Golden Routine

This simple, yet effective routine ensures you get a balanced practice while also giving you a sense of accomplishment as you go.

Aim to practice the materials you put into this routine for a minimum of 3 months and then create a new one once all categories are mastered.

1. Technical Exercises (fretboard knowledge)

120 Right Hand Studies: dynamics

Mozzani Moveable Scales with barring

Giuliani's 3rds, 6ths, 8ves, 10ths

2. Studies

Carcassi Etude 3

Sor D Minor

3. Old Pieces

Lagrima

Bach Cello Suite 1 Prelude

Bach Prelude BWV 999

4. New Pieces

Fingal's Cave by Mertz

Thumb
- Follow through
- Rest stroke

Tempo
- half and double tempo
- metronome

Prima Parte

Degli arpeggi

Esercizio per la mano destra

Première Partie

Des arpèges

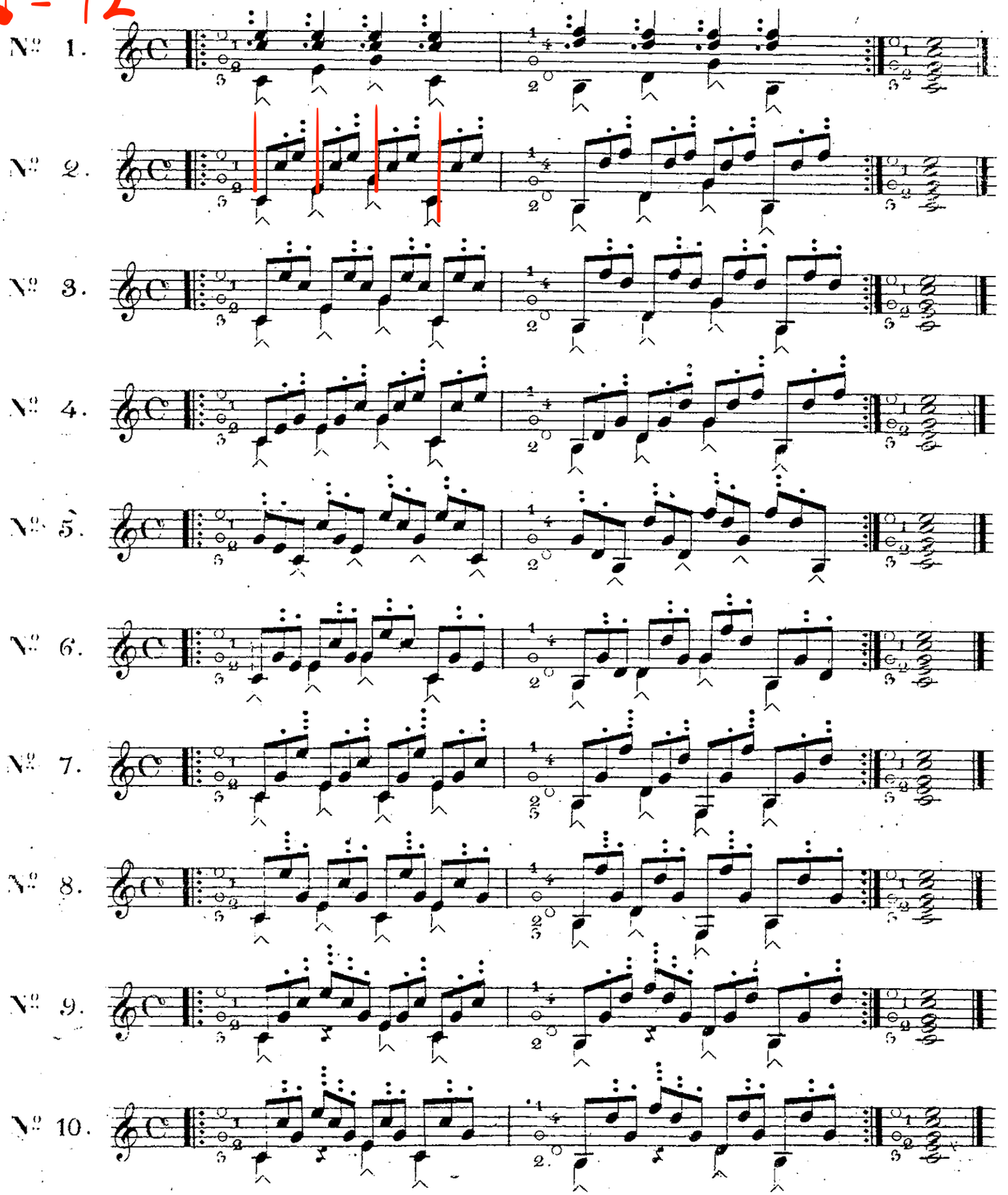
Exercice pour la main droite

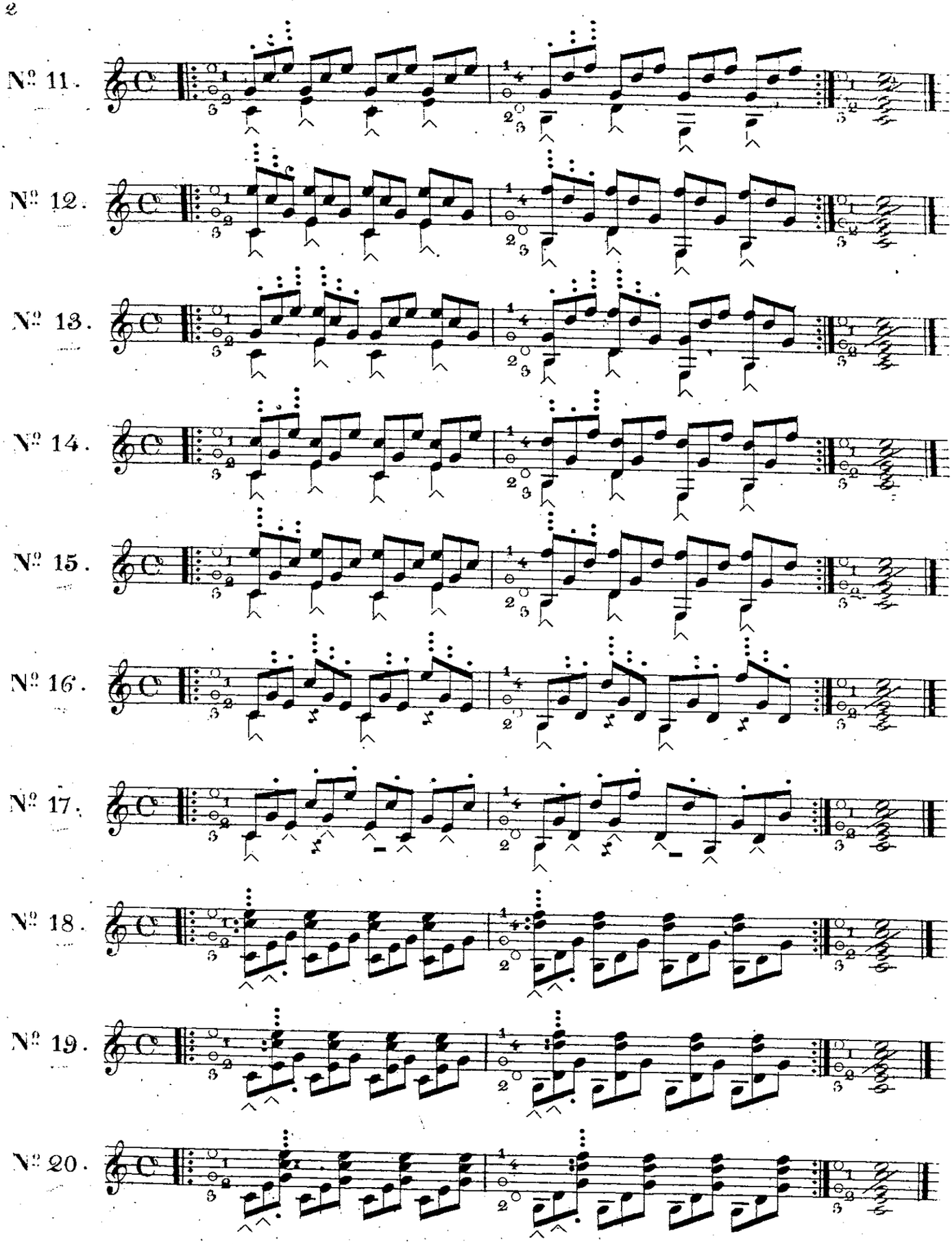
Erster Theil

Uibung im Harpeggiiren

für die rechte Hand

♩ = 92

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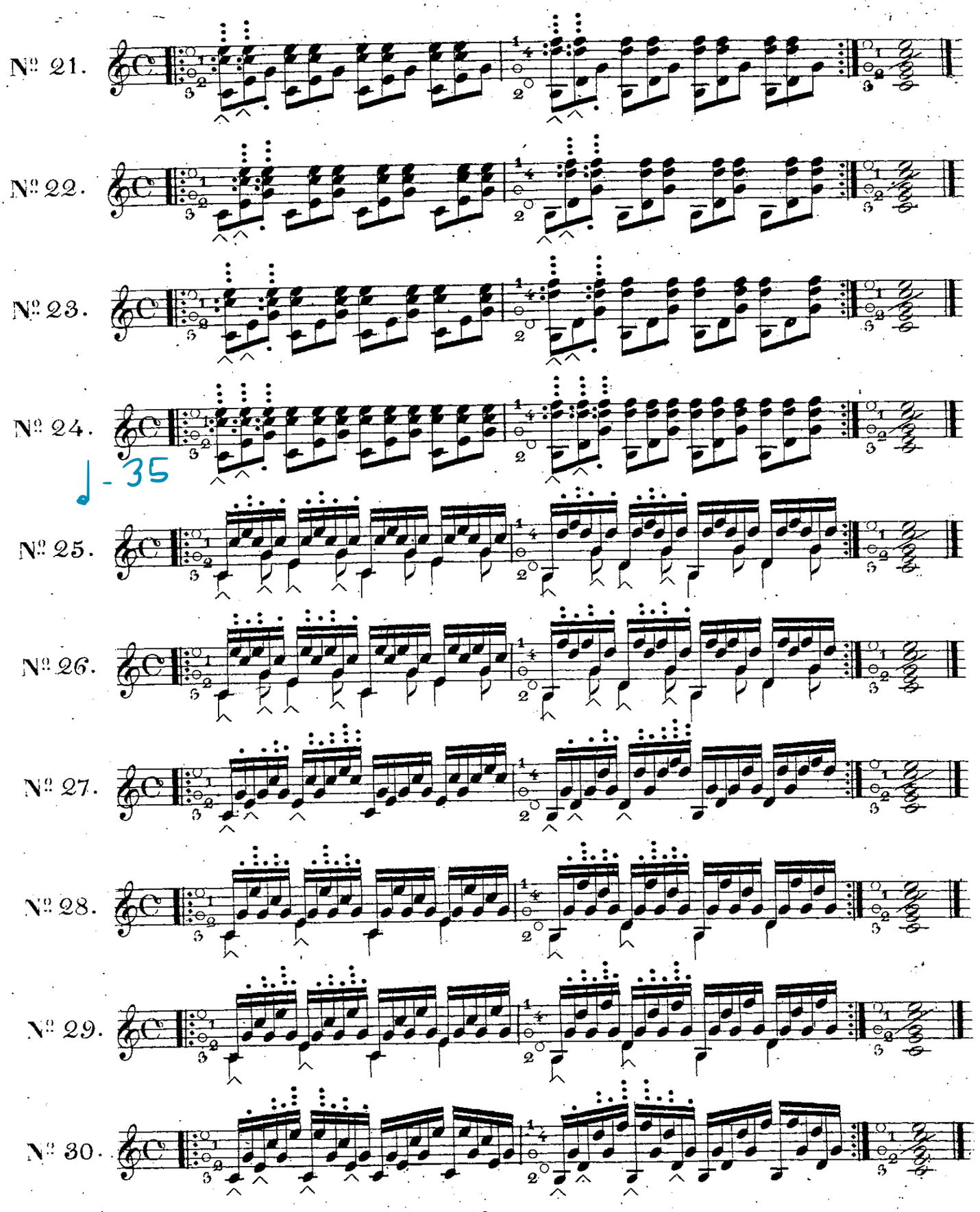
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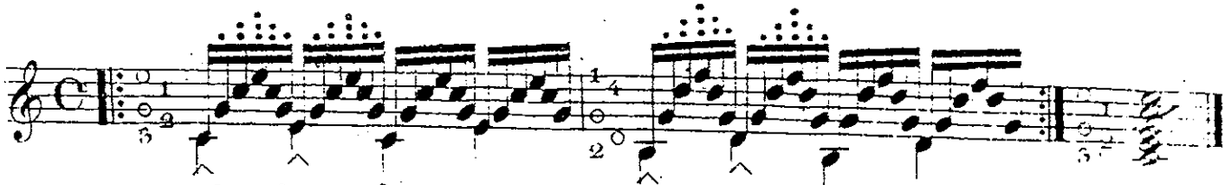

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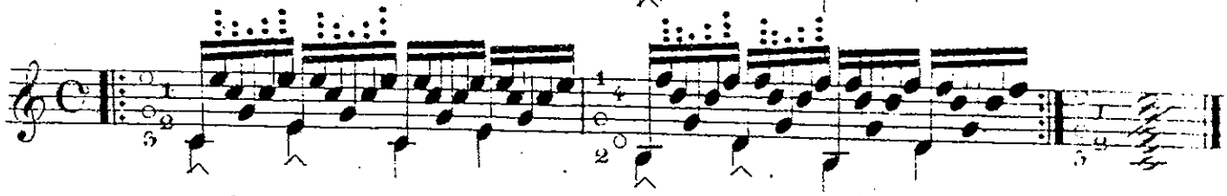

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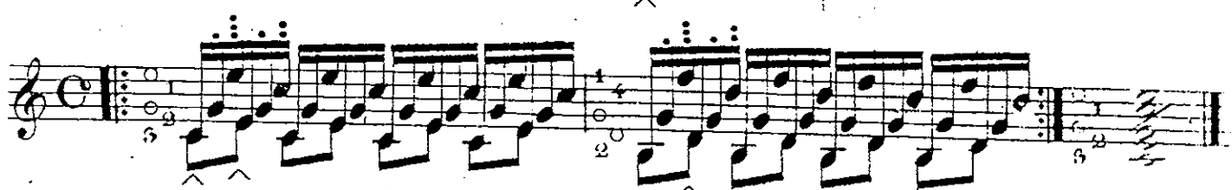

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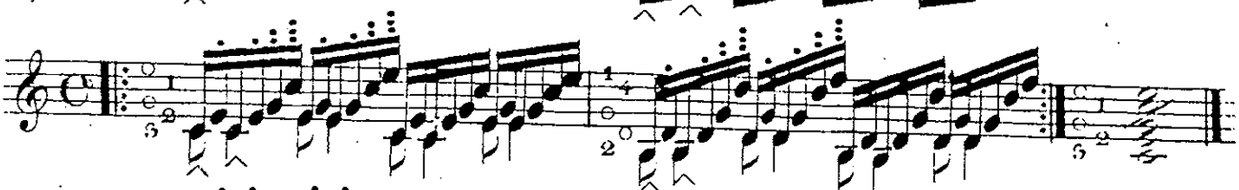

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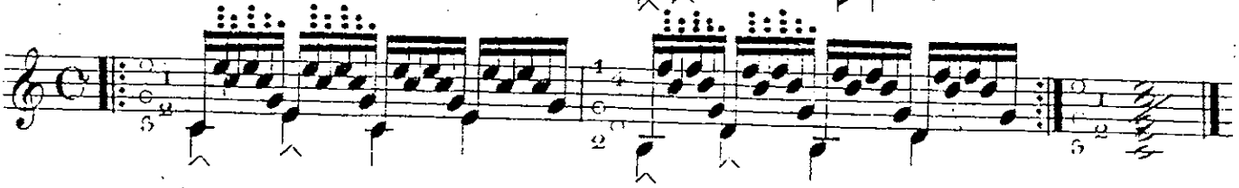

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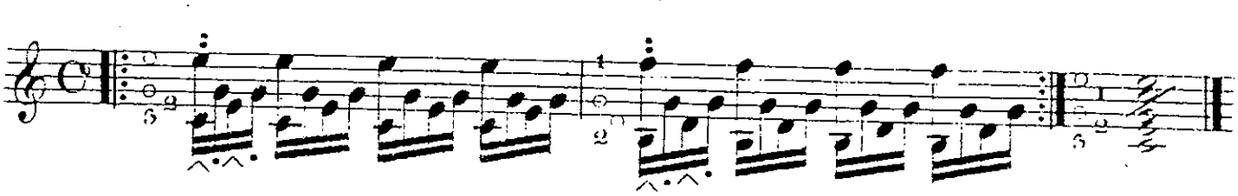

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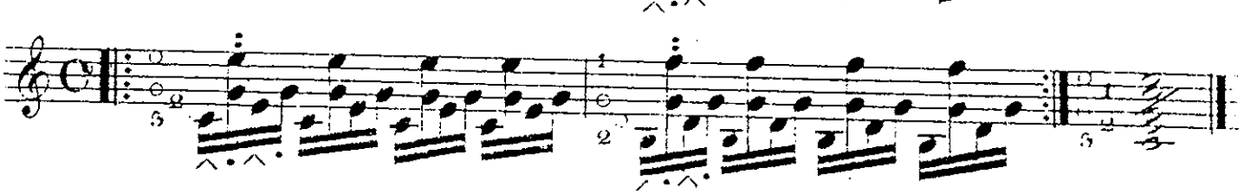

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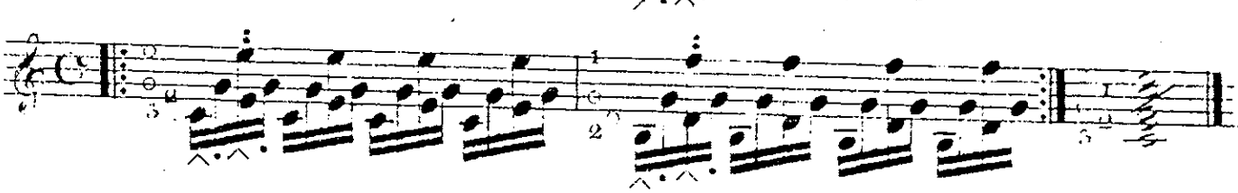

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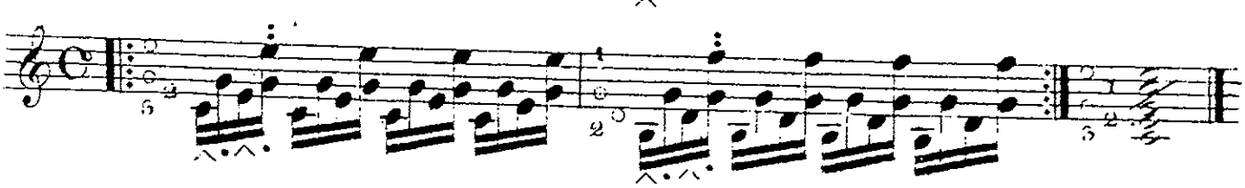

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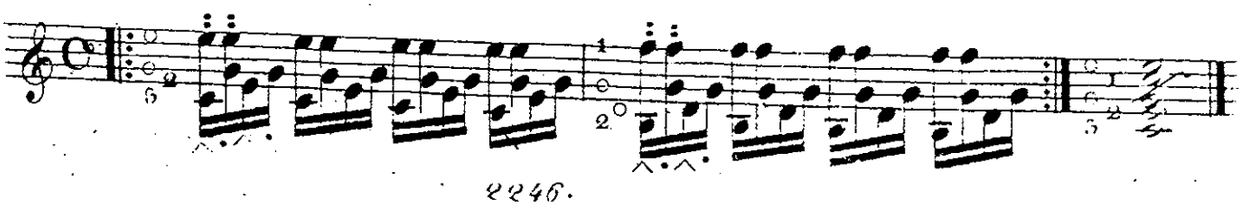

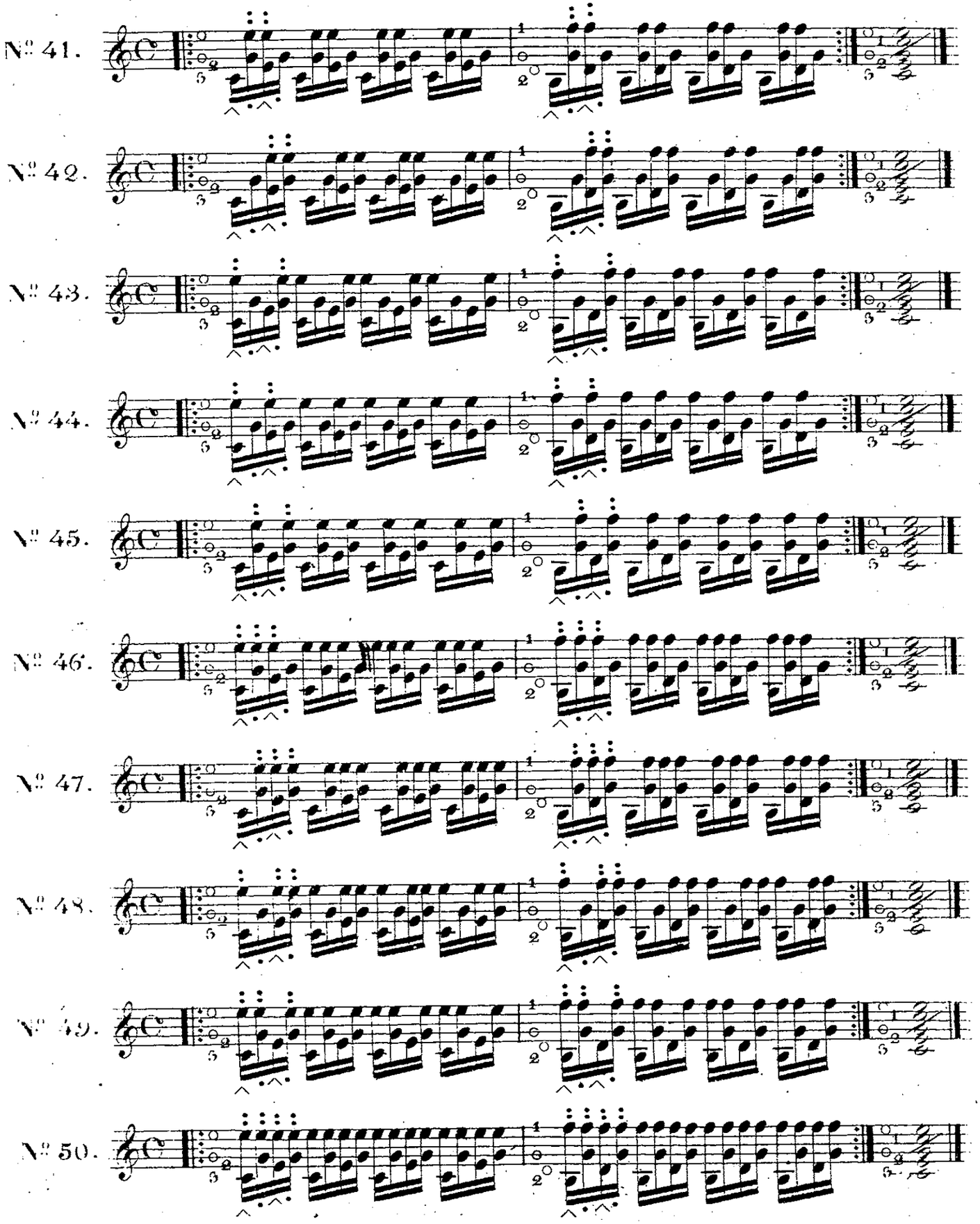
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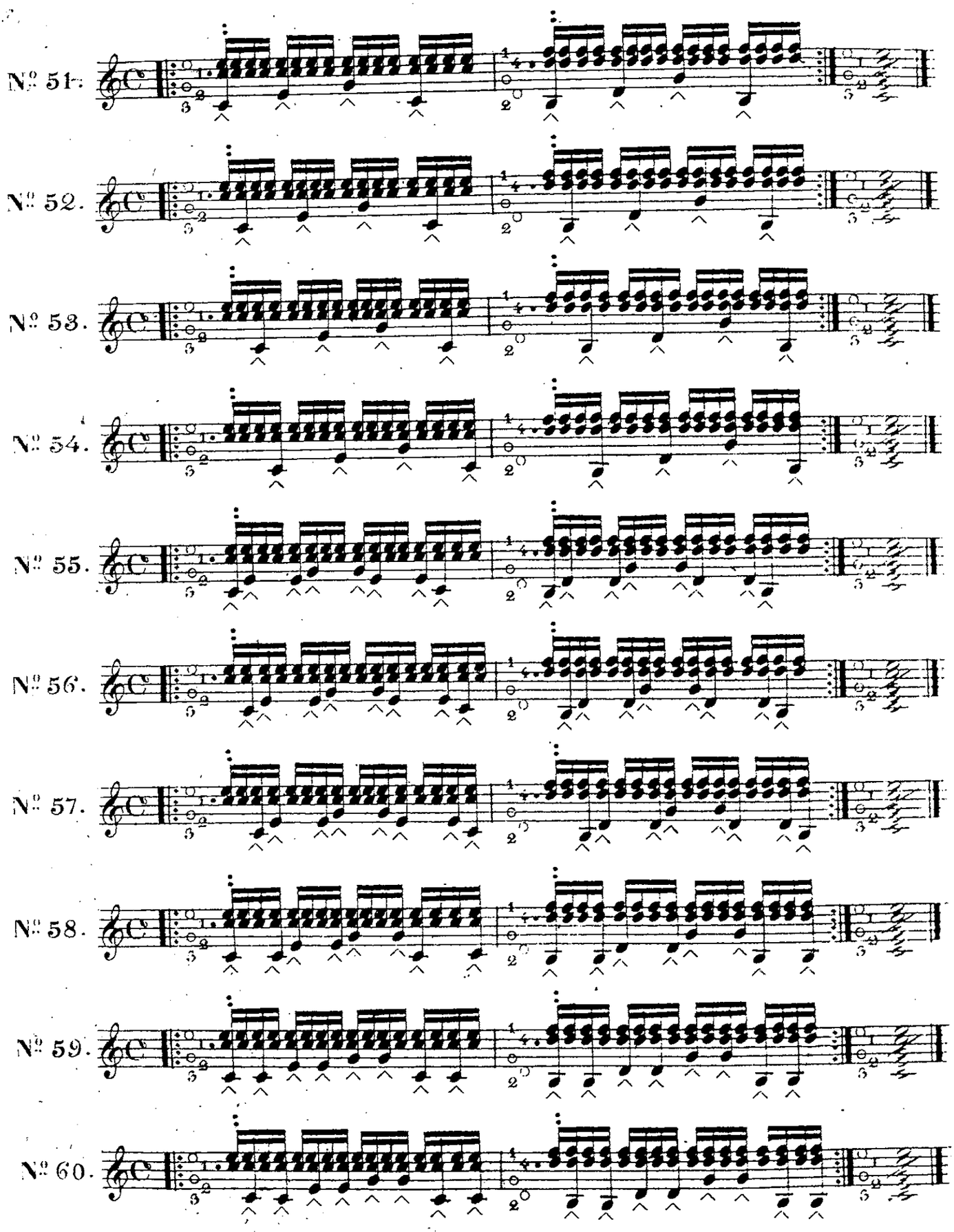
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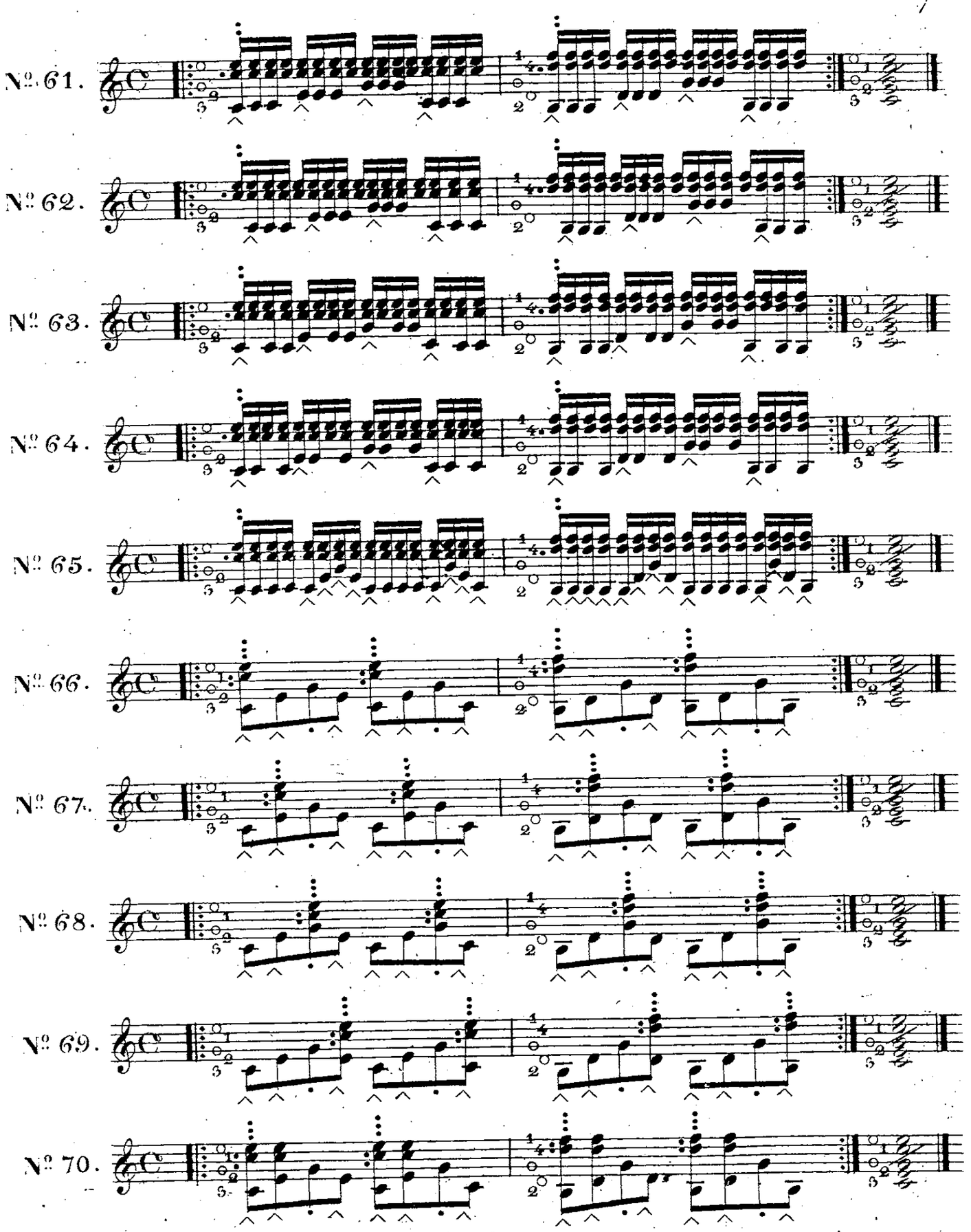
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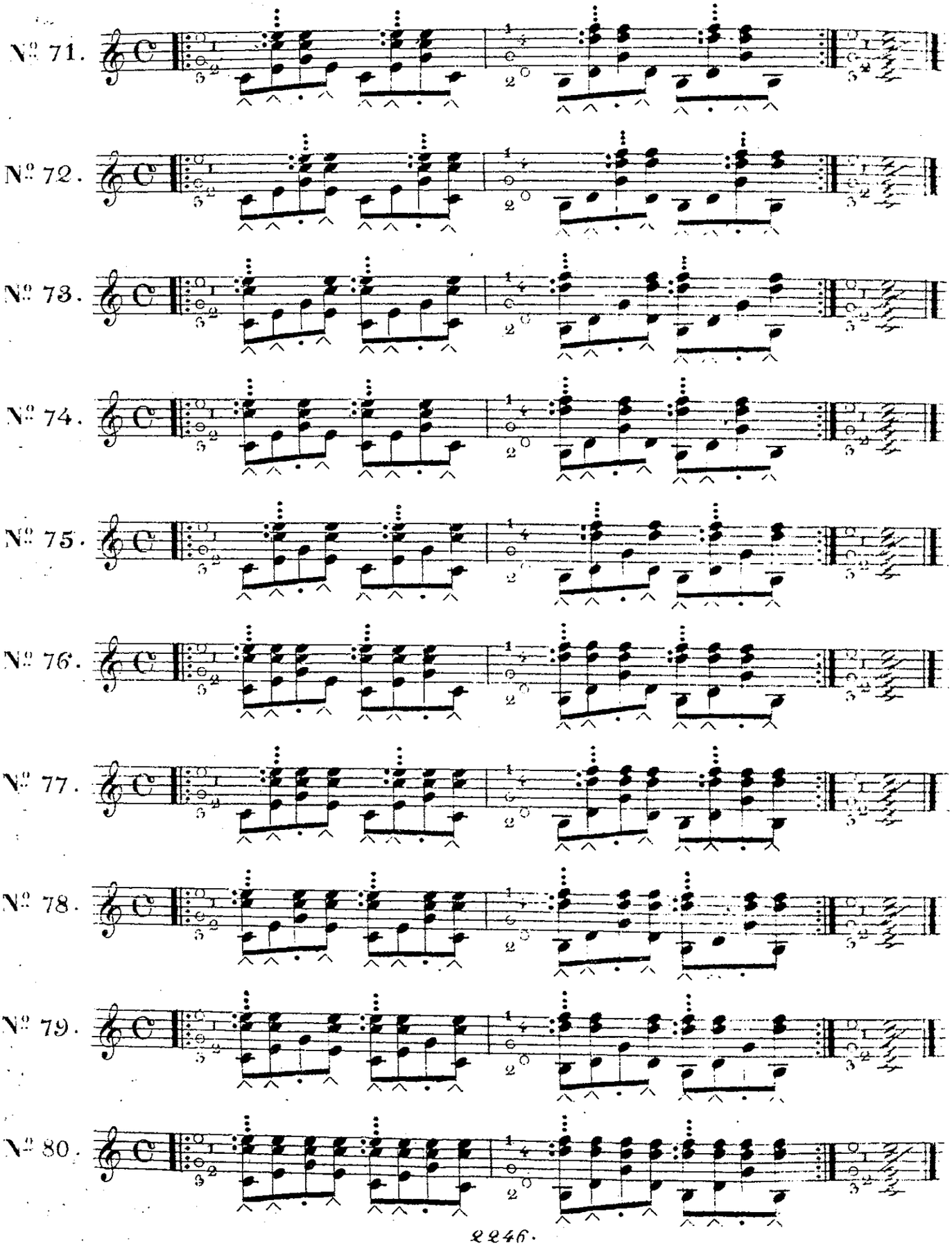
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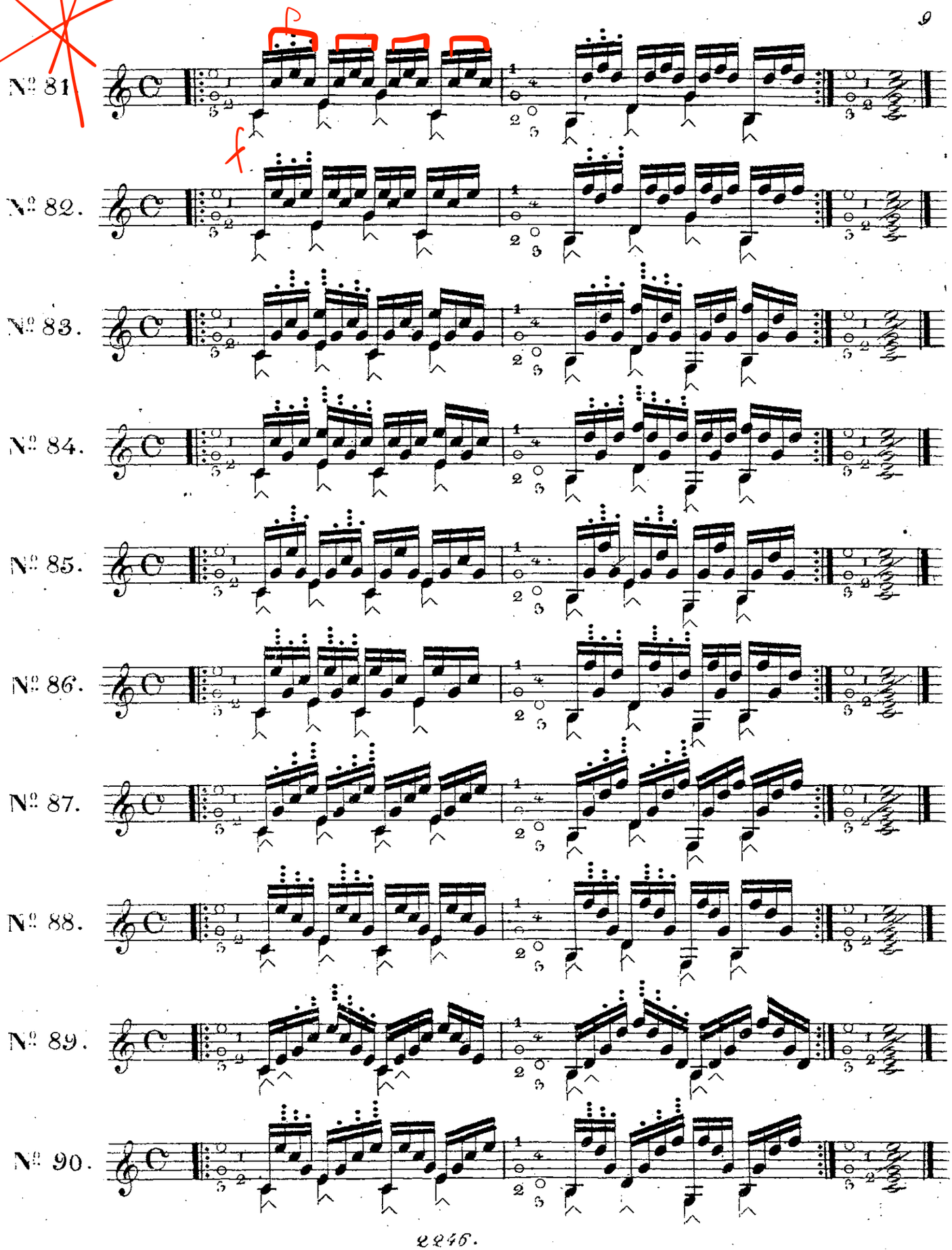
1st slow, 2nd double



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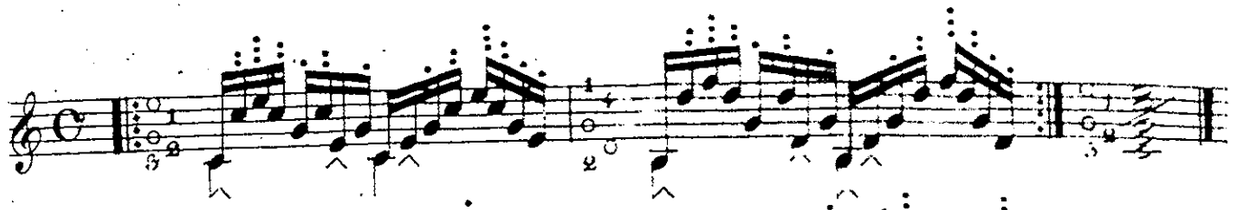

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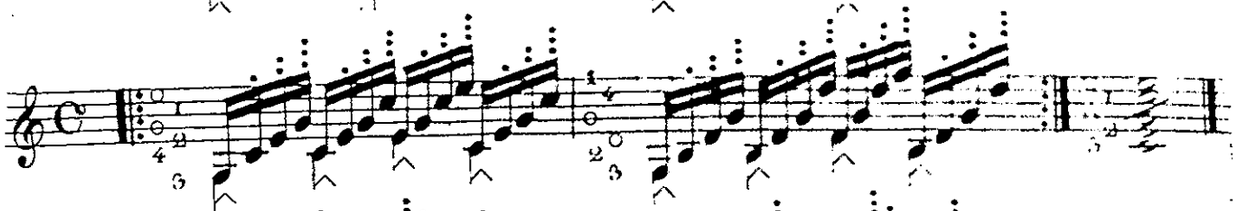

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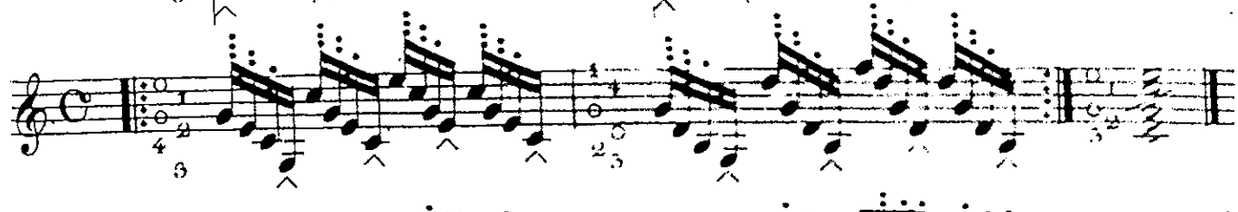

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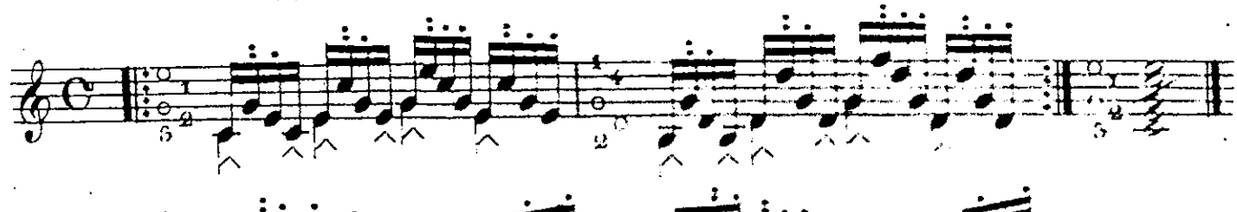

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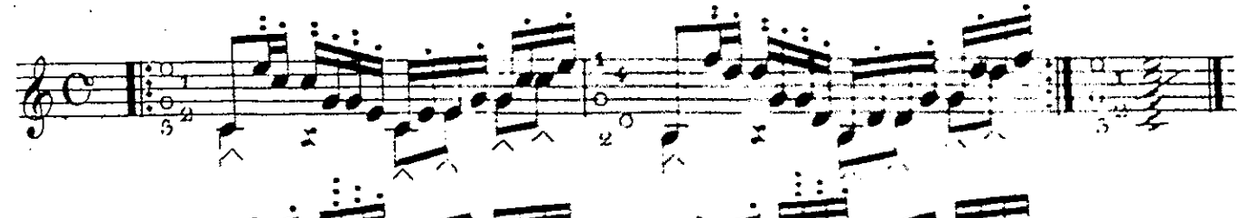

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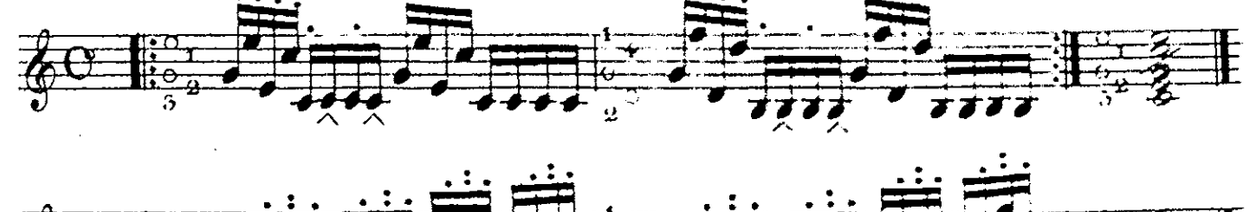

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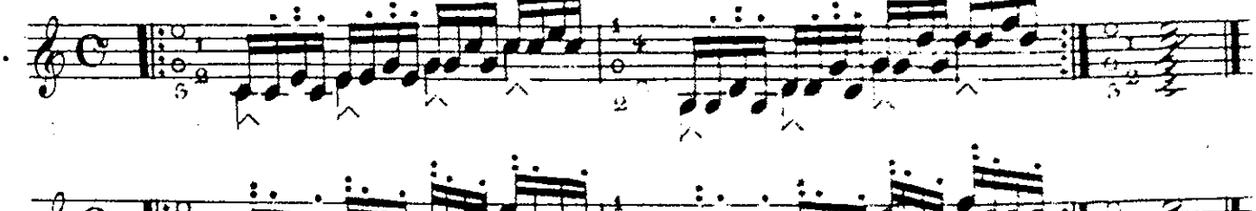

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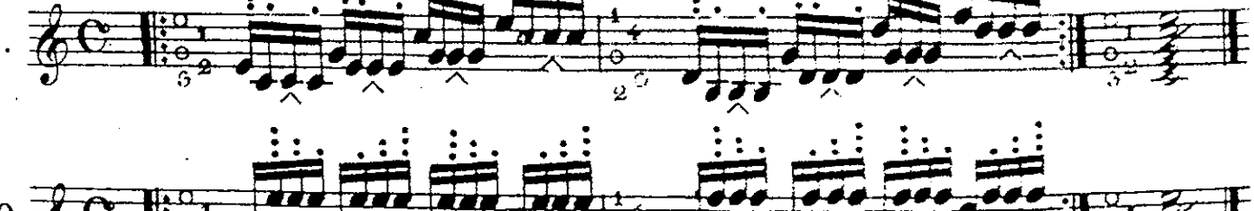

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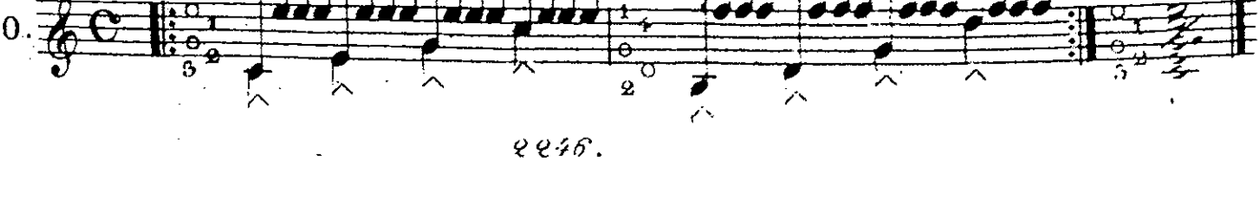

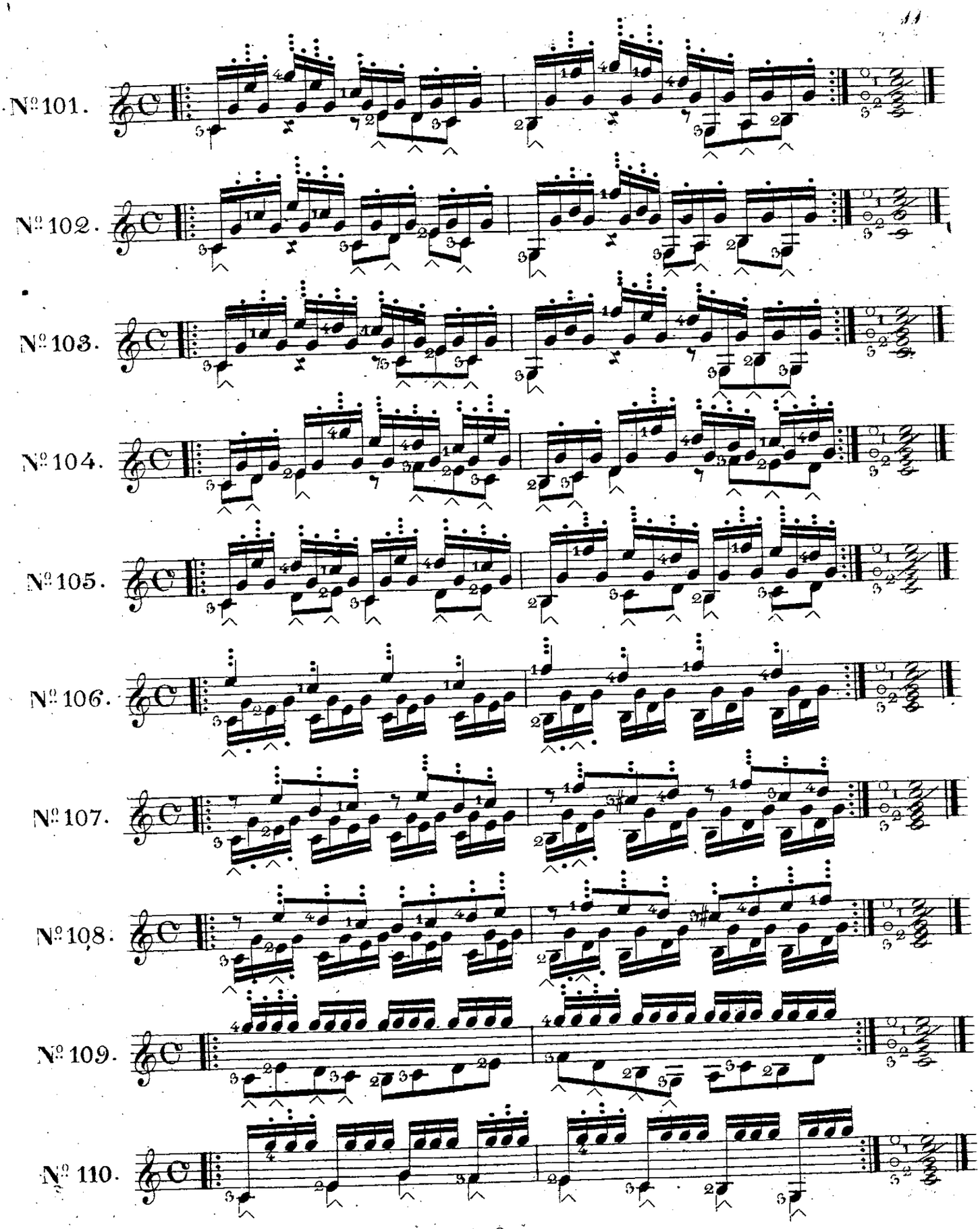
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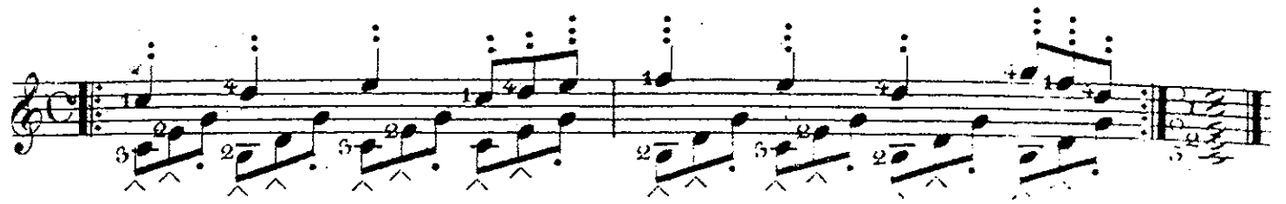

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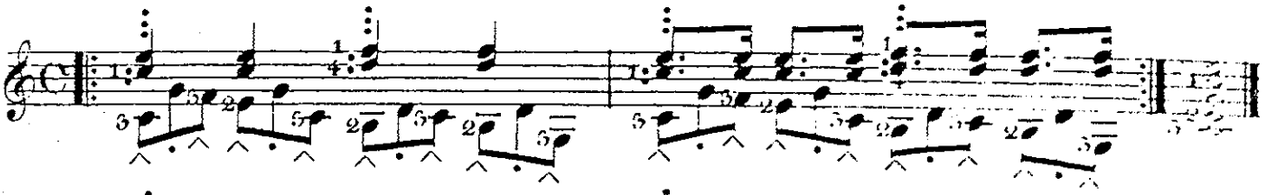

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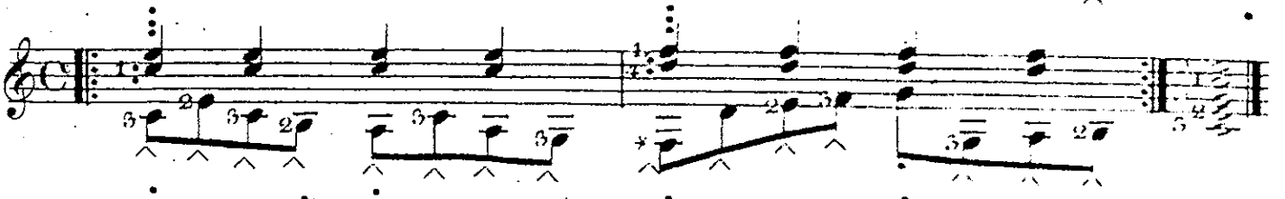

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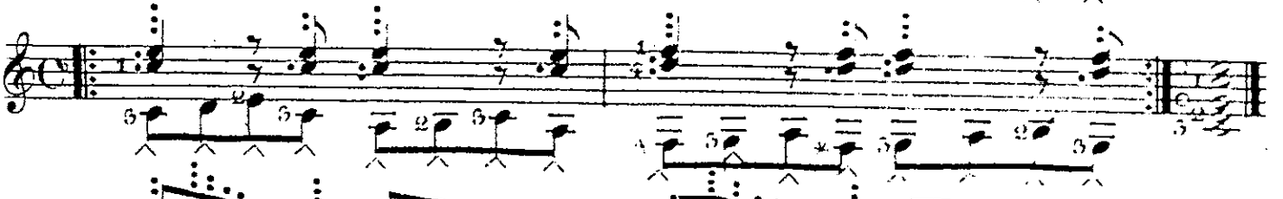

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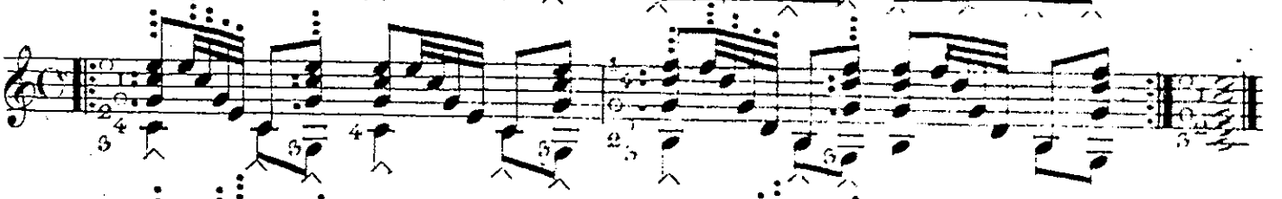

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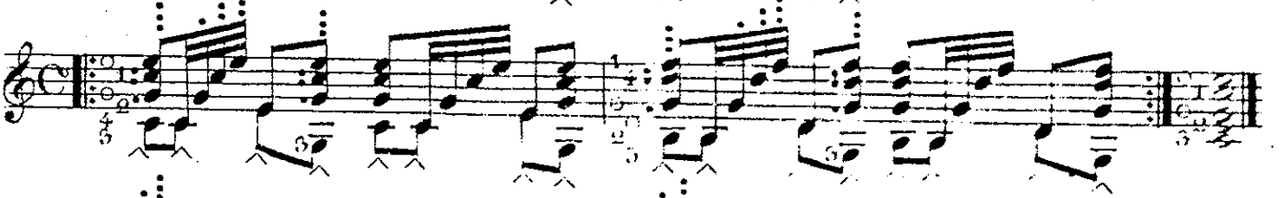

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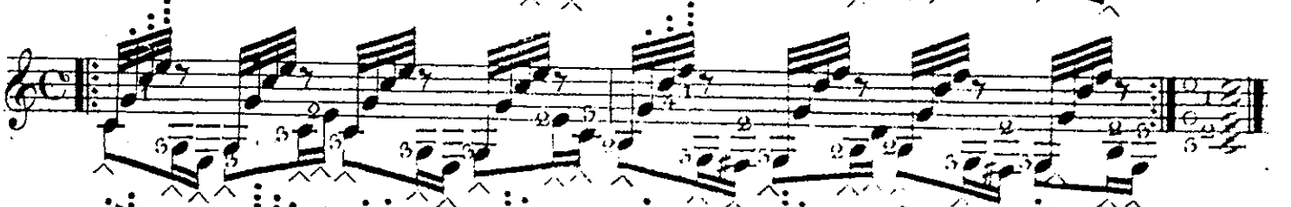

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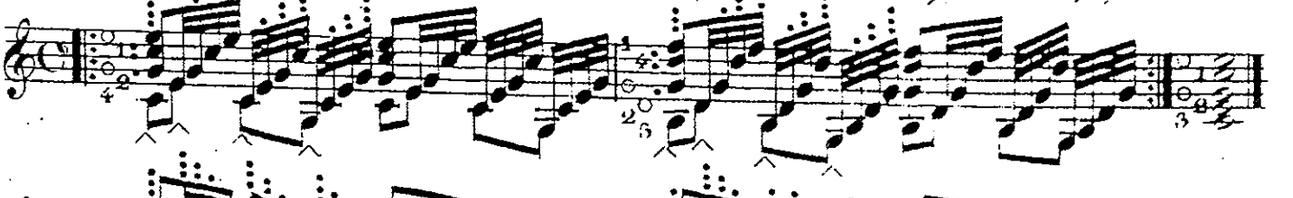

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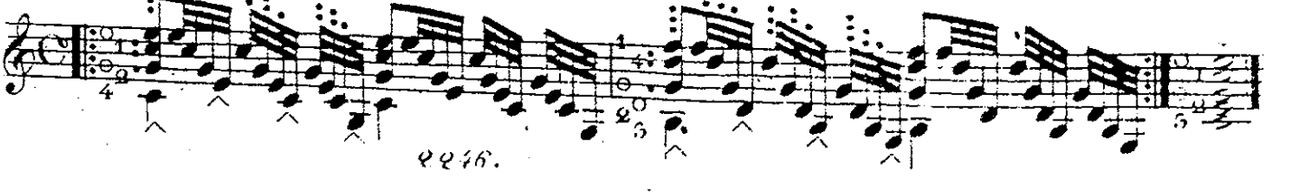


Release during each shift
Press lightly
Release each finger after being used

Accents
Position/Posture - bring guitar to you and tilt

Fingers close to the fret

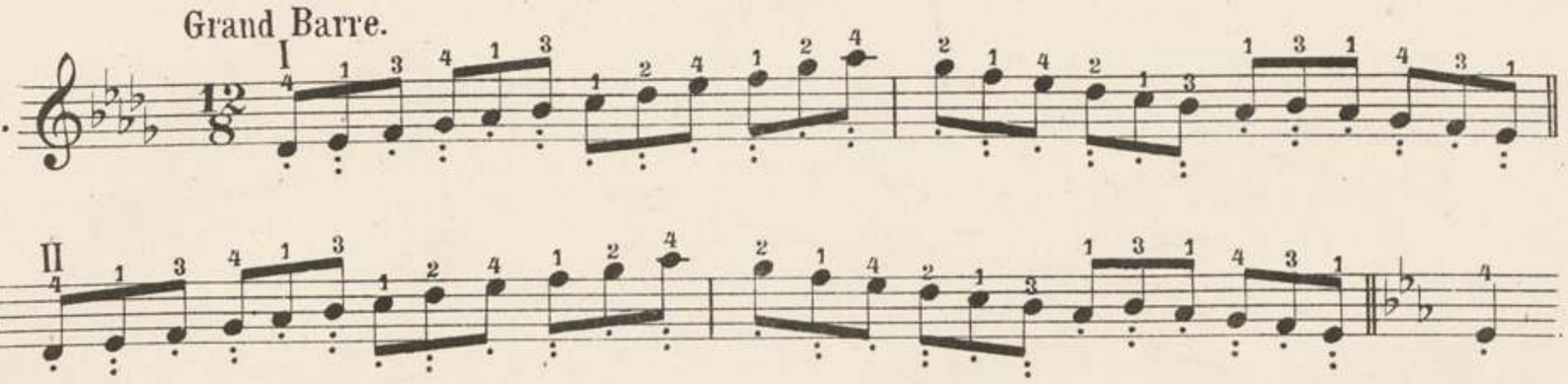
70 > 100
80
120

Grand Barre.

№ 7.

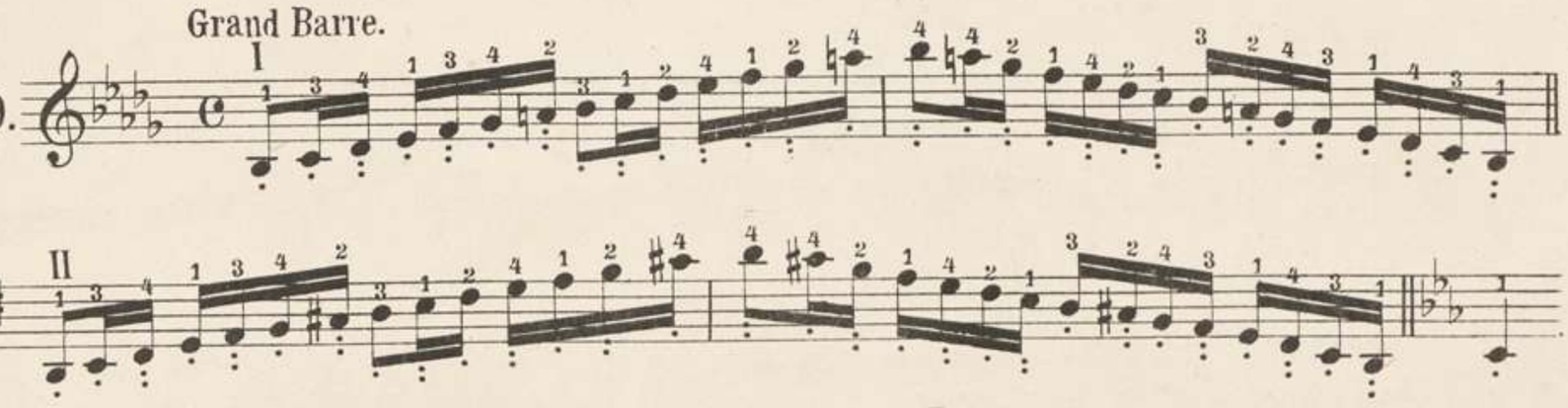
Grand Barre.

№ 8.



Grand Barre.

№ 9.



Grand Barre.

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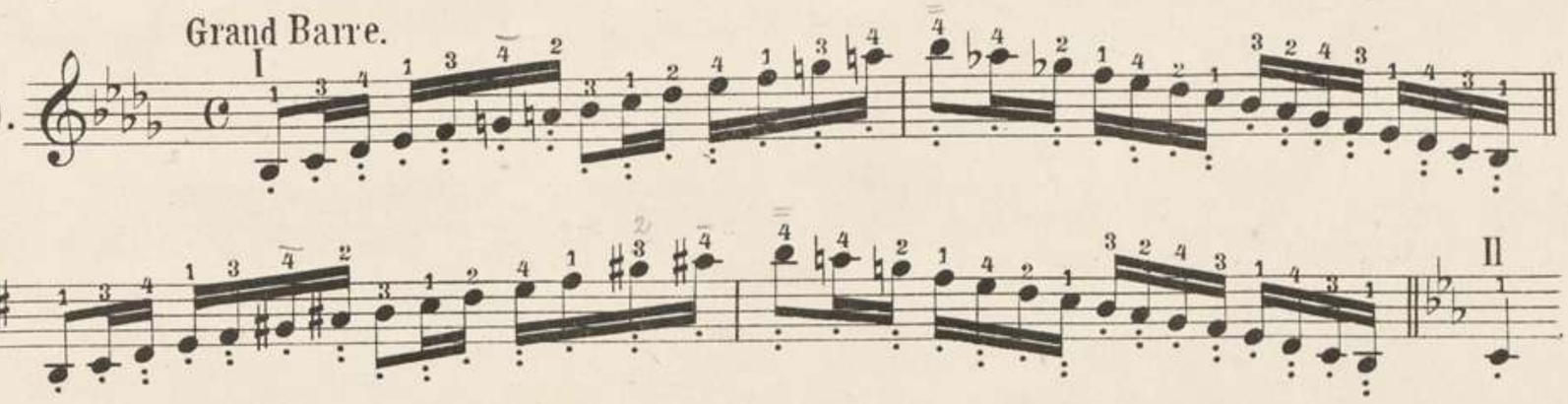

Grand Barre.

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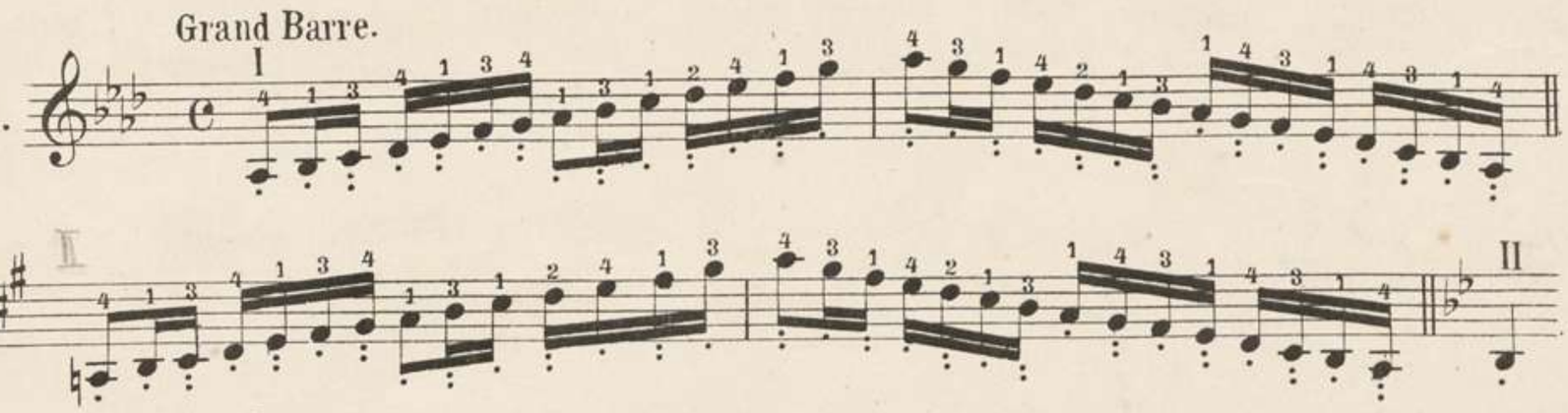

Grand Barre.

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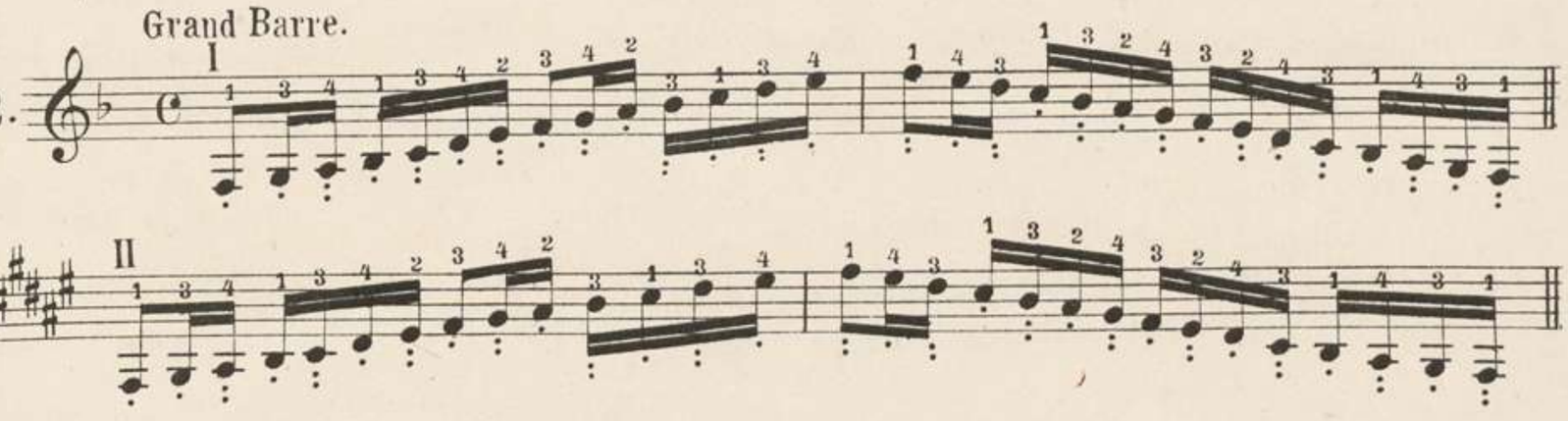


Seconda Parte

Per il portamento della mano sinistra.

Salti di terza in C maggiore, sino alla settima posizione.
In tutti questi esempj della seconda parte i bassi cioè quelle note, che hanno la coda al di sotto si toccano col pollice, e le altre di sopra coll' indice della mano destra.

Seconde Partie

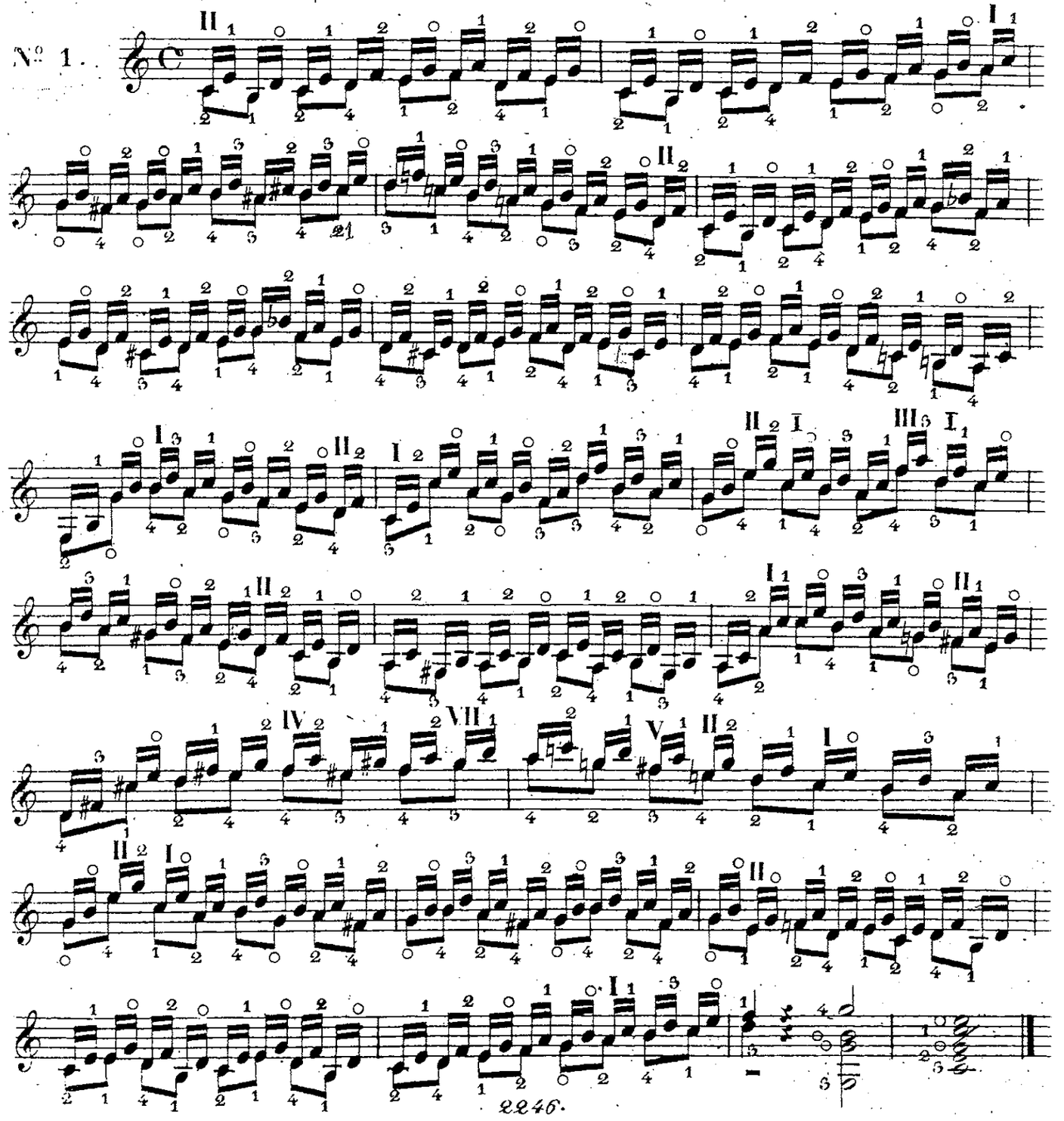
Pour le doigter de la main gauche.

Sauts de tierces en Ut majeur jusqu'à la septième position.
Dans tous ces exemples de la seconde partie on pince les basses, c' est à dire les notes qui ont la queue en dessous avec le pouce et les autres notes avec l'index de la main droite.

Zweiter Theil.

Für den Fingersatz der linken Hand.

Terzensprünge aus C dur bis zur siebenten Lage.
In allen diesen Beispielen des zweiten Theiles werden die tiefen Noten, d. i. diejenigen welche den Strich ~~über~~ unter sich haben, mit dem Daumen, die übrigen Noten aber mit dem Zeigefinger der rechten Hand angeschlagen.



Salti di sesta in C maggiore sino alla posizione ottava.

Sauts de sixtes en Ut majeur, jusqu'á la huitiéme position.

Sextensprünge aus C dur bis zur achten Lage.

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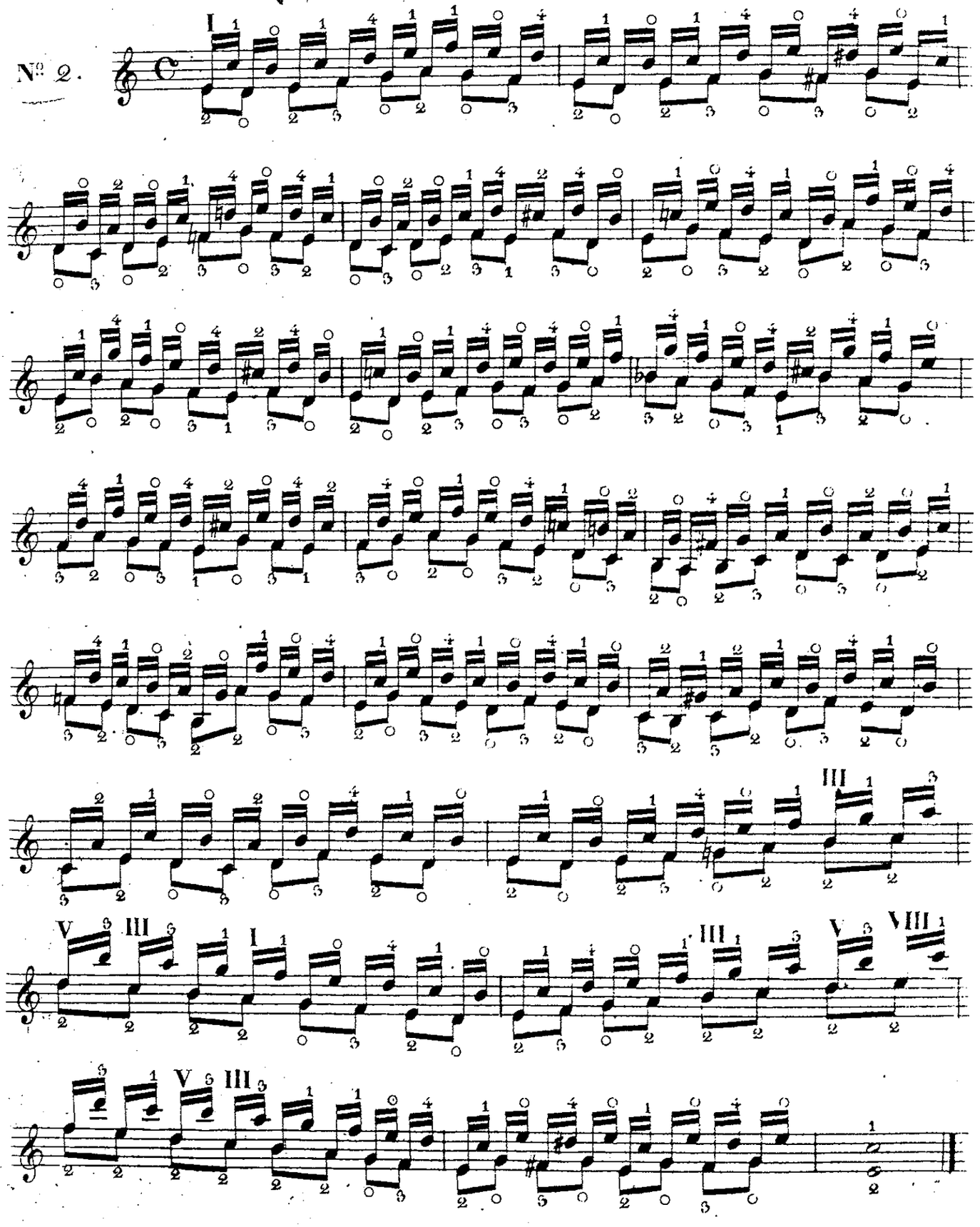
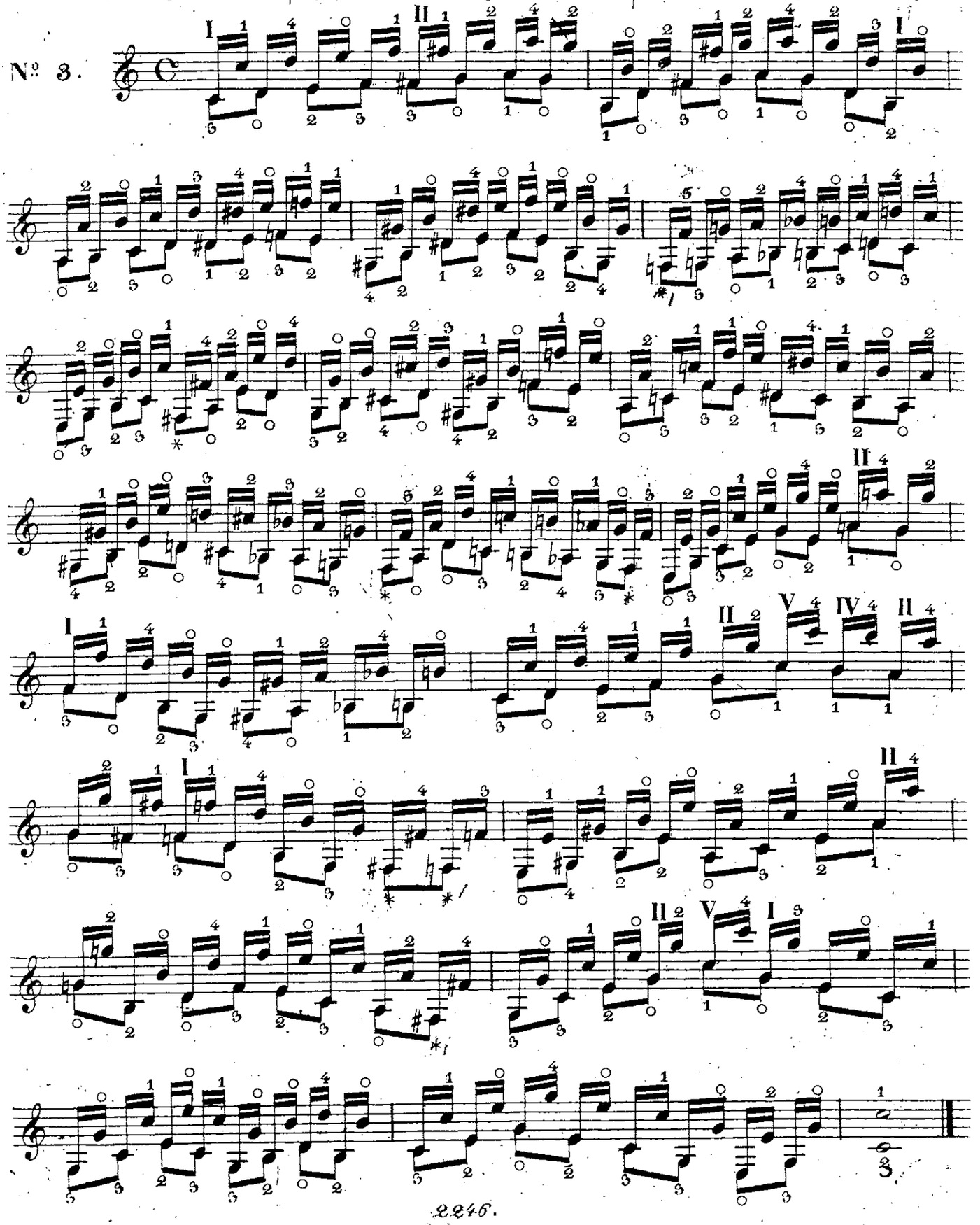


Salti di ottava in C maggiore sino alla quinta posizione.

Sauts d'octaves en Ut majeur, jusqu'à la einquiéme position.

Octavensprünge aus C dur, bis zur fünften Lage.

N° 3.

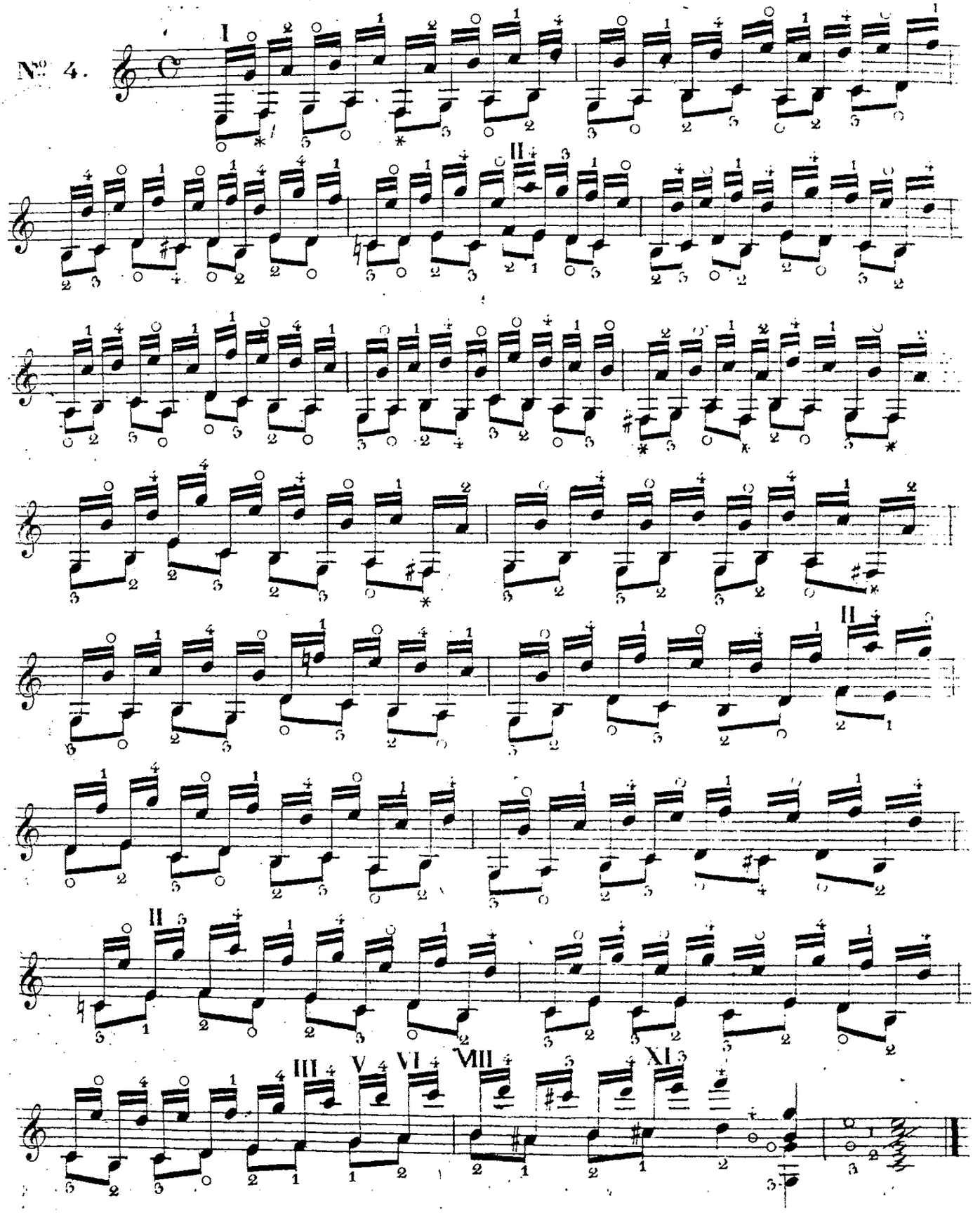


Salti di decima in C maggiore, sino alla posizione undecima.

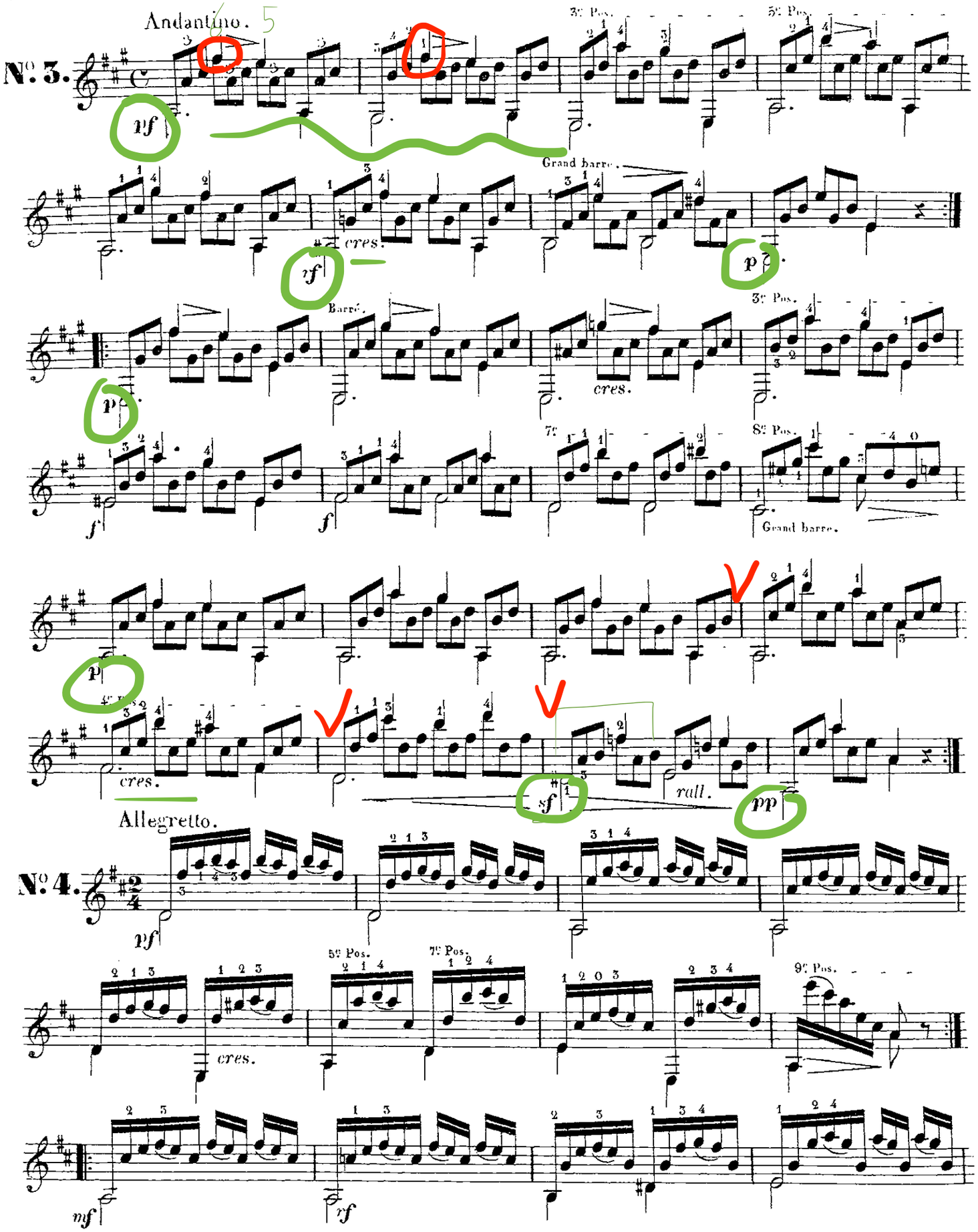
Sauts de dixièmes en Ut majeur, jusqu'à la onzième position.

Decimensprünge aus C dur bis zur eilften Lage.

No. 4.



Vibrato
Decrescendo for resolution



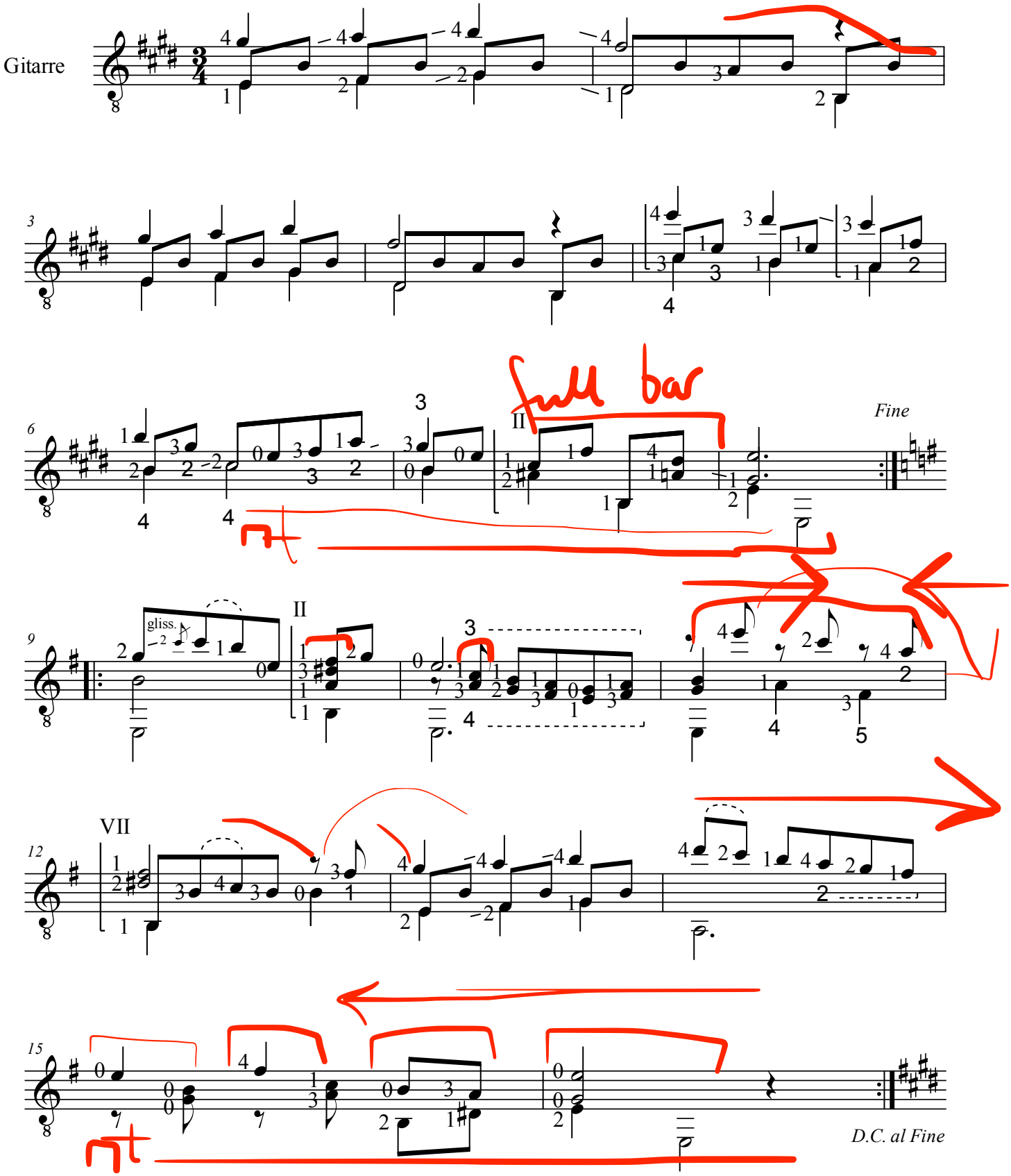
Andante agitato.

La 6me Corde en Ré. (6te Saite in D.)

9.

LÁGRIMA

Francisco Tárrega
(1852-1909)

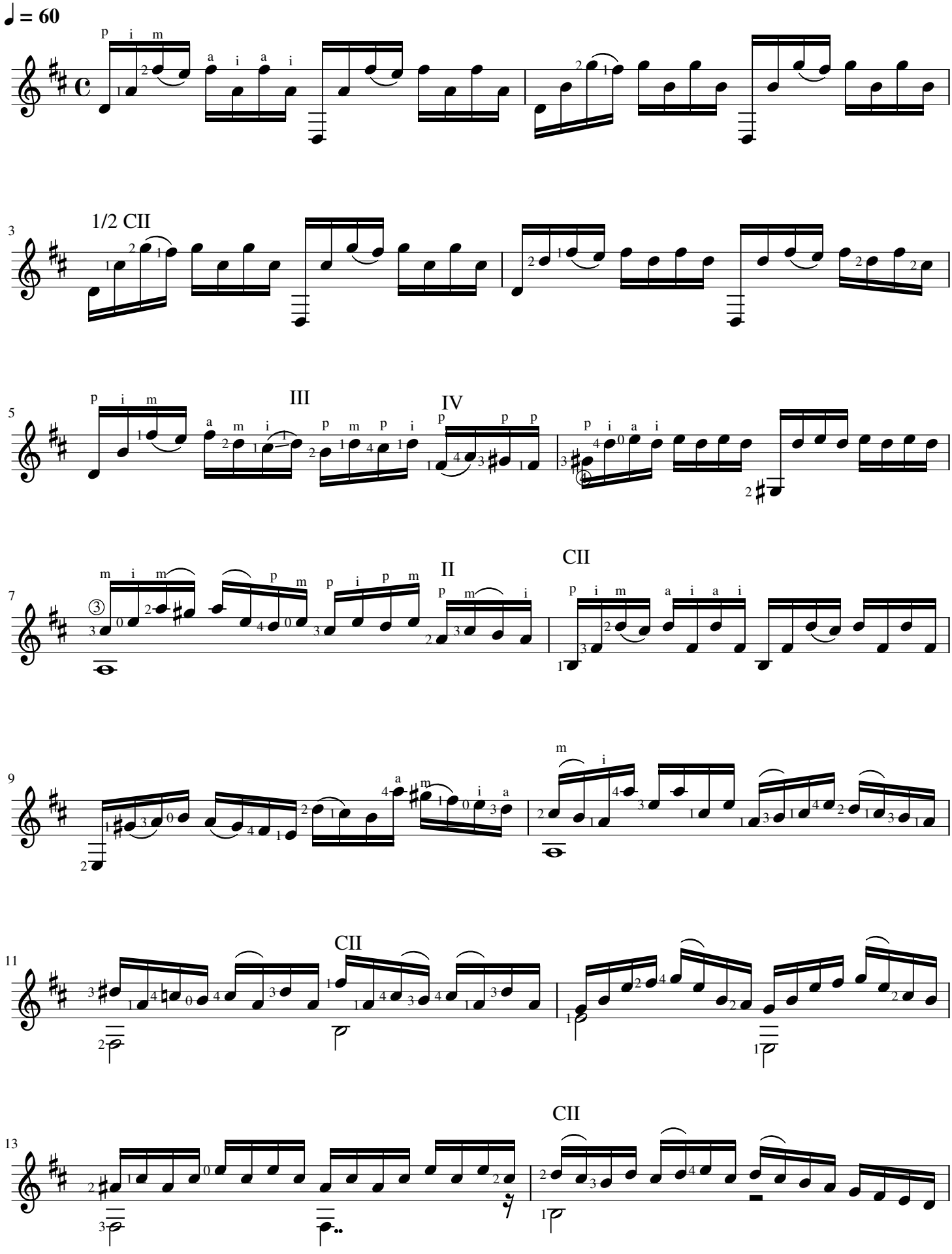


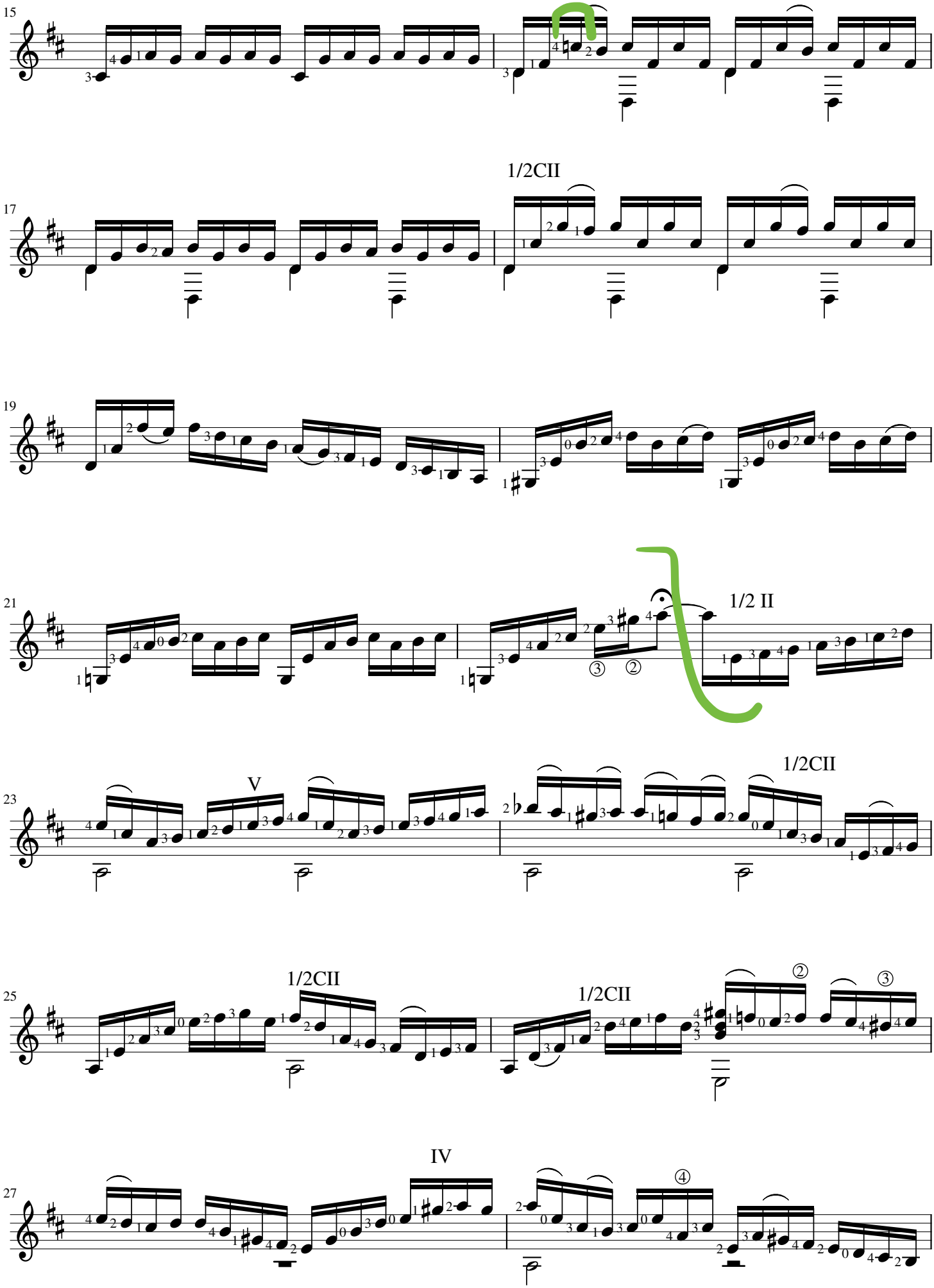
Cello Suite No. 1

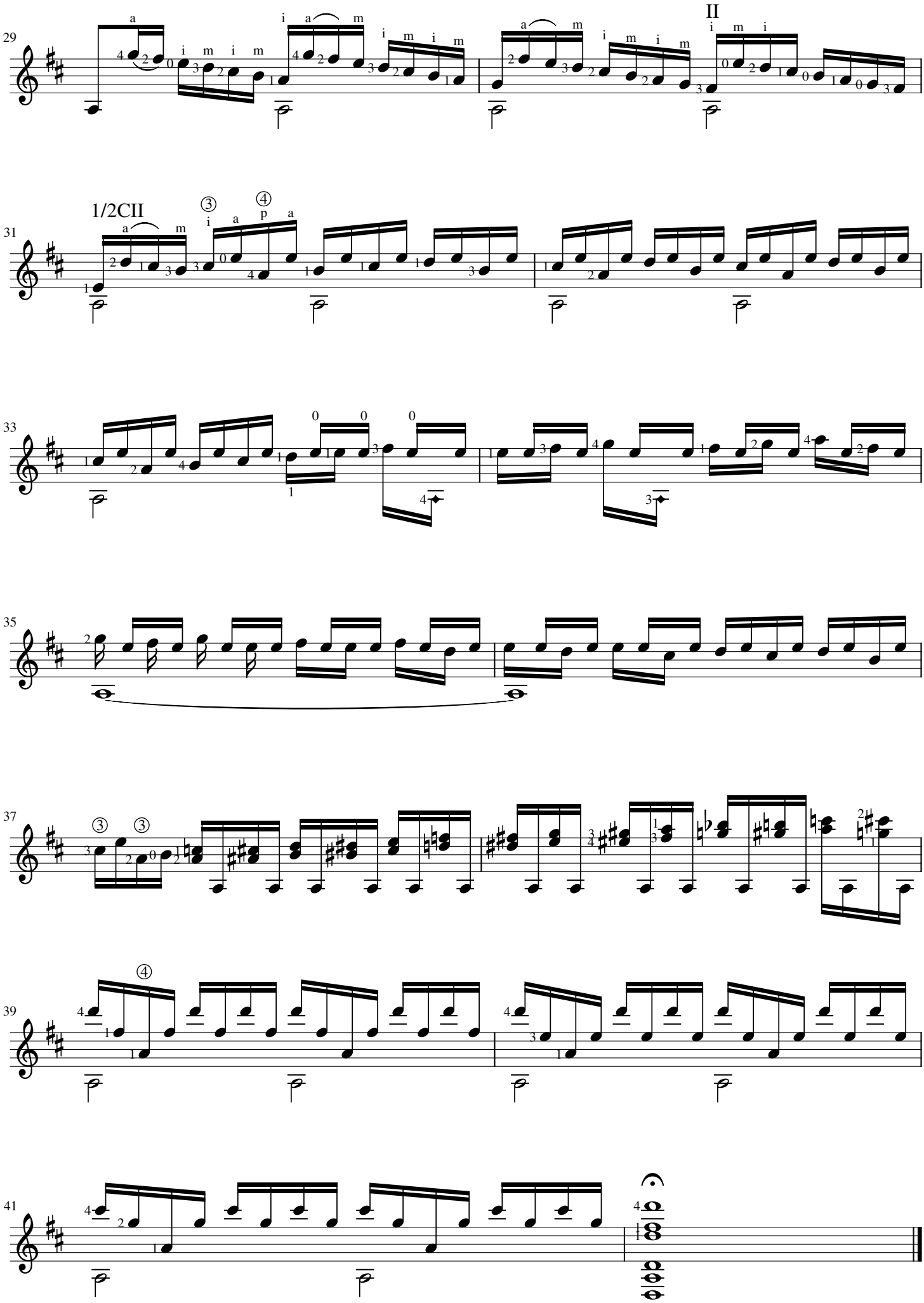
I. Prelude

J. S. Bach
BWV 1007

Edited by Trisha Budd

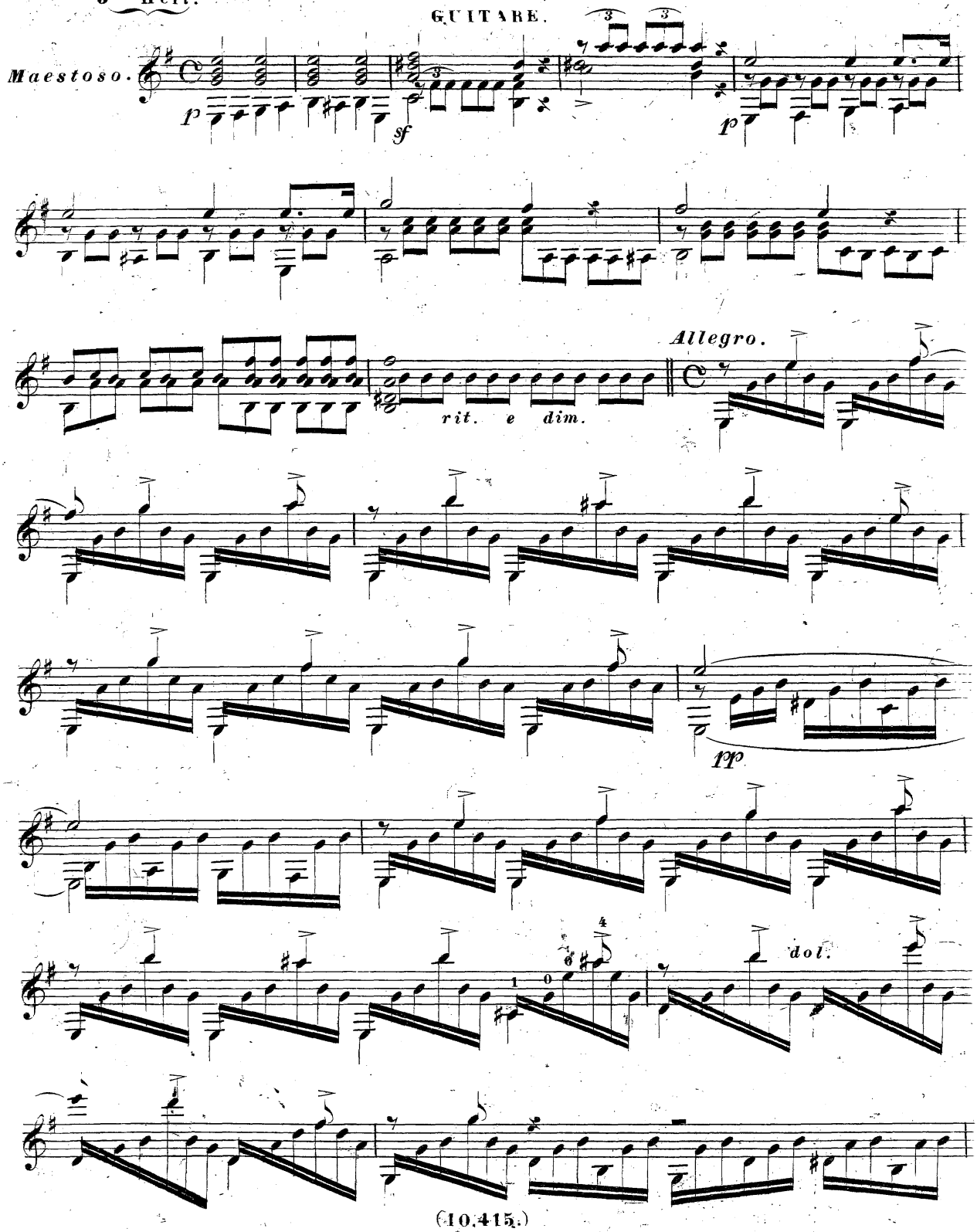



15
1/2CII
17
19
21
1/2 II
V
23
1/2CII
1/2CII
25
1/2CII
IV
27

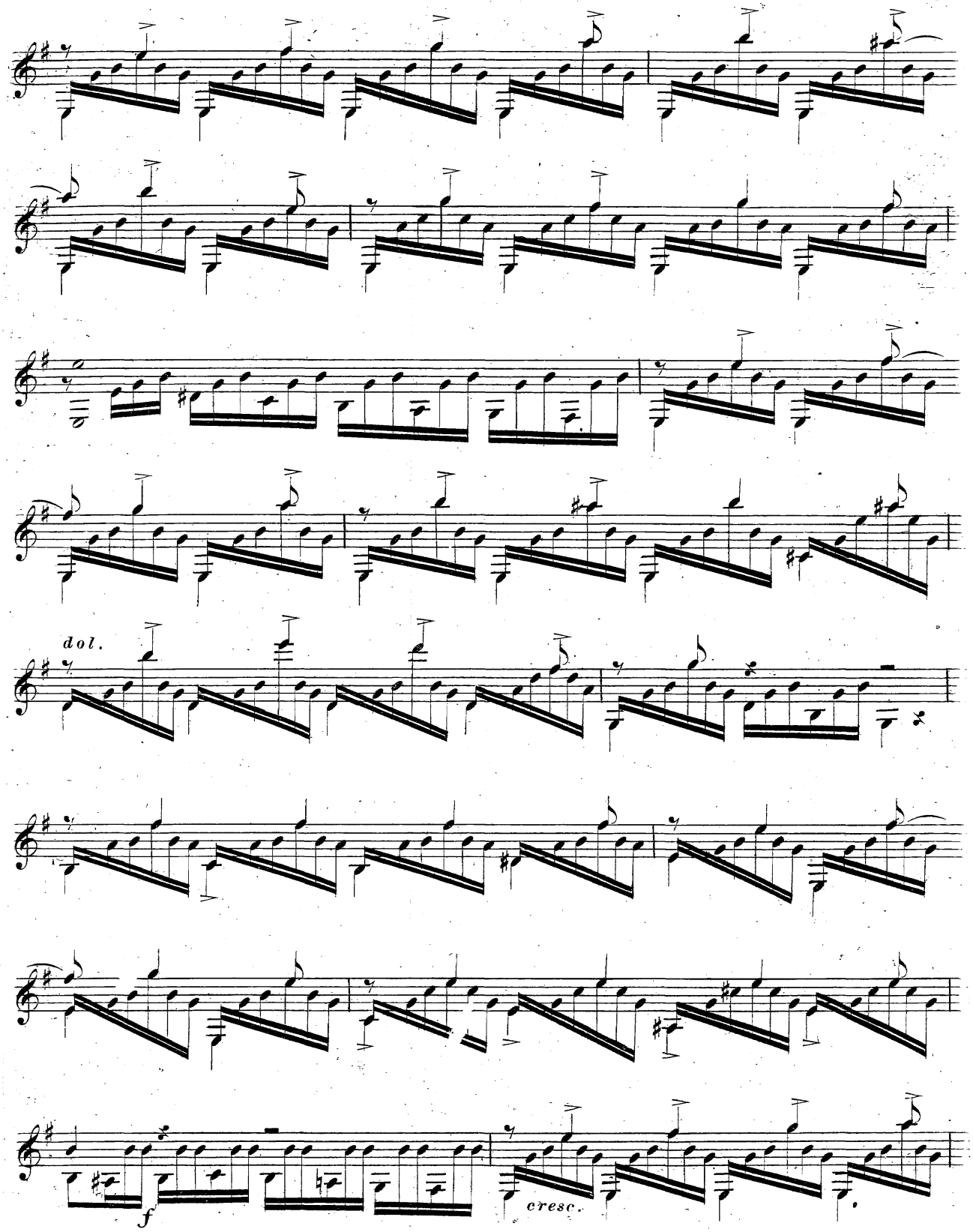

29
II
31
1/2CII
33
35
37
39
41

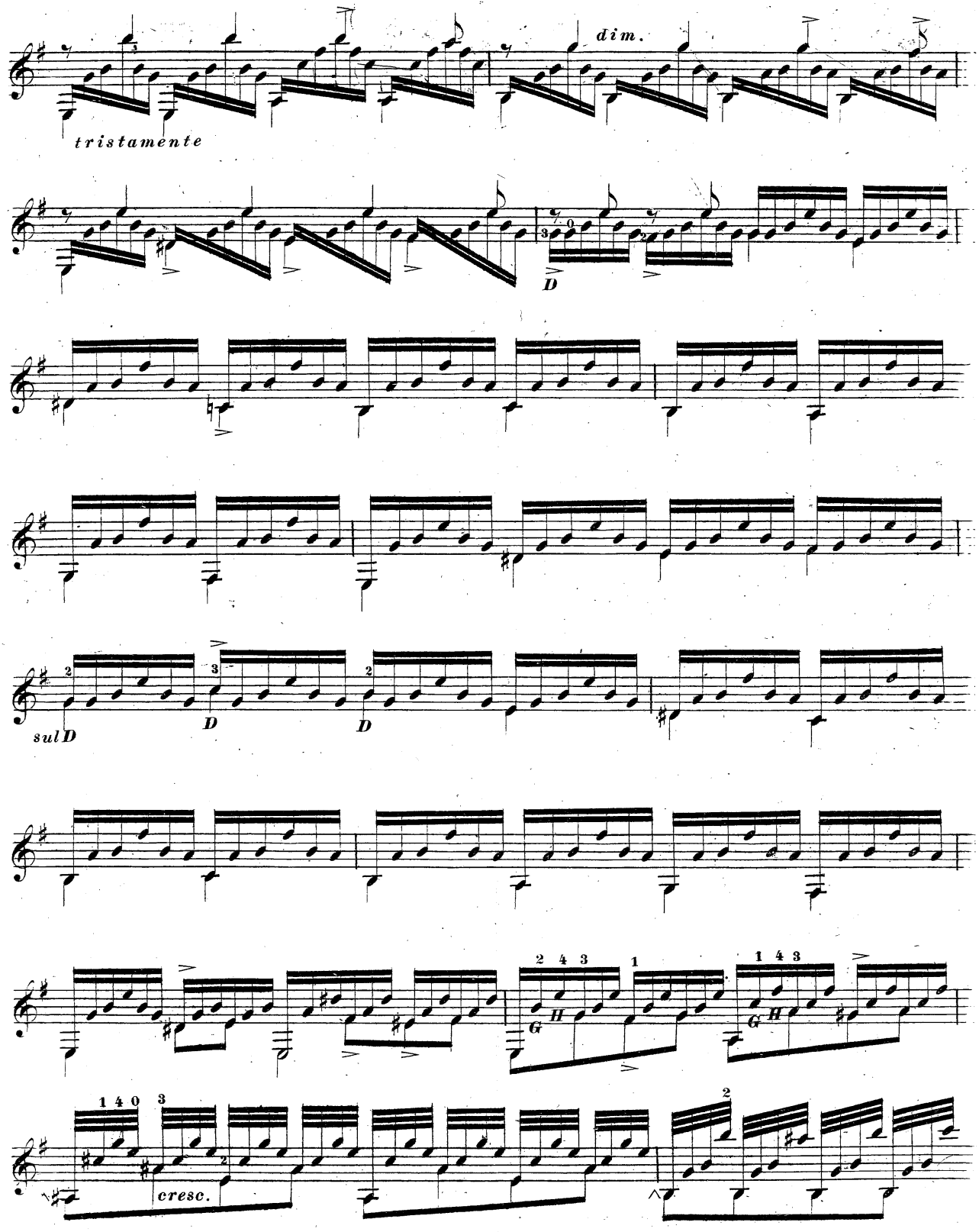
Fingals-Höhle.

GUITARE.



(10,415.)
Eigenthum und Verlag der k.k. Hof-Kunst- und Musikalienhandlung Tobias Haslinger's Witwe u. Sohn in Wien.


dol.
f
cresc.


tristamente
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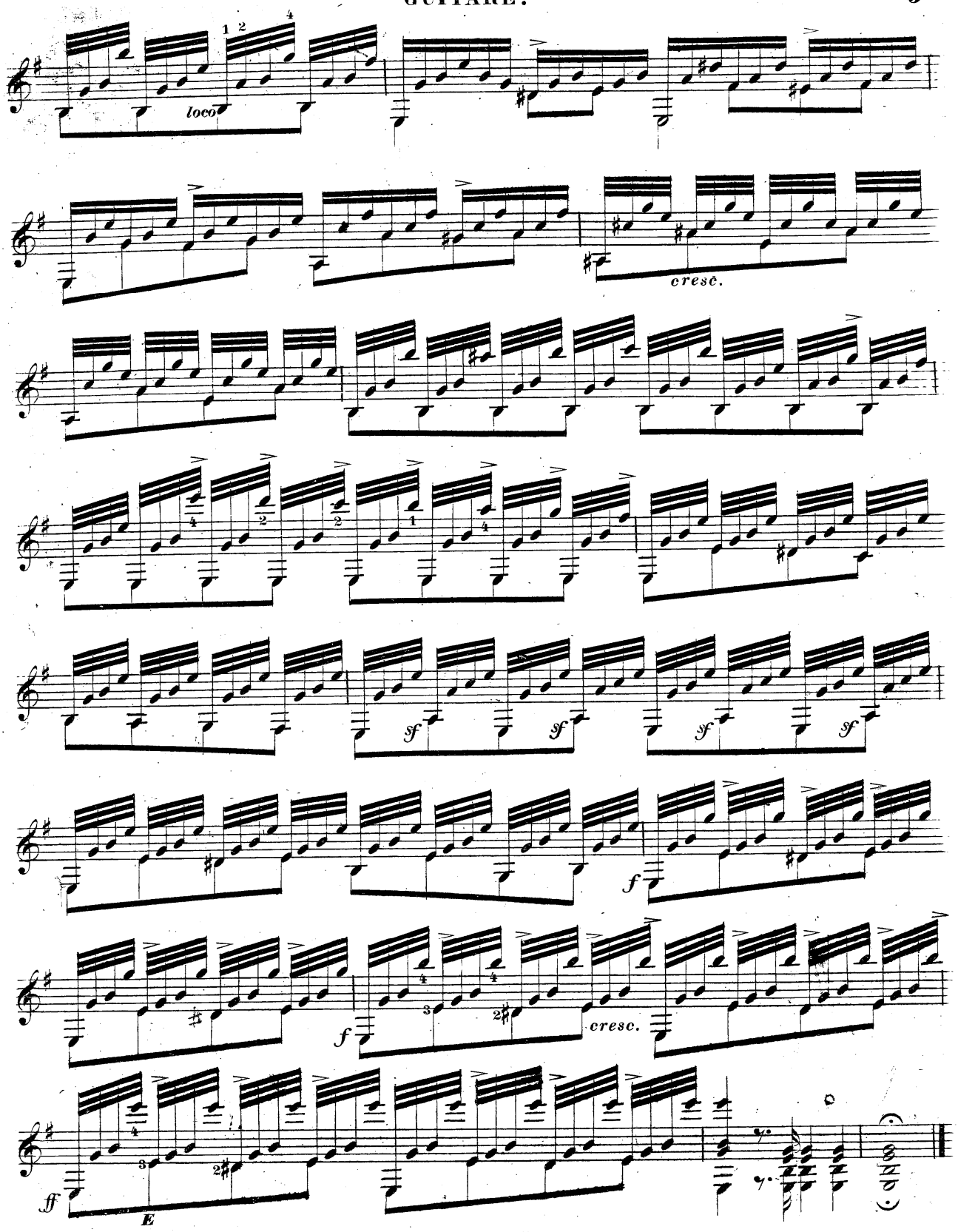
D
sul D
D
D
cresc.


loco
cresc.
sf
f
cresc.
ff
E

Bring down volume of the fingers
Increase the sustain of the top notes
Final note before a shift = legato
Top note softer

Präludium d-Moll

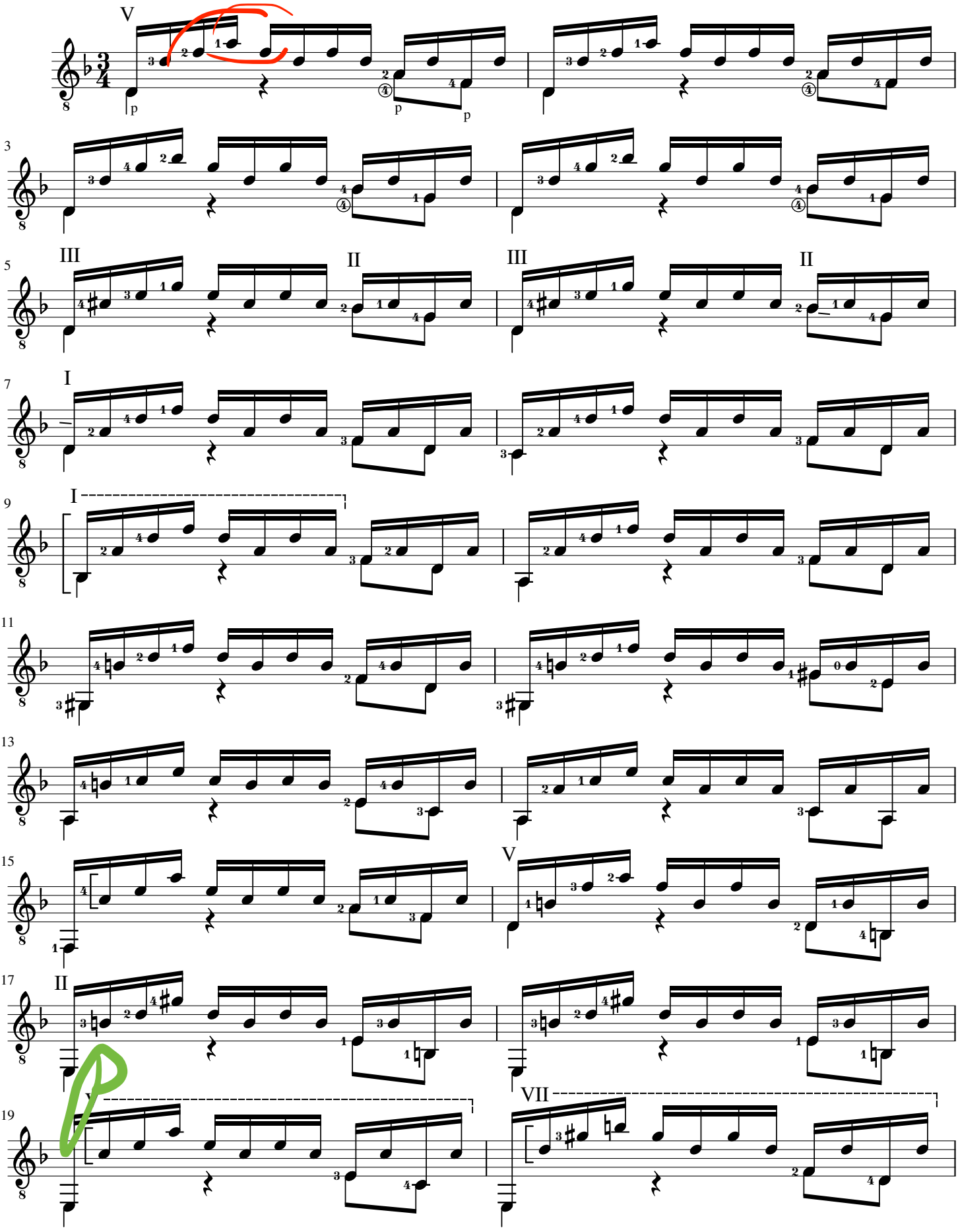
BWV 999

(Original für Laute in c-Moll)

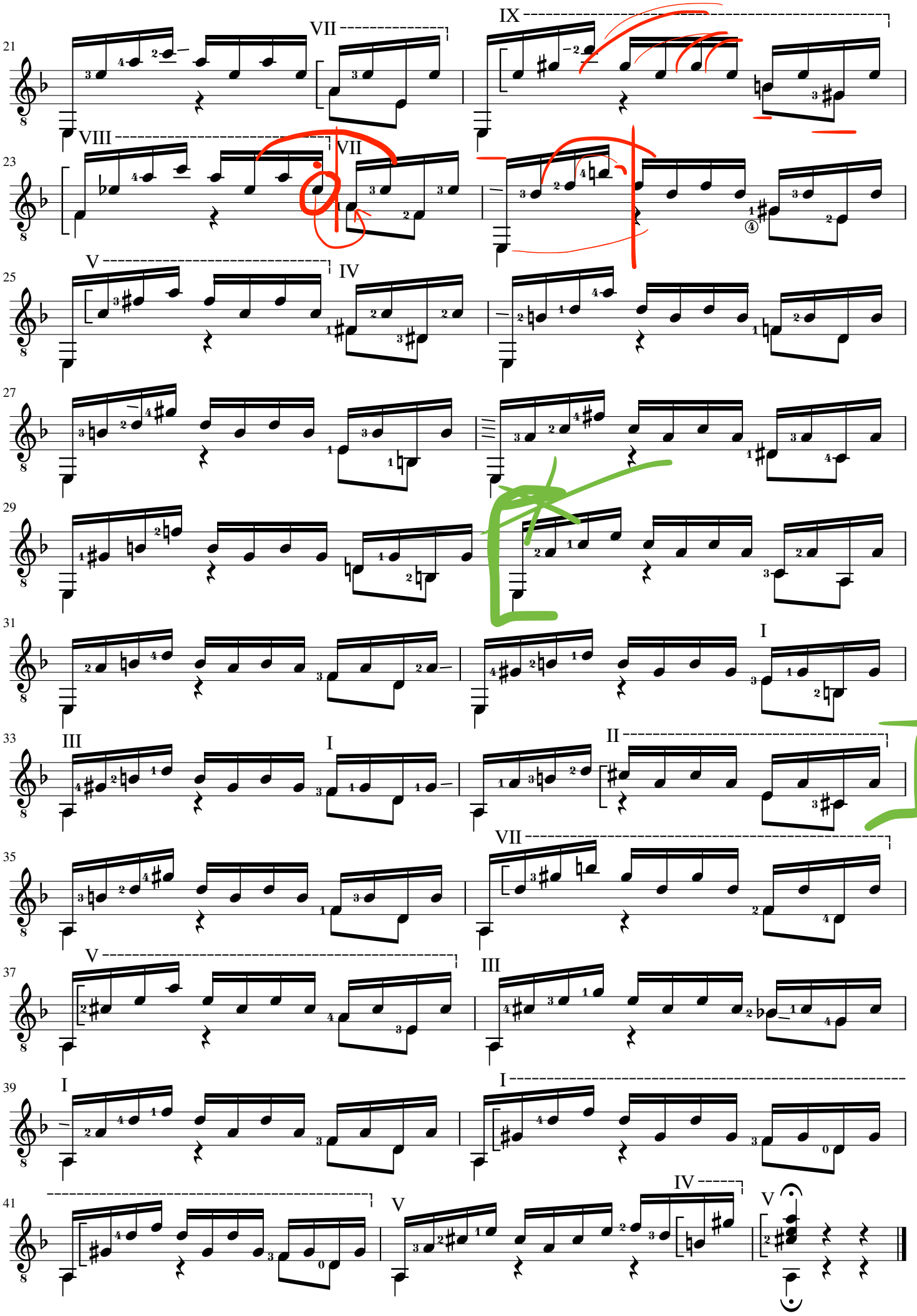
Right hand stable
Straighten Wrist: ‘a’ finger tilt
Memory

Eingerichtet von Stefan Apke

Johann Sebastian Bach (1685 – 1750)



© Stefan Apke, Vlotho an der Weser, 16. September 2017


21
VII
IX
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