothly and accurately. Without consistent practice of fundamental exercises, new guitarists may struggle with chord changes, timing, and finger placement. The first 100 guitar exercises for beginners pdf serves as a structured guide to systematically build these skills. These exercises are curated to gradually increase in difficulty, allowing players to progress without feeling overwhelmed. Furthermore, practicing exercises regularly reduces the risk of bad habits that can hinder long-term performance and enjoyment.

Benefits of Structured Practice Routines

Structured practice routines, such as those found in the first 100 guitar exercises for beginners pdf, help learners stay focused and motivated. By following a clear sequence, beginners can track their progress and identify areas that need improvement. Consistency

in practicing these exercises also promotes patience and discipline, two qualities necessary for mastering the guitar.

Common Challenges Addressed by Exercises

Many beginners face challenges such as finger stiffness, slow chord transitions, and difficulty maintaining rhythm. The exercises in the PDF address these issues by incorporating:

- Finger stretching and strengthening drills
- Chord switching exercises
- Strumming and picking patterns
- Basic scale runs to improve finger agility

Overview of the First 100 Guitar Exercises PDF

The first 100 guitar exercises for beginners pdf is a carefully compiled document that includes a wide range of exercises aimed at novices. This format allows learners to access exercises offline, print them if desired, and follow along at their own pace. Typically, the PDF groups exercises into thematic sections, making it easier to focus on specific skills during practice sessions.

Structure and Layout

The PDF usually begins with warm-up exercises and progresses to more complex drills. Exercises are accompanied by clear notation, tablature, or diagrams, ensuring that beginners can understand how to execute each movement correctly. The clear presentation aids in reducing confusion and allows learners to concentrate on technique.

Accessibility and Convenience

Having the exercises in a PDF format means that beginners can practice without needing constant internet access or additional resources. This convenience supports regular practice habits and helps maintain momentum in skill development.

Key Categories of Guitar Exercises Included

The first 100 guitar exercises for beginners pdf encompasses several essential categories to provide a well-rounded skill set. These categories are designed to target different aspects

of guitar playing, ensuring comprehensive development.

Finger Independence and Strengthening Exercises

These exercises focus on improving finger control and strength. They often involve sequential finger placement on frets, chromatic scales, and finger tapping drills.

Chord Transition Drills

Chord exercises help learners practice smooth transitions between common beginner chords such as G, C, D, and Em. These drills improve timing and hand coordination.

Strumming Patterns and Rhythm Training

Developing a sense of rhythm is crucial for playing along with songs. The exercises include various strumming patterns to help beginners gain confidence in maintaining steady beats.

Basic Scales and Melody Exercises

Introduction to major and minor scales builds the foundation for lead playing and improvisation. These exercises enhance finger agility and note recognition.

Picking Techniques

Exercises focusing on alternate picking, fingerpicking, and hybrid picking develop right-hand technique and precision.

Sample List of Exercises Included:

1. Chromatic Finger Exercise
2. Basic Open Chord Transitions
3. Downstroke and Upstroke Strumming Patterns
4. Major Scale Runs in First Position
5. Alternate Picking Drill

How to Use the First 100 Guitar Exercises PDF Effectively

To maximize the benefits from the first 100 guitar exercises for beginners pdf, learners should adopt a systematic approach to practice. Consistency and focus are key elements in making progress.

Setting a Practice Schedule

Establishing a regular practice routine helps reinforce habits and build muscle memory. Beginners should allocate specific time slots daily or several times a week to work through the exercises.

Starting Slow and Gradually Increasing Speed

It is important to perform exercises slowly and accurately before attempting to play them at faster tempos. This approach ensures proper technique and reduces the risk of injury or bad habits.

Tracking Progress

Keeping a practice journal or checklist of completed exercises can motivate learners and provide a clear record of improvement over time.

Incorporating Metronome Use

Using a metronome during practice helps develop consistent timing and rhythmic accuracy, which are critical for all styles of guitar playing.

Tips for Maximizing Practice Efficiency

Effective practice is not just about the amount of time spent but also about the quality and focus during sessions. The following tips enhance practice efficiency when using the first 100 guitar exercises for beginners pdf.

Focus on Problem Areas

Identify challenging exercises or techniques and dedicate additional time to mastering them. Breaking down difficult sections into smaller parts can make progress more manageable.

Take Regular Breaks

Short breaks during practice sessions prevent fatigue and maintain concentration. This is especially important for beginners who are developing new muscle groups.

Use Proper Posture and Hand Positioning

Maintaining correct posture and hand technique helps prevent strain and promotes better sound quality. The exercises often include guidance on positioning for optimal results.

Combine Exercises with Musical Application

Applying learned techniques to simple songs or riffs can increase motivation and demonstrate practical uses for the exercises.

Frequently Asked Questions

Where can I find a free PDF of 'The First 100 Guitar Exercises for Beginners'?

You can find free PDFs of 'The First 100 Guitar Exercises for Beginners' on various websites offering educational guitar resources, such as music forums, guitar learning blogs, or official publisher sites. Always ensure the source is legal and authorized to distribute the material.

What type of exercises are included in 'The First 100 Guitar Exercises for Beginners PDF'?

The PDF typically includes exercises focusing on finger strength, dexterity, picking techniques, chord transitions, scales, and basic music theory to help beginners build a strong foundation in guitar playing.

How can 'The First 100 Guitar Exercises for Beginners PDF' help me improve my guitar skills?

These exercises are designed to gradually develop your finger independence, improve your timing and rhythm, increase your picking accuracy, and familiarize you with common chord shapes and scales, which are essential skills for any beginner guitarist.

Is 'The First 100 Guitar Exercises for Beginners PDF' suitable for absolute beginners?

Yes, the exercises are specifically crafted for beginners, starting from very basic techniques and gradually increasing in difficulty, making it accessible for those who have little to no

prior guitar experience.

Can I use 'The First 100 Guitar Exercises for Beginners PDF' alongside guitar lessons or tutorials?

Absolutely! Using the PDF alongside guitar lessons or video tutorials can enhance your learning experience by providing structured practice exercises that complement the concepts taught in lessons.

Additional Resources

1. Essential Guitar Exercises for Beginners

This book offers a comprehensive collection of beginner-friendly guitar exercises designed to build fundamental skills such as finger strength, dexterity, and timing. It includes clear instructions and practice routines that gradually increase in difficulty. Perfect for those just starting their guitar journey, it helps lay a solid foundation for future playing.

2. 100 Guitar Warm-Up Routines for New Players

Focused on warm-up techniques, this book provides a variety of exercises to prepare your fingers and mind for practice sessions. It emphasizes proper technique and injury prevention, making it ideal for beginners aiming to develop good habits early on. Each routine is concise, engaging, and easy to follow.

3. Beginner's Guide to Guitar Technique

This guide concentrates on developing essential guitar techniques such as alternate picking, fingerpicking, and chord transitions. It includes exercises that cater to beginners, ensuring steady progression without frustration. The book also offers tips on posture and hand positioning to maximize efficiency.

4. First 100 Guitar Chord Exercises for Beginners

Aimed at mastering chord changes, this book provides 100 exercises that focus on smooth and accurate chord transitions. It covers major, minor, and seventh chords, among others, helping players build confidence in rhythm and strumming patterns. Ideal for those struggling with chord fluency.

5. Fundamental Guitar Scales and Exercises

This book introduces essential guitar scales and related exercises tailored for beginners. It explains scale patterns and their applications in solos and improvisation, encouraging creative practice. The structured exercises help develop finger agility and musical understanding.

6. Guitar Finger Strength and Independence Exercises

Dedicated to strengthening fingers and improving independence, this book provides targeted exercises that challenge each finger individually. It is particularly useful for beginners who find finger placement and movement difficult. Regular practice with these exercises leads to increased control and precision.

7. Rhythm and Timing Exercises for Beginner Guitarists

Understanding rhythm is crucial, and this book focuses on exercises that enhance timing

and groove. It includes metronome-based drills and strumming patterns that help players stay in sync. Beginners will find it valuable for developing a strong rhythmic foundation.

8. *Easy Guitar Sight-Reading and Exercise Workbook*

This workbook blends sight-reading practice with technical exercises, making it a versatile resource for beginners. It introduces musical notation gradually, alongside practical drills to improve reading speed and accuracy. The exercises are designed to reinforce both theory and hands-on skills.

9. *Daily Guitar Practice Planner and Exercises*

This book combines structured practice schedules with a variety of beginner exercises to promote consistent improvement. It encourages players to set goals and track progress, fostering discipline and motivation. The included exercises cover multiple aspects such as scales, chords, and rhythm.

The First 100 Guitar Exercises For Beginners Pdf

The First 100 Guitar Exercises for Beginners PDF

Ebook Name: Unlocking the Fretboard: Your First 100 Guitar Exercises

Contents Outline:

Introduction: Why these exercises are crucial, setting expectations, and essential setup advice.

Chapter 1: Basic Chords and Finger Placement: Major and minor chords, open chords, proper finger positioning, and transitioning smoothly between chords.

Chapter 2: Scales and Intervals: Major and minor scales, understanding intervals, pentatonic scales, and applying scales to improvisation.

Chapter 3: Strumming Patterns: Basic strumming patterns, variations in rhythm, and developing a feel for time.

Chapter 4: Finger Exercises: Strengthening fingers, improving dexterity, and developing speed and accuracy.

Chapter 5: Picking Exercises: Alternate picking, economy picking, and developing picking hand coordination.

Chapter 6: Simple Songs and Riffs: Applying learned techniques to familiar songs and riffs.

Chapter 7: Reading Tablature: Understanding and using tablature to learn new songs and exercises.

Conclusion: Recap, setting goals for continued progress, and resources for further learning.

Unlocking the Fretboard: Your First 100 Guitar Exercises for Beginners

Learning guitar can feel overwhelming, but mastering the basics is achievable with consistent practice and the right guidance. This comprehensive guide, "Unlocking the Fretboard: Your First

100 Guitar Exercises," provides a structured pathway for beginners to build a solid foundation. This ebook isn't just a collection of exercises; it's a carefully crafted curriculum designed to foster progress, improve technique, and ignite a lifelong passion for music.

Introduction: Laying the Foundation for Guitar Success

(Keyword Focus: beginner guitar exercises, guitar lessons for beginners, learn guitar fast)

Before diving into the exercises, it's vital to ensure you have the right setup. This includes having a properly tuned guitar, comfortable seating posture, and a relaxed approach to learning. Frustration is a common barrier for beginners, so we encourage patience and celebrate small victories. This introduction will also address common misconceptions about learning guitar—like the myth of needing innate talent—emphasizing that consistent effort and structured practice are the keys to success. We'll also cover the importance of regular practice sessions, suggesting effective strategies for maximizing learning efficiency, such as short, focused practice sessions over longer, less productive ones. Remember, consistency is key! This section also provides a brief overview of the ebook's structure, guiding the beginner through the logical progression of skills.

Chapter 1: Mastering Basic Chords and Finger Placement

(Keyword Focus: guitar chords for beginners, easy guitar chords, open chords guitar)

This chapter focuses on the fundamental building blocks of guitar playing: basic chords. We'll start with easy-to-learn open chords like G major, C major, D major, and Em (E minor), providing clear diagrams and detailed descriptions of finger placement. Understanding proper finger positioning is crucial for avoiding pain, building speed, and achieving clean transitions between chords. The exercises in this chapter will gradually increase in complexity, progressing from simple chord changes to more challenging transitions. We'll emphasize the importance of developing muscle memory through repetition and offer techniques for diagnosing and correcting common fingering errors. We'll also introduce barre chords, a crucial skill for expanding your chord vocabulary, starting with simpler barre chords in accessible positions.

Chapter 2: Exploring Scales and Intervals: The Melody Maker

(Keyword Focus: guitar scales for beginners, easy guitar scales, pentatonic scales guitar)

This chapter introduces the world of scales and intervals, essential for melodic playing and improvisation. We'll begin with the major and minor scales, explaining the patterns and fingerings on the fretboard. The exercises will focus on developing fluidity and accuracy in playing these scales, emphasizing smooth transitions between notes and consistent rhythm. We will then delve into pentatonic scales, a cornerstone of blues and rock guitar, providing exercises that highlight their use in improvisation. Understanding intervals—the distance between notes—is crucial for

crafting melodies and understanding chord progressions. This chapter provides clear explanations and exercises to build this foundational understanding.

Chapter 3: Strumming Patterns: Rhythm and Groove

(Keyword Focus: guitar strumming patterns, easy strumming patterns, guitar rhythm)

Rhythm is the heartbeat of music, and this chapter focuses on developing your strumming technique. We'll start with simple downstrokes and upstrokes, gradually introducing more complex patterns. The exercises will emphasize developing a consistent rhythm, accuracy, and feel. We will cover various strumming styles, including basic rock strumming, folk strumming, and fingerstyle patterns, providing variations to suit different genres. The importance of a metronome will be stressed, helping develop timing precision and a solid rhythmic foundation. This chapter emphasizes the interplay between strumming and chord changes, providing exercises that combine both for a more complete musical experience.

Chapter 4: Finger Exercises: Building Strength and Dexterity

(Keyword Focus: guitar finger exercises, finger stretches guitar, improve guitar dexterity)

This chapter focuses on strengthening and improving the dexterity of your fretting hand. We'll present exercises designed to improve finger independence, speed, and accuracy. These exercises are crucial for playing faster passages and more challenging chord changes. This will include exercises focusing on individual finger stretches, finger independence drills, and exercises to improve hand coordination. The importance of proper hand posture and avoiding strain will be repeatedly emphasized to prevent injury and ensure long-term playing comfort.

Chapter 5: Picking Exercises: Precision and Control

(Keyword Focus: guitar picking exercises, alternate picking guitar, economy picking guitar)

This chapter builds upon your picking technique, introducing alternate picking (down-up-down-up) and economy picking (optimizing picking motion for efficiency). The exercises focus on developing speed, accuracy, and consistency. We'll provide drills to improve picking hand coordination and synchronization with the fretting hand. Understanding different picking styles will allow you to adapt your playing to various musical contexts.

Chapter 6: Simple Songs and Riffs: Applying Your Skills

(Keyword Focus: easy guitar songs for beginners, beginner guitar riffs, learn guitar songs)

This chapter brings together the techniques learned in previous chapters by applying them to simple songs and riffs. We'll provide tablature and chord charts for easy-to-learn songs and iconic riffs from popular genres, allowing beginners to experience the satisfaction of playing actual music. This section provides a sense of accomplishment and reinforces the practical application of the previously learned exercises.

Chapter 7: Reading Tablature: Decoding Guitar Music

(Keyword Focus: reading guitar tabs, understand guitar tablature, guitar tab tutorial)

This chapter provides a guide to reading tablature (tabs), a common way to represent guitar music. Understanding tabs allows you to learn countless songs and exercises independently. We'll provide a clear explanation of how tabs work and include exercises to practice reading and playing from tabs. This empowers the beginner to access a vast library of guitar music independently.

Conclusion: Continuing Your Guitar Journey

(Keyword Focus: guitar practice tips, improve guitar skills, next steps guitar learning)

This concluding chapter summarizes the key concepts covered in the ebook and provides advice for continued learning and improvement. We'll emphasize the importance of consistent practice, setting realistic goals, and exploring different musical styles. We'll also provide resources for finding additional learning materials, including websites, apps, and online guitar teachers. The goal is to inspire the beginner to continue their musical journey, building upon the foundation established in this ebook.

FAQs

1. What is the best age to start learning guitar? There's no age limit! Adults and children can both learn effectively.
2. How much time should I practice each day? Start with 15-30 minutes daily; consistency is more important than duration.
3. Do I need an expensive guitar to start? No, a decent beginner guitar is sufficient to begin your learning journey.
4. What if I struggle with certain exercises? Don't get discouraged! Practice slowly and methodically, breaking down complex exercises into smaller parts.
5. How can I improve my finger strength? Regular finger exercises and consistent practice will naturally strengthen your fingers.
6. Where can I find more guitar exercises after completing this ebook? Numerous online resources

and books offer additional exercises.

7. Is this ebook suitable for absolute beginners? Yes, it's designed for those with no prior guitar experience.

8. What kind of guitar is recommended for beginners? Acoustic guitars are generally easier to start with, but electric guitars are also a viable option.

9. Can I learn to play guitar without a teacher? While a teacher can be beneficial, self-teaching is entirely possible with the right resources.

Related Articles

1. Essential Guitar Accessories for Beginners: A guide to selecting the right picks, tuner, strap, and other accessories.

2. Understanding Guitar Tuning: A Beginner's Guide: Explaining different tuning methods and the importance of proper tuning.

3. Common Guitar Mistakes Beginners Make (and How to Avoid Them): Identifying and addressing frequent errors.

4. Building Good Guitar Posture and Habits: Advice on maintaining proper posture to prevent injury and improve playing.

5. The Best Websites and Apps for Learning Guitar: A curated list of valuable online resources.

6. Choosing Your First Guitar: A Beginner's Buying Guide: Tips for selecting the right instrument for your needs and budget.

7. Mastering Guitar Chords: Beyond the Basics: Exploring more advanced chord voicings and techniques.

8. Developing Your Guitar Picking Technique: Advanced Exercises: Moving beyond basic picking to more complex patterns.

9. Improvising on Guitar: A Beginner's Approach: Tips and exercises for developing improvisational skills.

the first 100 guitar exercises for beginners pdf: [Guitar Exercises For Dummies](#) Mark Phillips, Jon Chappell, 2020-07-14 A guitar-playing practice guide with hundreds of warm-up and technique-building exercises If you already play some guitar but need some practice, you're in the right place. *Guitar Exercises For Dummies* is a friendly guide that provides just enough need-to-know information about practicing scales, chords, and arpeggios in the context of specific skills and techniques to help you maximize its 400+ exercises and improve your guitar playing. (If you need instruction on topics like buying or tuning a guitar and playing basic chords, check out *Guitar For Dummies*.) This practical book starts off with warm-up exercises (on and off-instrument) and then logically transitions to scales, scale sequences, arpeggios, arpeggio sequences, and chords, with a focus on building strength and consistency as well as refining technique. Each section helps you to practice correct hand and body posture and experience variations, such as fingering options and hand positions, and then ends with a brief musical piece for you to try. You can also practice incorporating other facets of musical performance in your exercises, such as: Tempo Time signature Phrasing Dynamics The book wraps up with tips to help you maximize your practice time (like setting goals for each session), ways to improve your musicianship (such as studying other performers' body language), and an appendix that explains the accompanying website (where you can find audio tracks and additional information). Grab your guitar, grab a copy of *Guitar Exercises For Dummies*, and start perfecting your finger picking today. P.S. If you think this book seems

familiar, you're probably right. The Dummies team updated the cover and design to give the book a fresh feel, but the content is the same as the previous release of *Guitar Exercises For Dummies* (9780470387665). The book you see here shouldn't be considered a new or updated product. But if you're in the mood to learn something new, check out some of our other books. We're always writing about new topics!

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the first 100 guitar exercises for beginners pdf: *The First 100 Chords for Guitar* Joseph Alexander, 2016-11-19 The First 100 Chords for Guitar will teach you to correctly fret, strum and combine the essential chords in music to become a better musician, quickly and easily.

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the first 100 guitar exercises for beginners pdf: *The First 100 Picking Patterns for Guitar* Joseph Alexander, 2021-09-14 Master Perfect Fingerpicking on Guitar and Establish a Lifetime of Good Habits Are you struggling to master fingerpicking on guitar? Are you finding it difficult to coordinate your fingers and keep your picking smooth while you change chords? Do you want to confidently fingerpick chord sequences on guitar right away? *The First 100 Picking Patterns*

for Guitar is more than just a cold list of potential picking ideas, it's a complete method to teach you perfect fingerpicking technique from the ground up. Whatever your current ability, after working through this book you'll be playing beautiful fingerstyle guitar like a seasoned pro. - Learn to play every essential picking pattern on guitar - Master the art of picking smoothly through chord changes - no more awkward gaps! - Discover dozens of beautiful guitar chord sequences and learn to write your own. - Develop perfect right- and left-hand coordination - Instantly apply new fingerpicking patterns to any song on guitar

The First 100 Fingerpicking Patterns for Guitarists The First 100 Picking Patterns for Guitar teaches you perfect fingerpicking technique, over 100 picking patterns, dozens of beautiful chord sequences, and gives you an entire method to go from your first fumbling picks to genuinely stunning performances. In fact, it's the perfect book for accompanists and singer-songwriters on both acoustic and electric guitar.

the first 100 guitar exercises for beginners pdf: Guitar Exercises for Beginners Guitar Head, 2020-08-29 Have you been practicing for hours and hours with little progress? Here's how to get the most out of your practice sessions. Practice, practice, practice until you can play it right! The biggest lie the industry wants you to believe. A big fat lie! You shouldn't have to practice for hours or wait for years to be able to play your favorite songs. It sucks the joy out of learning the guitar and makes it boring and tedious. Yes, you need to practice. But not as much as you've been told to! With the right practice strategy - you can get 10x results out of each practice session. And it's disturbing to see so many beginner guitarists fall into the trap of practicing with no end. To solve this problem - we created **Guitar Exercises for Beginners: 10x your guitar skills in 10 minutes a day**. A book designed to provide a structured, systemized and disciplined way to practice guitar. We say you can enhance your guitar playing by practicing just 10 minutes a day. That's all it takes for most people to make incredible progress with their guitar skills. 10 minutes of the right practice every day. Automate progress in your guitar playing The book has exercises for whatever you might be practicing - finger independence, chords, scales, chord progressions etc. Pick a few exercises and practice it every day for 10 minutes - you can easily slide in these exercises into your everyday guitar routine. It's that simple! As the chapters in the book are divided according to stages of a beginner's guitar journey - the book will make sure you always have something to work on! The right way to practice With over 100 well-crafted exercises this book will ensure a balanced mix of melody, harmony and rhythm. It Starts with simple guitar tablature and finger independence exercises. Then we move up a level to things like - how to hold a pick, picking methods, and strumming patterns. Followed by exercises for techniques like hammer-ons and pull-offs. With exercises dedicated to chords and scales - the book will make sure the concepts stick! After having mastered the basics - we move onto playing melodies and chords. Where we then end in style! With 10 popular chord progressions used by guitar gods such as - Jimi Hendrix, The Beatles, Green Day, Aerosmith we'll get you ready for your journey with popular songs. Here's a glimpse of what you'll find inside A simplified way to read guitar tablature A step-by-step approach to master complete finger independence The secret method of getting rhythmic with time signatures 10 easy and popular melodies and chord progressions Learn where these exercises are applied - references from popular songs Visual references to help you nail all the methods and techniques No prior experience needed - completely beginner friendly We also provide free downloadable audio for each exercise in slow and medium tempo. Enjoy playing it and take it at your own pace, without getting frustrated or confused. Practice, practice, practice - but do it properly. What else? With this book, you'll also get a FREE PDF, access to a private community of passionate guitarists like yourself, and weekly guitar lessons. Scroll up and click the Add to Cart button to get your copy today!

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doing it or not! That's how they get to be good players. Whether you are a beginner or a player with the usual problems, here is your Foundation book, *The Principles of Correct Practice for Guitar!*- for ALL styles and ALL levels. *The Principles of Correct Practice for Guitar* is composed of three elements: **Understandings:** Concepts which you must understand in order to begin to practice effectively **Tools:** Practice Approaches to be used to solve problems in playing. These approaches are based on certain key Understandings, such as Muscle Memory and Sympathetic Tension, as well as Attention and Awareness. **Exercises:** Specific routines to be done during practice, that will build technique, (playing ability) in a step by step fashion, each step building on the previous one, and preparing for the next.

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