



CGU

Classical Guitar University

# Technique

## V. Creating Exercises



## Technique

### **5. Creating your own exercises**

#### **1. Do you create and practice your own exercises?**

- If so, please give examples. Why did you create them? What were they based on? What problems were they trying to solve?

#### **2. Do you have any specific exercises that help you execute pieces or passages?**

- Are there exercises that you've found useful for a specific piece or passage?

#### **3. Are there any passages you have struggled with for a long time?**

- Please list. What makes them challenging?

#### **4. Are there any technique methodologies you've been influenced by?**

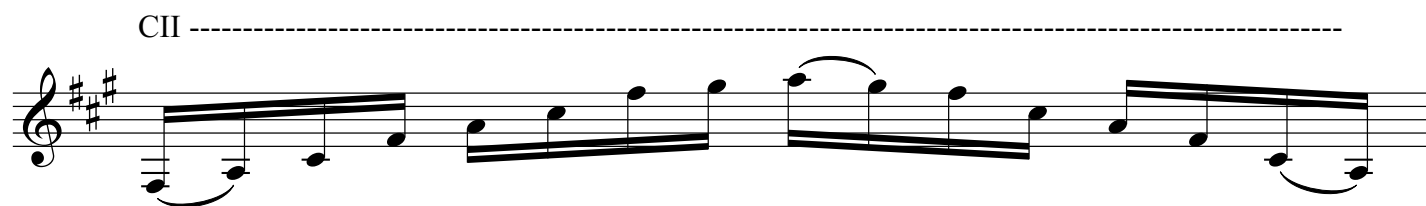
- Shearer? Carlevaro? Iznola? Where have the exercises you practice come from?

## Step 1: Identifying and Isolating Problem Areas

In any piece, there are only certain areas where we encounter difficulties. These are the areas we want to identify and then practice in isolation. They're also the spots that make good material for creating our own exercises out of.

The difficulties in the passage below:

- Sustained barring
- Slurs of various types (hammer on, hammer off, open string)
- Right hand fingering

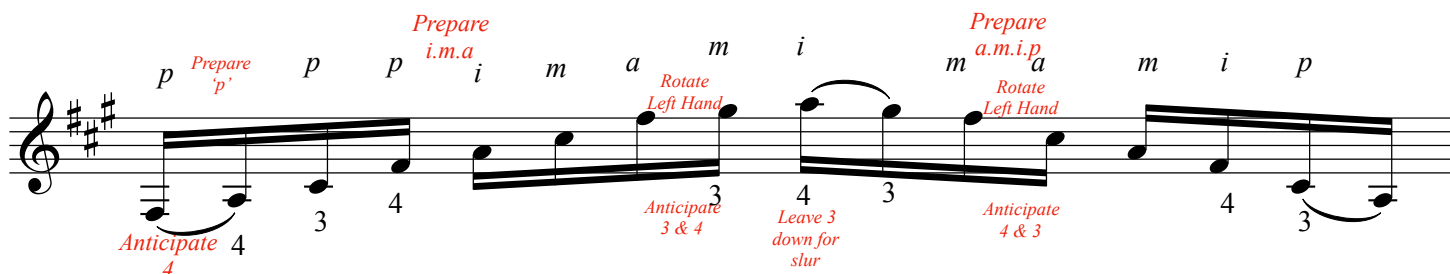


## Step 2: Planting Seeds for Progress

Pure repetition is not what will give us progress. Instead, plant seeds for progress: these will grow into good fruit (control, mastery, consistency, etc.). **These are thoughtful actions and intentions that solve specific problems.** They include things like:

- Writing in fingerings onto the score (right hand, left hand, strings, barring, etc.)
- Building in movements of anticipation (moulding your hand in advanced)
- Practicing in movements on preparation (right hand planting, left hand preparation)

Planting seeds of progress for the passage





## **Task 1**

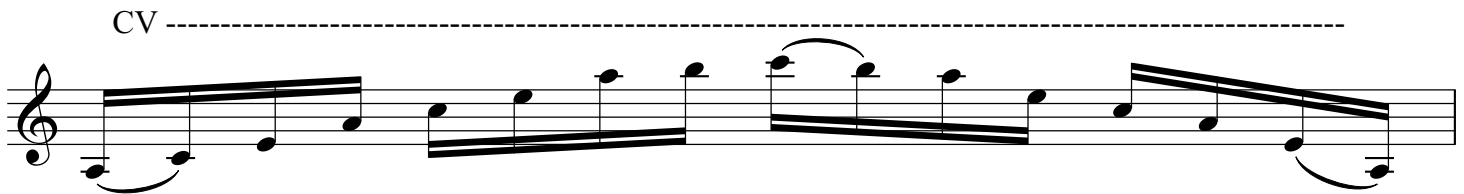
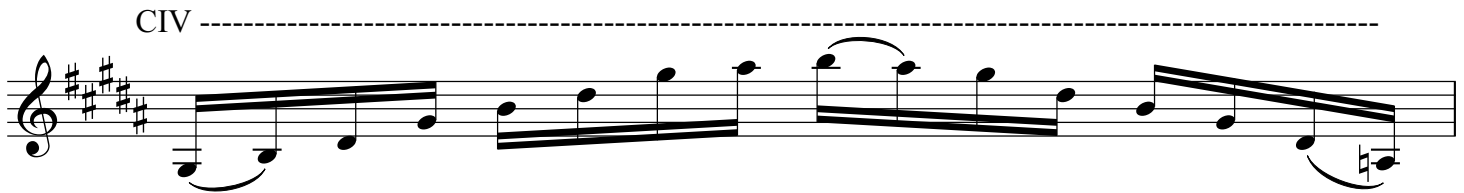
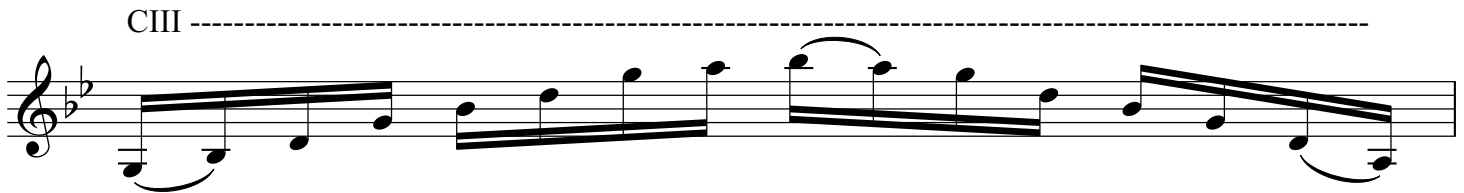
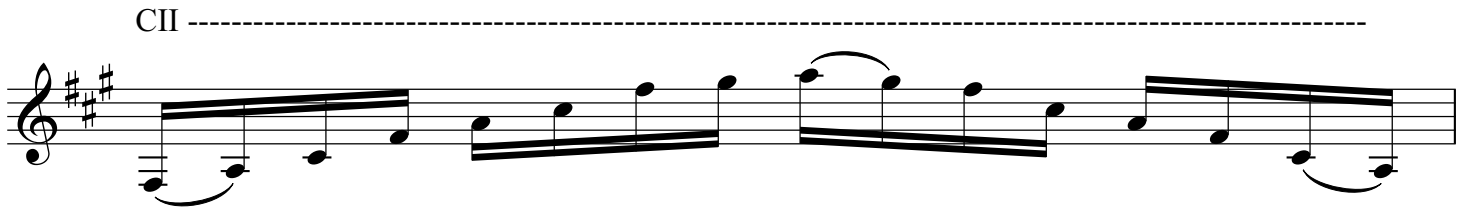
Find a difficult passage and identify the problem areas. Write in your seeds for progress and share this (as an image file) on Slack.

### Step 3: Create the Exercise Through Repetition

Now that you've identified the difficulties and planted seeds for progress, it's time to create a unique exercise. **Simply repeat the passage up and down the fretboard.**

Create an exercise of the passage through repetition

*Repeating the exercise up the fretboard one fret at a time*



- Ascending will generally make the passage easier, due to the decreasing fret spacing
- Descending will generally make the passage harder, due to the increasing fret spacing



## **Task 2**

Create your exercise by shifting the passage up and down the fretboard.

Record your work and share your thoughts about this process.