

#4 - Horizontal Character Builders

It's exercises such as these that earned this book its title. We're focusing on several things during this next set. First of all, because they're slurs we have to make sure we play them cleanly and with the proper snap. Try to make each one sound clearly. Relaxing or emptying out each finger when it lifts up is very important. Since you're extending your finger across the strings at practically the same moment you're lifting it, there is less time to empty it. This is why I insist that you begin slowly. Start with a metronome setting of $\text{♩} = 60$!

We also need to concentrate on extending the fingers. Try to position each finger over its next note right away. Play slowly, but move quickly.

IMPORTANT: If you feel any pain in your hand, wrist, or forearm, stop and rest! Of course, try to distinguish between pain and a little fatigue. The whole point of these exercises is to strengthen your hand, increase stamina and work certain muscles that may not have been worked before. Your hand will be a little tired after each exercise, and this is normal. Pain, however, is not normal, and the only way to get rid of it is to stop playing.

I also suggest you rest for five minutes or more between each exercise until the fatigued feeling goes away. Then you can start again. Either go on to the next one or repeat the one you've just done. If you feel that a particular stretch is impossible for you, skip it. You'll be able to do it in time.

Begin at $\text{♩} = 60$

The musical score consists of six staves, each containing two measures of music. The exercises are as follows:

- Staff 1:** Measure 1: $\text{♩} \text{ } \text{♯} \text{ } \text{♩} \text{ } \text{♯} \text{ } \text{♩} \text{ } \text{♯} \text{ } \text{♩} \text{ } \text{♯}$ (fingerings 1, 2, 3, 2, 1, 2, 3, 2). Measure 2: $\text{♩} \text{ } \text{♯} \text{ } \text{♩} \text{ } \text{♯} \text{ } \text{♩} \text{ } \text{♯} \text{ } \text{♩} \text{ } \text{♯}$ (fingerings 1, 2, 3, 2, 1, 2, 3, 2).
- Staff 2:** Measure 1: $\text{♩} \text{ } \text{♯} \text{ } \text{♩} \text{ } \text{♯} \text{ } \text{♩} \text{ } \text{♯} \text{ } \text{♩} \text{ } \text{♯}$ (fingerings 1, 2, 3, 2, 1, 2, 3, 2). Measure 2: $\text{♩} \text{ } \text{♯} \text{ } \text{♩} \text{ } \text{♯} \text{ } \text{♩} \text{ } \text{♯} \text{ } \text{♩} \text{ } \text{♯}$ (fingerings 1, 2, 3, 2, 1, 2, 3, 2).
- Staff 3:** Measure 1: $\text{♩} \text{ } \text{♯} \text{ } \text{♩} \text{ } \text{♯} \text{ } \text{♩} \text{ } \text{♯} \text{ } \text{♩} \text{ } \text{♯}$ (fingerings 1, 2, 3, 2, 1, 2, 3, 2). Measure 2: $\text{♩} \text{ } \text{♯} \text{ } \text{♩} \text{ } \text{♯} \text{ } \text{♩} \text{ } \text{♯} \text{ } \text{♩} \text{ } \text{♯}$ (fingerings 1, 2, 3, 2, 1, 2, 3, 2).
- Staff 4:** Measure 1: $\text{♩} \text{ } \text{♯} \text{ } \text{♩} \text{ } \text{♯} \text{ } \text{♩} \text{ } \text{♯} \text{ } \text{♩} \text{ } \text{♯}$ (fingerings 1, 2, 3, 2, 1, 2, 3, 2). Measure 2: $\text{♩} \text{ } \text{♯} \text{ } \text{♩} \text{ } \text{♯} \text{ } \text{♩} \text{ } \text{♯} \text{ } \text{♩} \text{ } \text{♯}$ (fingerings 1, 2, 3, 2, 1, 2, 3, 2).
- Staff 5:** Measure 1: $\text{♩} \text{ } \text{♯} \text{ } \text{♩} \text{ } \text{♯} \text{ } \text{♩} \text{ } \text{♯} \text{ } \text{♩} \text{ } \text{♯}$ (fingerings 1, 2, 3, 2, 1, 2, 3, 2). Measure 2: $\text{♩} \text{ } \text{♯} \text{ } \text{♩} \text{ } \text{♯} \text{ } \text{♩} \text{ } \text{♯} \text{ } \text{♩} \text{ } \text{♯}$ (fingerings 1, 2, 3, 2, 1, 2, 3, 2).
- Staff 6:** Measure 1: $\text{♩} \text{ } \text{♯} \text{ } \text{♩} \text{ } \text{♯} \text{ } \text{♩} \text{ } \text{♯} \text{ } \text{♩} \text{ } \text{♯}$ (fingerings 1, 2, 3, 2, 1, 2, 3, 2). Measure 2: $\text{♩} \text{ } \text{♯} \text{ } \text{♩} \text{ } \text{♯} \text{ } \text{♩} \text{ } \text{♯} \text{ } \text{♩} \text{ } \text{♯}$ (fingerings 1, 2, 3, 2, 1, 2, 3, 2).

Pumping Nylon

O García



Pumping Nylon:

Pumping Nylon Book Review: Unveiling the Power of Words

In a world driven by information and connectivity, the ability of words has become more evident than ever. They have the capability to inspire, provoke, and ignite change. Such is the essence of the book **Pumping Nylon**, a literary masterpiece that delves deep to the significance of words and their effect on our lives. Published by a renowned author, this captivating work takes readers on a transformative journey, unraveling the secrets and potential behind every word. In this review, we shall explore the book's key themes, examine its writing style, and analyze its overall impact on readers.

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