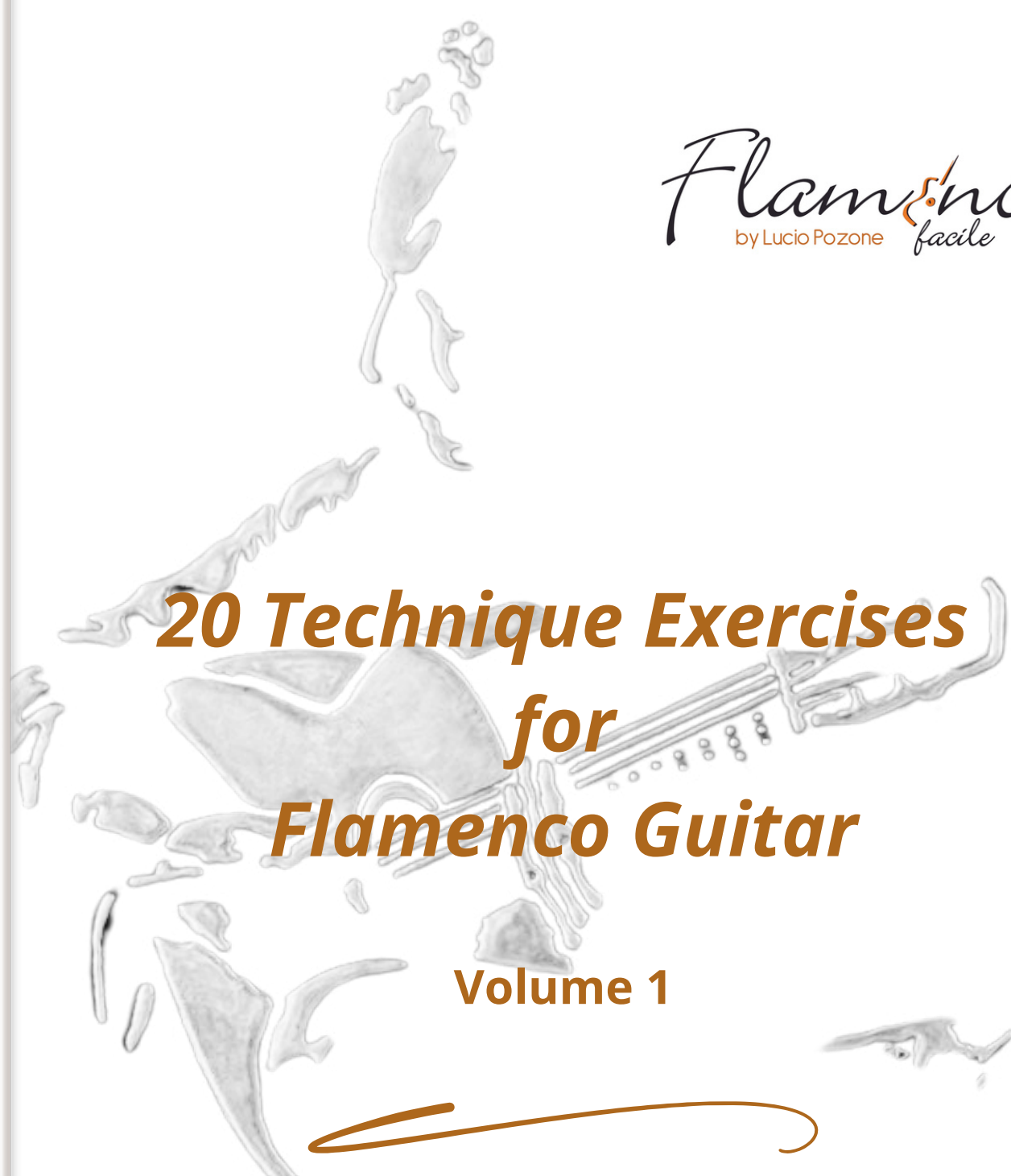




Flamenco
by Lucio Pozzone *facile*

20 Technique Exercises for Flamenco Guitar

Volume 1

Sheet music with staff, tablature, fingerings and instructions

(For Experienced Guitarists, but Flamenco Beginners)

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Preface

Welcome to the ebook "**Flamenco Facile: 20 Technique Exercises for Flamenco Guitar – Vol. 1.**"

This is the first of three books created with the intent to offer an overview and a taste of the content present in my complete video course "**Flamenco Facile.**"

I want to clarify right away that flamenco guitar is **not** easy: I chose this name to represent **my strategy**, which aims to help you achieve **the best results** with **the least effort**, making it "**easy**" to follow.

Flamenco guitar is fascinating, rich in nuances, and requires dedication and constant practice. The exercises you will find in these pages have been selected according to a **progressive path** to help guitarists of all levels improve their technique and develop greater confidence with the instrument. However, it is important to note that these exercises represent **only a part** of what my video course has to offer.

In the complete video course, in addition to practical exercises, we explore in detail the specific musical **theory** of flamenco, the **history** of the gypsies, provide useful **tips** to tackle technical difficulties, and offer a range of **tools** to facilitate learning. Additionally, subscribers have the exclusive opportunity to book online guitar lessons to receive personalized **feedback** and progress even more effectively.

The **goal** of the three ebooks is to give you a taste of this content, hoping to pique your curiosity and stimulate your interest in a more in-depth study journey. I am confident that once you try the exercises, you will be eager to explore everything the "Flamenco Facile" video course has in store for you. On that note, I invite you to join the **Free Members Area**: it is completely free and will give you the chance to experience the method.

Thank you for choosing this ebook, and happy practicing!

With passion and dedication,

Lucio Pozzone



[Flamenco Facile - Easy Flamenco](#)

Classical Guitar Vs Flamenco Guitar

Classical Guitar

1. **Materials:**

- Soundboard: Generally made of spruce or cedar
- Sides and back: Often made of rosewood
- Neck: Usually made of mahogany or cedar

2. **Construction:**

- Fretboard: Wide, with more spaced strings to facilitate the execution of complex passages and chords
- Body: More robust and heavier, with a deeper resonance box

3. **Sound:**

- Produces a warmer, deeper sound with rich sustain (sound duration)
- Designed to achieve a wide range of dynamic and expressive tones, suitable for classical music and fingerstyle

Flamenco Guitar

1. **Materials:**

- Soundboard: Often made of spruce, but sometimes cedar
- Sides and back: Typically made of cypress (for the "blanca" type) or rosewood (for the "negra" type)
- Neck: Made of mahogany or cedar, like the classical guitar

2. **Construction:**

- Fretboard: Narrower, with closer strings to facilitate rapid chord changes and percussive techniques
- Body: Lighter and thinner, with a less deep resonance box
- String height: Lower strings compared to the soundboard to facilitate techniques like "golpe" (finger tapping on the soundboard)

3. **Sound:**

- Produces a brighter, more percussive sound with less sustain
- Designed to provide a quick attack and immediate response, essential characteristics for flamenco

Main Differences:

- **Materials and Construction:** Flamenco often uses cypress for a brighter sound and has a lighter body
- **Fretboard and Strings:** Flamenco has closer and lower strings to facilitate fast and percussive techniques
- **Sound:** Classical has a warmer, sustain-rich sound, while flamenco is brighter and more percussive

N.B. Both instruments are designed to meet specific musical needs, and although visually similar, their structural and sound differences make them unique in their own right.

SETTING AND POSTURE

Posture for Classical Guitar

If you have experience with classical guitar, you are certainly familiar with the footrest. This adjustable tool is placed under the left foot. The correct position is as follows:

1. **Guitar on the left leg:** Position the footrest under the left foot.
2. **Alternative with suction cups:** There is another system that uses suction cups under the lower side of the guitar. This method allows you to keep both feet on the ground, avoiding tension in the back and left leg.

Posture for Flamenco Guitar

For flamenco guitar, there is no rigid conventional posture. Historically, flamenco guitarists used a position similar to the classical one: they placed the guitar on both legs, with the fretboard raised, but without a footrest. In fact, they were mainly accompanists for **cante** (flamenco singing) and **baile** (flamenco dancing), and they primarily played comfortably in the first positions of the fretboard. With the evolution of flamenco guitar as a solo instrument, the need to move across the entire fretboard made a more stable position necessary. One example is **Paco de Lucía**, whose style is characterized by the right leg crossed over the left, with the right ankle at the height of the left knee. This position offers great stability and allows the guitar to be firmly anchored between the right leg and the right arm.

Personal Considerations

Personally, I follow Paco de Lucía's example. Although very stable, this position can cause numbness in the right leg if held for too long. For this reason, I sometimes use a footrest under my right foot during concerts to relieve numbness without losing stability.

Choose Your Setting

Every guitarist must find their ideal setup. The important thing is to choose a position that allows you to play relaxed and without tension, ensuring comfort and ease during the performance of pieces.

1 – HAND SETTING

Exercise no. 1/2

Perform the exercise first with the left hand only, then on open strings with the right hand only, using **rest stroke** and following the 5 indicated fingerings (including the use of the pinky finger, which, though it may seem unusual, is very effective in making the ring finger independent!). Finally, perform the exercise with both hands.

The symbols for the right hand are: **i = index, m = middle, a = ring, c = little finger (remember: c for "corto," meaning short)**.

The symbols for the left hand are: **1 = index, 2 = middle, 3 = ring, 4 = little finger**.

In **section A**, once the first four notes have been played on the first string, keep the fingers of the left hand still, then lift and position them on the next string only when playing the next note, keeping the hand as still as possible for as long as possible. Use the same process on all the strings until the end of the section. The left thumb, positioned more or less in front of the middle finger, slides along the neck so that the hand maintains a similar position on both the first and sixth strings.

In **section B**, hold the little finger until the string change (last finger, last note).

In **sections C and D**, hold the ring finger until the string change (last finger, last note).

In **section E**, hold the middle finger until the string change (last finger, last note).

In **section F**, hold both the ring and little fingers on the second and fourth eighth notes of each measure, respectively.

By holding the indicated fingers in this way, you will achieve greater precision and confidence when transitioning between strings.

The exercise can be practiced by moving down the fretboard sequentially.

P.S.: Use a small foam sponge under the strings near the bridge.

Lucio Pozzone

1) HAND SETTING

Exercise n. 1

Lucio Pozzone

$\text{♩} = 60$

A

Chitarra

1 1 2 3 4

i m i m a a c m

TAB 7 8 9 10

5 6 7 8

TAB 7 8 9 10

9 10 11 12

TAB 7 8 9 10

B

13 14 15 16

TAB 7 9 8 10

17 18 19 20

TAB 7 9 8 10

21 22 23 24

TAB 7 9 8 10

1) HAND SETTING

C

Musical notation for measures 25-28. Treble clef, key signature of one sharp (F#). Tablature below shows fingerings: 8-10-7-9.

Musical notation for measures 29-32. Treble clef, key signature of one sharp (F#). Tablature below shows fingerings: 8-10-7-9.

Musical notation for measures 33-36. Treble clef, key signature of one sharp (F#). Tablature below shows fingerings: 8-10-7-9. Measure 36 ends with a double bar line.

D

Musical notation for measures 37-40. Treble clef, key signature of one sharp (F#). Tablature below shows fingerings: 7-8-10-9.

Musical notation for measures 41-44. Treble clef, key signature of one sharp (F#). Tablature below shows fingerings: 7-8-10-9.

Musical notation for measures 45-48. Treble clef, key signature of one sharp (F#). Tablature below shows fingerings: 7-8-10-9. Measure 48 ends with a double bar line.

1) HAND SETTING

E

49 50 51 52

53 54 55 56

57 58 59 60

F

61 62 63 64

65 66 67 68

69 70 71 72

TAB

The image displays two systems of hand setting notation for guitar, labeled E and F. Each system consists of two staves: a musical staff and a fretboard staff (TAB). The musical staff shows the notes and accidentals for the right hand, while the fretboard staff shows the fret numbers for the left hand. The notation is organized into measures, with measure numbers 49 through 72 indicated above the musical staff. The fretboard staff uses numbers 7 through 10 to indicate fret positions. The notation is presented in a clear, black-and-white format, suitable for a music book or sheet music.

1 – HAND SETTING

Exercise no. 2/2

Perform the exercise by playing the **offbeat notes** with a **rest stroke** and the **downbeat notes** with a **downstroke**, flicking the fingers outward from the hand.

This practice, in addition to increasing the flexibility of the fingers and strengthening the forearm muscles, will be very useful for the execution of techniques we will study later.

Moreover, it forces the fingers to acquire increasingly greater precision.

Here too, we will find 5 different right-hand fingerings (including the pinky!) and, in **measure 7**, the **rest** will give us the opportunity to switch fingers so that all of them can play the downbeat notes. In this way, we will aim to achieve the same energy for each finger.

Lucio Pozzone

1) HAND SETTING

Exercise n. 2

Lucio Pozzone

♩ = 60

Chitarra

1 2 1 2 3 4 3

i i m m i i m m i i
m m a a m m a a m m
a a c c a a c c a a

7 7 8 8 9 9 10 10 7 7 8 8 9 9 10 10 7

remove the thumb from the 6th string by sliding it up on the soundboard

4 5 6

7 7 8 8 9 9 10 10 7 7 8 8 9 9 10 10 7 7 8 8 9 9 10 10 7

rev. fingering

7 8 9

7 7 8 8 9 9 10 10 7 7 8 8 9 9 10 10 7 7 8 8 9 9 10 10 7

thumb again on the 6th string

10 11 12

7 7 8 8 9 9 10 10 7 7 8 8 9 9 10 10 7 7 8 8 9 9 10 10 7

13 1 2 3 4

7 7 8 8 9 9 10 10 7

2 - FLUENCY AND EMPOWERMENT

Exercise no. 1/7

Perform the exercise on open strings using the same **4 two-finger fingerings** from the previous exercises (chapter **HAND SETTING**), with **rest stroke** and **staccato**.

To achieve this effect, the finger that is to play the next note rests on the string beforehand, stopping the previous sound.

This technique, as we will see later, will give us greater control and considerable speed in executing **picado**.

Starting from the first to the sixth string, always begin with the same finger (up to **measure 13**); from **measure 14**, use the same fingers but in reverse order.

Remember to slightly emphasize the first note of each triplet.

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2 - FLUENCY AND EMPOWERMENT

Exercise n. 1

Lucio Pozzone

♩ = 60

Chitarra

1. 3 3 6 6

i m a c i m a c i m a c i m a c

TAB

3. 3 3 4. 6 6

TAB

5. 3 3 6. 6 6

TAB

7. 3 3 8. 6 6

TAB

9. 3 3 10. 6 6

TAB

11. 3 3 12. 6 6 13.

TAB

2 - FLUENCY AND EMPOWERMENT

reverse the fingering

The musical score consists of six systems, each with a treble staff and a corresponding TAB staff. The measures are numbered 14 through 26. Measures 14-15 and 16-17 contain triplets of eighth notes. Measures 15-16 and 17-18 contain sextuplets of eighth notes. Measures 18-19 and 19-20 contain triplets of eighth notes. Measures 20-21 and 21-22 contain sextuplets of eighth notes. Measures 22-23 and 23-24 contain triplets of eighth notes. Measures 24-25 and 25-26 contain sextuplets of eighth notes. The TAB staff for each system shows the fret numbers (0) for each note. The final measure (26) ends with a double bar line and a repeat sign, with a '4x' marking above it.

14 $\overbrace{m \ i \ m}^3$ $\overbrace{i \ m \ i}^3$ 15 $\overbrace{m \ i \ m \ i \ m \ i}^6$ $\overbrace{m \ i \ m \ i \ m \ i}^6$

16 $\overbrace{m \ i \ m}^3$ $\overbrace{i \ m \ i}^3$ 17 $\overbrace{m \ i \ m \ i \ m \ i}^6$ $\overbrace{m \ i \ m \ i \ m \ i}^6$

18 $\overbrace{m \ i \ m}^3$ $\overbrace{i \ m \ i}^3$ 19 $\overbrace{m \ i \ m \ i \ m \ i}^6$ $\overbrace{m \ i \ m \ i \ m \ i}^6$

20 $\overbrace{m \ i \ m}^3$ $\overbrace{i \ m \ i}^3$ 21 $\overbrace{m \ i \ m \ i \ m \ i}^6$ $\overbrace{m \ i \ m \ i \ m \ i}^6$

22 $\overbrace{m \ i \ m}^3$ $\overbrace{i \ m \ i}^3$ 23 $\overbrace{m \ i \ m \ i \ m \ i}^6$ $\overbrace{m \ i \ m \ i \ m \ i}^6$

24 $\overbrace{m \ i \ m}^3$ $\overbrace{i \ m \ i}^3$ 25 $\overbrace{m \ i \ m \ i \ m \ i}^6$ $\overbrace{m \ i \ m \ i \ m \ i}^6$ 26 $\overbrace{m \ i \ m \ i \ m \ i}^6$ $\overbrace{m \ i \ m \ i \ m \ i}^6$ 4x

2 - FLUENCY AND EMPOWERMENT

Exercise no. 2/7

This exercise is divided into **3 sections** (A, B, and C) because I chose to break down the fingerboard from the **1st to the 12th fret** into 3 parts.

This way, we have the opportunity to use **3 different two-finger fingerings** for the right hand, starting respectively from the **1st, 4th, and 7th positions**.

The left hand uses the same fingering from start to finish, alternating all **4 fingers** and releasing them one at a time only when needed.

The right hand performs the exercise as follows:

from the **1st to the 3rd position** (section A) with **index and middle fingers**;

from the **4th to the 6th position** (section B) with **index and ring fingers**;

from the **7th to the 9th position** (section C) with **middle and ring fingers**.

Personally, I use **rest stroke** (emphasizing the accented note) and **staccato**, as in the previous exercise (Fluency and Empowerment – Exercise no. 1); however, the exercise can also be interesting with **free stroke** or **pluck stroke** to improve finger precision.

Naturally, other fingerings can also be used; the choice is personal and depends on each player's specific challenges with the instrument.

The important thing is to **emphasize the accented notes** but to **avoid unnecessary strain** on the tendons.

Therefore, I encourage you to alternate exercises with rest breaks.

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2 - FLUENCY AND EMPOWERMENT

Exercise n. 2

Lucio Pozzone

♩ = 60

[A]

Chitarra

1 2 3 4 3 2 1 2 3 4 3 2 1 2 3 4 3 2

1 2 3 4 3 2 1 2 3 4 3 2 1 2 3 4 3 2

1 2 3 4 3 2 1 2 3 4 3 2 1 2 3 4 3 2

1 2 3 4 3 2 1 2 3 4 3 2 1 2 3 4 3 2

1 2 3 4 3 2 1 2 3 4 3 2 1 2 3 4 3 2

1 2 3 4 3 2 1 2 3 4 3 2 1 2 3 4 3 2

13 3 3 14 6 6

TAB 2 3 4 5 4 3 2 3 4 5 4 3

15 3 3 16 6 6

TAB 2 3 4 5 4 3 2 3 4 5 4 3

17 3 3 18 6 6

TAB 2 3 4 5 4 3 2 3 4 5 4 3

19 3 20 6 6

TAB 2 3 4 5 4 3 2 3 4 5 4 3

21 3 22 6 6

TAB 2 3 4 5 4 3 2 3 4 5 4 3

23 3 24 6 6

TAB 2 3 4 5 4 3 2 3 4 5 4 3

25 3 26 6 6

TAB 3 4 5 6 5 4 3 4 5 6 5 4

2 - FLUENCY AND EMPOWERMENT

27. 28.

TAB 3 4 5 6 5 4 | 3 4 5 6 5 4 3 4 5 6 5 4

29. 30.

TAB 3 4 5 6 5 4 | 3 4 5 6 5 4 3 4 5 6 5 4

31. 32.

TAB 3 4 5 6 5 4 | 3 4 5 6 5 4 3 4 5 6 5 4

33. 34.

TAB 3 4 5 6 5 4 | 3 4 5 6 5 4 3 4 5 6 5 4

35. 36.

TAB 3 4 5 6 5 4 | 3 4 5 6 5 4 3 4 5 6 5 4

B 37. 38.

TAB 4 5 6 7 6 5 | 4 5 6 7 6 5 4 5 6 7 6 5

39. 40.

TAB 4 5 6 7 6 5 | 4 5 6 7 6 5 4 5 6 7 6 5

2 - FLUENCY AND EMPOWERMENT

41
T
A
B 4 5 6 7 6 5 | 4 5 6 7 6 5 4 5 6 7 6 5

43
T
A
B 4 5 6 7 6 5 | 4 5 6 7 6 5 4 5 6 7 6 5

45
T
A
B 4 5 6 7 6 5 | 4 5 6 7 6 5 4 5 6 7 6 5

47
T
A
B 4 5 6 7 6 5 | 4 5 6 7 6 5 4 5 6 7 6 5

49
T
A
B 5 6 7 8 7 6 | 5 6 7 8 7 6 5 6 7 8 7 6

51
T
A
B 5 6 7 8 7 6 | 5 6 7 8 7 6 5 6 7 8 7 6

53
T
A
B 5 6 7 8 7 6 | 5 6 7 8 7 6 5 6 7 8 7 6

2 - FLUENCY AND EMPOWERMENT

The musical score consists of seven systems, each with a treble staff and a corresponding guitar tablature (TAB) staff. The measures are numbered 55 through 68. The notation includes various rhythmic patterns, specifically triplets and sextuplets, indicated by bracketed numbers above the notes. The TAB staff uses numbers 5 through 9 to represent fret positions. The key signature has one sharp (F#).

Measure 55: Treble staff shows a triplet of eighth notes (F#, G, A) followed by a triplet of eighth notes (B, A, G). TAB: 5 6 7 8 7 6.

Measure 56: Treble staff shows a sextuplet of eighth notes (F#, G, A, B, A, G) followed by a sextuplet of eighth notes (F#, G, A, B, A, G). TAB: 5 6 7 8 7 6 5 6 7 8 7 6.

Measure 57: Treble staff shows a triplet of eighth notes (F#, G, A) followed by a triplet of eighth notes (B, A, G). TAB: 5 6 7 8 7 6.

Measure 58: Treble staff shows a sextuplet of eighth notes (F#, G, A, B, A, G) followed by a sextuplet of eighth notes (F#, G, A, B, A, G). TAB: 5 6 7 8 7 6 5 6 7 8 7 6.

Measure 59: Treble staff shows a triplet of eighth notes (F#, G, A) followed by a triplet of eighth notes (B, A, G). TAB: 5 6 7 8 7 6.

Measure 60: Treble staff shows a sextuplet of eighth notes (F#, G, A, B, A, G) followed by a sextuplet of eighth notes (F#, G, A, B, A, G). TAB: 5 6 7 8 7 6 5 6 7 8 7 6.

Measure 61: Treble staff shows a triplet of eighth notes (F#, G, A) followed by a triplet of eighth notes (B, A, G). TAB: 6 7 8 9 8 7.

Measure 62: Treble staff shows a sextuplet of eighth notes (F#, G, A, B, A, G) followed by a sextuplet of eighth notes (F#, G, A, B, A, G). TAB: 6 7 8 9 8 7 6 7 8 9 8 7.

Measure 63: Treble staff shows a triplet of eighth notes (F#, G, A) followed by a triplet of eighth notes (B, A, G). TAB: 6 7 8 9 8 7.

Measure 64: Treble staff shows a sextuplet of eighth notes (F#, G, A, B, A, G) followed by a sextuplet of eighth notes (F#, G, A, B, A, G). TAB: 6 7 8 9 8 7 6 7 8 9 8 7.

Measure 65: Treble staff shows a triplet of eighth notes (F#, G, A) followed by a triplet of eighth notes (B, A, G). TAB: 6 7 8 9 8 7.

Measure 66: Treble staff shows a sextuplet of eighth notes (F#, G, A, B, A, G) followed by a sextuplet of eighth notes (F#, G, A, B, A, G). TAB: 6 7 8 9 8 7 6 7 8 9 8 7.

Measure 67: Treble staff shows a triplet of eighth notes (F#, G, A) followed by a triplet of eighth notes (B, A, G). TAB: 6 7 8 9 8 7.

Measure 68: Treble staff shows a sextuplet of eighth notes (F#, G, A, B, A, G) followed by a sextuplet of eighth notes (F#, G, A, B, A, G). TAB: 6 7 8 9 8 7 6 7 8 9 8 7.

2 - FLUENCY AND EMPOWERMENT

69 70

TAB 6 7 8 9 8 7 | 6 7 8 9 8 7 6 7 8 9 8 7

71 72

TAB 6 7 8 9 8 7 | 6 7 8 9 8 7 6 7 8 9 8 7

C

73 74

TAB *m a m a m a* 7 8 9 10 9 8 | 7 8 9 10 9 8 7 8 9 10 9 8

75 76

TAB 7 8 9 10 9 8 | 7 8 9 10 9 8 7 8 9 10 9 8

77 78

TAB 7 8 9 10 9 8 | 7 8 9 10 9 8 7 8 9 10 9 8

79 80

TAB 7 8 9 10 9 8 | 7 8 9 10 9 8 7 8 9 10 9 8

81 82

TAB 7 8 9 10 9 8 | 7 8 9 10 9 8 7 8 9 10 9 8

2 - FLUENCY AND EMPOWERMENT

83 84

TAB 7 8 9 10 9 8 7 8 9 10 9 8

85 86

TAB 8 9 10 11 10 9 8 9 10 11 10 9

87 88

TAB 8 9 10 11 10 9 8 9 10 11 10 9

89 90

TAB 8 9 10 11 10 9 8 9 10 11 10 9

91 92

TAB 8 9 10 11 10 9 8 9 10 11 10 9

93 94

TAB 8 9 10 11 10 9 8 9 10 11 10 9

95 96

TAB 8 9 10 11 10 9 8 9 10 11 10 9

2 - FLUENCY AND EMPOWERMENT

97

98

TAB

99

100

TAB

101

102

TAB

103

104

TAB

105

106

TAB

107

108

109

TAB

2 - FLUENCY AND EMPOWERMENT

Exercise no. 3/7

As a continuation of **Exercise no. 1** in the same chapter, perform **Exercise no. 3** on open strings using **3 new three-finger fingerings**, again with **rest stroke** and **staccato**.

From the **1st to the 6th string** and back for each fingering as follows:

1. **i, a, m;**
2. **a, m, i;**
3. **m, i, a.**

As you can see, the **finger sequence** remains the same, but the starting finger changes; this way, the accented notes can be played in turn by each finger.

Remember to slightly emphasize the **first note of each triplet**.

Lucio Pozzone

2 - FLUENCY AND EMPOWERMENT

Exercise n. 3

Lucio Pozzone

♩ = 60

Chitarra

1. *i a m i a m*
0 0 0 0 0 0

2. *i a m i a m*
0 0 0 0 0 0

TAB

3. *i a m i a m*
0 0 0 0 0 0

4. *i a m i a m*
0 0 0 0 0 0

TAB

5. *i a m i a m*
0 0 0 0 0 0

6. *i a m i a m*
0 0 0 0 0 0

TAB

7. *i a m i a m*
0 0 0 0 0 0

8. *i a m i a m*
0 0 0 0 0 0

TAB

9. *i a m i a m*
0 0 0 0 0 0

10. *i a m i a m*
0 0 0 0 0 0

TAB

11. *i a m i a m*
0 0 0 0 0 0

12. *i a m i a m*
0 0 0 0 0 0

TAB

2 - FLUENCY AND EMPOWERMENT

13 3 3 14 6 6

TAB 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0

15 3 3 16 6 6

TAB 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0

17 3 3 18 6 6

TAB 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0

19 3 3 20 6 6

TAB 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0

21 3 3 22 6 6

TAB 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0

23 3x

TAB 0

2 - FLUENCY AND EMPOWERMENT

Exercise no. 4/7

Following **Exercise no. 2**, **Exercise no. 4** is also divided into **3 sections** (A, B, and C) to split the fingerboard into **3 parts**.

Here, too, we have **3 different fingerings** for the right hand, but this time, **3 fingers** will be used.

The **left hand** maintains the same fingering from start to finish, alternating all **4 fingers** and releasing them in turn only when necessary.

The **right hand** performs the exercise as follows:

from the **1st to the 3rd position** (section A) with **index, ring, and middle fingers**;

from the **4th to the 6th position** (section B) with **ring, middle, and index fingers**;

from the **7th to the 9th position** (section C) with **middle, index, and ring fingers**.

The same principles as in **Exercise no. 2** apply regarding **rest stroke** and **staccato**.

Once again, **free stroke** or **pluck stroke** can also be useful in this exercise to improve **finger precision**.

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2 - FLUENCY AND EMPOWERMENT

Exercise n. 4

Lucio Pozzone

♩ = 60

[A]

Chitarra

1 2 3 4 3 2 1 2 3 4 3 2 1 2 3 4 3 2 1 2 3 4 3 2

1 2 3 4 3 2 1 2 3 4 3 2 1 2 3 4 3 2 1 2 3 4 3 2

1 2 3 4 3 2 1 2 3 4 3 2 1 2 3 4 3 2 1 2 3 4 3 2

1 2 3 4 3 2 1 2 3 4 3 2 1 2 3 4 3 2 1 2 3 4 3 2

1 2 3 4 3 2 1 2 3 4 3 2 1 2 3 4 3 2 1 2 3 4 3 2

1 2 3 4 3 2 1 2 3 4 3 2 1 2 3 4 3 2 1 2 3 4 3 2

2 - FLUENCY AND EMPOWERMENT

The musical score consists of seven systems, each containing a treble clef staff and a guitar tablature staff. The measures are numbered 13 through 26. Fingerings (1-6) and slurs are indicated throughout the piece.

Measure 13: Treble clef: quarter notes G#4, A4, Bb4. Tablature: 2, 3, 4, 5, 4, 3. Slurs over measures 13-14 and 15-16.

Measure 14: Treble clef: quarter notes G#4, A4, Bb4, A4, G#4, F#4. Tablature: 2, 3, 4, 5, 4, 3. Slurs over measures 13-14 and 15-16.

Measure 15: Treble clef: quarter notes G#4, A4, Bb4. Tablature: 2, 3, 4, 5, 4, 3. Slurs over measures 13-14 and 15-16.

Measure 16: Treble clef: quarter notes G#4, A4, Bb4, A4, G#4, F#4. Tablature: 2, 3, 4, 5, 4, 3. Slurs over measures 13-14 and 15-16.

Measure 17: Treble clef: quarter notes G#4, A4, Bb4. Tablature: 2, 3, 4, 5, 4, 3. Slurs over measures 17-18 and 19-20.

Measure 18: Treble clef: quarter notes G#4, A4, Bb4, A4, G#4, F#4. Tablature: 2, 3, 4, 5, 4, 3. Slurs over measures 17-18 and 19-20.

Measure 19: Treble clef: quarter notes G#4, A4, Bb4. Tablature: 2, 3, 4, 5, 4, 3. Slurs over measures 17-18 and 19-20.

Measure 20: Treble clef: quarter notes G#4, A4, Bb4, A4, G#4, F#4. Tablature: 2, 3, 4, 5, 4, 3. Slurs over measures 17-18 and 19-20.

Measure 21: Treble clef: quarter notes G#4, A4, Bb4. Tablature: 2, 3, 4, 5, 4, 3. Slurs over measures 21-22 and 23-24.

Measure 22: Treble clef: quarter notes G#4, A4, Bb4, A4, G#4, F#4. Tablature: 2, 3, 4, 5, 4, 3. Slurs over measures 21-22 and 23-24.

Measure 23: Treble clef: quarter notes G#4, A4, Bb4. Tablature: 2, 3, 4, 5, 4, 3. Slurs over measures 21-22 and 23-24.

Measure 24: Treble clef: quarter notes G#4, A4, Bb4, A4, G#4, F#4. Tablature: 2, 3, 4, 5, 4, 3. Slurs over measures 21-22 and 23-24.

Measure 25: Treble clef: quarter notes G#4, A4, Bb4. Tablature: 3, 4, 5, 6, 5, 4. Slurs over measures 25-26 and 27-28.

Measure 26: Treble clef: quarter notes G#4, A4, Bb4, A4, G#4, F#4. Tablature: 3, 4, 5, 6, 5, 4. Slurs over measures 25-26 and 27-28.

2 - FLUENCY AND EMPOWERMENT

27. 28.

TAB 3 4 5 6 5 4 | 3 4 5 6 5 4 3 4 5 6 5 4

29. 30.

TAB 3 4 5 6 5 4 | 3 4 5 6 5 4 3 4 5 6 5 4

31. 32.

TAB 3 4 5 6 5 4 | 3 4 5 6 5 4 3 4 5 6 5 4

33. 34.

TAB 3 4 5 6 5 4 | 3 4 5 6 5 4 3 4 5 6 5 4

35. 36.

TAB 3 4 5 6 5 4 | 3 4 5 6 5 4 3 4 5 6 5 4

B 37. 38.

TAB 4 5 6 7 6 5 | 4 5 6 7 6 5 4 5 6 7 6 5

39. 40.

TAB 4 5 6 7 6 5 | 4 5 6 7 6 5 4 5 6 7 6 5

2 - FLUENCY AND EMPOWERMENT

41
T 4 5 6 7 6 5 | 4 5 6 7 6 5 4 5 6 7 6 5
A
B

43
T 4 5 6 7 6 5 | 4 5 6 7 6 5 4 5 6 7 6 5
A
B

45
T 4 5 6 7 6 5 | 4 5 6 7 6 5 4 5 6 7 6 5
A
B

47
T 4 5 6 7 6 5 | 4 5 6 7 6 5 4 5 6 7 6 5
A
B

49
T 5 6 7 8 7 6 | 5 6 7 8 7 6 5 6 7 8 7 6
A
B

51
T 5 6 7 8 7 6 | 5 6 7 8 7 6 5 6 7 8 7 6
A
B

53
T 5 6 7 8 7 6 | 5 6 7 8 7 6 5 6 7 8 7 6
A
B

2 - FLUENCY AND EMPOWERMENT

The musical score consists of seven systems, each containing a treble staff and a corresponding guitar tablature (TAB) staff. The measures are numbered 55 through 68. The notation includes various musical symbols such as treble clefs, sharp signs (#), flat signs (b), and natural signs (n). Rhythmic groupings are indicated by brackets with numbers 3 (triplets) and 6 (sextuplets) above the notes. The TAB staves use numbers 5, 6, 7, 8, and 9 to represent fret positions. The score is divided into two columns of measures: measures 55-56, 57-58, 59-60, 61-62, 63-64, 65-66, and 67-68.

2 - FLUENCY AND EMPOWERMENT

69 70 6 7 8 9 8 7 6 7 8 9 8 7

TAB

71 72 6 7 8 9 8 7 6 7 8 9 8 7

TAB

C

73 74 7 8 9 10 9 8 7 8 9 10 9 8

m i a m i a

TAB

75 76 7 8 9 10 9 8 7 8 9 10 9 8

TAB

77 78 7 8 9 10 9 8 7 8 9 10 9 8

TAB

79 80 7 8 9 10 9 8 7 8 9 10 9 8

TAB

81 82 7 8 9 10 9 8 7 8 9 10 9 8

TAB

2 - FLUENCY AND EMPOWERMENT

83 3 3 84 6 6

TAB 7 8 9 10 9 8 7 8 9 10 9 8

85 3 3 86 6 6

TAB 8 9 10 11 10 9 8 9 10 11 10 9

87 3 3 88 6 6

TAB 8 9 10 11 10 9 8 9 10 11 10 9

89 3 3 90 6 6

TAB 8 9 10 11 10 9 8 9 10 11 10 9

91 3 3 92 6 6

TAB 8 9 10 11 10 9 8 9 10 11 10 9

93 3 3 94 6 6

TAB 8 9 10 11 10 9 8 9 10 11 10 9

95 3 3 96 6 6

TAB 8 9 10 11 10 9 8 9 10 11 10 9

2 - FLUENCY AND EMPOWERMENT

97

98

TAB

99

100

TAB

101

102

TAB

103

104

TAB

105

106

TAB

107

108

TAB

109

TAB

2 - FLUENCY AND EMPOWERMENT

Exercise no. 5/7

Exercise no. 5 is a true **workout** specifically designed to effectively strengthen the **left hand**.

Starting with the **right hand fingering**, I recommend **i, a, m, ma**.

However, given the exercise's complexity, it can also be done with just two fingers, as it is specifically designed for the left hand.

This exercise breaks with the conventional rule of keeping fingers as close to the fretboard as possible.

Instead, to build muscle strength, we'll leave only the finger playing the note on the fretboard, raising the others as high as possible!

Since this exercise involves fairly intense muscle work, be careful to avoid overexertion to prevent tendinitis and be sure to take breaks to rest your hand periodically.

Stretching can also be very beneficial: place one hand at a time on a wall with fingers pointing downward, arm extended at shoulder height.

Standing, lean forward to allow your body weight to stretch the hand.

Lucio Pozzone

2 - FLUENCY AND EMPOWERMENT

Exercise n. 5

Lucio Pozzone

♩ = 60

Chitarra

1 3 2 4 2 3

1 3 2 4 2 3

1 3 2 4 2 3

1 3 2 4 2 3

1 3 2 4 2 3

1 3 2 4 2 3

1 3 2 4 2 3

1 3 2 4 2 3

1 3 2 4 2 3

1 3 2 4 2 3

1 3 2 4 2 3

1 3 2 4 2 3

2 - FLUENCY AND EMPOWERMENT

13 3 3 14 6 6

15 3 3 16 6 6

17 3 3 18 6 6

19 3 3 20 6 6

21 3 3 22 6 6

23 3 3 24 6 6

2 - FLUENCY AND EMPOWERMENT

25

27

29

31

33

35

37

2 - FLUENCY AND EMPOWERMENT

39 40

41 42

43 44

45 46

47 48

49 50

51 52

2 - FLUENCY AND EMPOWERMENT

53

54

TAB 5 7 6 8 6 7 | 5 7 6 8 6 7 5 7 6 8 6 7

55

56

TAB 5 7 6 8 6 7 | 5 7 6 8 6 7 5 7 6 8 6 7

57

58

TAB 5 7 6 8 6 7 | 5 7 6 8 6 7 5 7 6 8 6 7

59

60

TAB 5 7 6 8 6 7 | 5 7 6 8 6 7 5 7 6 8 6 7

61

62

TAB 6 8 7 9 7 8 | 6 8 7 9 7 8 6 8 7 9 7 8

63

64

TAB 6 8 7 9 7 8 | 6 8 7 9 7 8 6 8 7 9 7 8

65

66

TAB 6 8 7 9 7 8 | 6 8 7 9 7 8 6 8 7 9 7 8

2 - FLUENCY AND EMPOWERMENT

67 68

69 70

71 72

73 74

75 76

77 78

2 - FLUENCY AND EMPOWERMENT

79 80

TAB 7 9 8 10 8 9 7 9 8 10 8 9

81 82

TAB 7 9 8 10 8 9 7 9 8 10 8 9

83 84

TAB 7 9 8 10 8 9 7 9 8 10 8 9

85 86

TAB 8 10 9 11 9 10 8 10 9 11 9 10

87 88

TAB 8 10 9 11 9 10 8 10 9 11 9 10

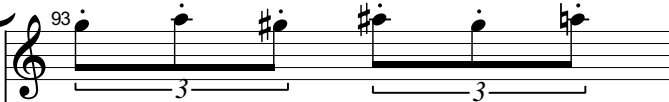
89 90

TAB 8 10 9 11 9 10 8 10 9 11 9 10

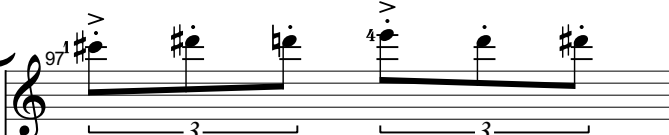
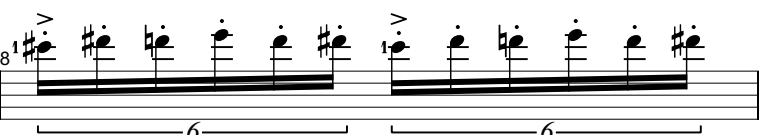
91 92

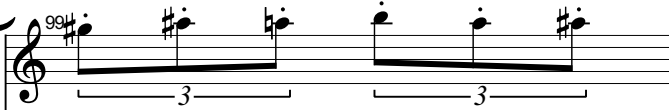
TAB 8 10 9 11 9 10 8 10 9 11 9 10

2 - FLUENCY AND EMPOWERMENT

93 
 94 
 TAB 8 10 9 11 9 10 8 10 9 11 9 10

95 
 96 
 TAB 8 10 9 11 9 10 8 10 9 11 9 10

97 
 98 
 TAB 9 11 10 12 10 11 9 11 10 12 10 11

99 
 100 
 TAB 9 11 10 12 10 11 9 11 10 12 10 11

101 
 102 
 TAB 9 11 10 12 10 11 9 11 10 12 10 11

103 
 104 
 TAB 9 11 10 12 10 11 9 11 10 12 10 11

2 - FLUENCY AND EMPOWERMENT

105

3 3 6 6

T
A
B

9 11 10 12 10 11 9 11 10 12 10 11 9 11 10 12 10 11

107

3 3 6 6

T
A
B

9 11 10 12 10 11 9 11 10 12 10 11 9 11 10 12 10 11

109

T
A
B

9

2 - FLUENCY AND EMPOWERMENT

Exercise no. 6/7

This exercise and the next one aim to improve **left-hand precision**.

As my Maestro, **Manolo Sanlúcar**, often said, it's essential to maintain as much **contact with the guitar** as possible.

For this reason, when practicing arpeggios, it's helpful to focus precisely on placing the **first finger on the fretboard** (at first, it's fine to disregard timing).

This approach allows the other fingers to fall into place more easily and precisely.

Lucio Pozzone

2 - FLUENCY AND EMPOWERMENT

Exercise n. 6

Lucio Pozzone

♩ = 60

Chitarra

1 *a m i p*

TAB

0 0 0 1 2 3 4 0 0 0 4 3 2 1 0 0 0 1 2 3 4

4

TAB

0 0 0 4 3 2 1 0 0 0 1 2 3 4 0 0 0 4 3 2 1

7

8

9

TAB

0 0 0 1 2 3 4 0 0 0 0 3 2 1 0 0 0 0 1 2 3 4

10

11

12

13

TAB

0 0 0 0 3 2 1 0 0 0 0 2 3 4 0 0 0 0 3 2 1 1

14

15

16

TAB

0 0 0 2 3 4 5 0 0 0 5 4 3 2 0 0 0 2 3 4 5

17

18

19

TAB

0 0 0 5 4 3 2 0 0 0 2 3 4 5 0 0 0 5 4 3 2

2 - FLUENCY AND EMPOWERMENT

20 21 22

23 24 25 26

27 28 29

30 31 32

33 34 35

36 37 38 39

TAB

0 0 0 2 3 4 5 | 0 0 0 5 4 3 2 | 0 0 0 0 2 3 4 5

0 0 0 5 4 3 2 | 0 0 0 2 3 4 5 | 0 0 0 0 5 4 3 2

0 0 0 3 4 5 6 | 0 0 0 6 5 4 3 | 0 0 0 3 4 5 6

0 0 0 6 5 4 3 | 0 0 0 3 4 5 6 | 0 0 0 6 5 4 3

0 0 0 3 4 5 6 | 0 0 0 6 5 4 3 | 0 0 0 3 4 5 6

0 0 0 6 5 4 3 | 0 0 0 3 4 5 6 | 0 0 0 6 5 4 3

2 - FLUENCY AND EMPOWERMENT

40

41

42

TAB

43

44

45

TAB

46

47

48

TAB

49

50

51

52

TAB

53

54

55

TAB

56

57

58

TAB

2 - FLUENCY AND EMPOWERMENT

59 60 61

TAB

62 63 64 65

TAB

66 67 68

TAB

69 70 71

TAB

72 73 74

TAB

75 76 77 78

TAB

2 - FLUENCY AND EMPOWERMENT

79

80

81

TAB

0 0 0 7 8 9 10 | 0 0 0 10 9 8 7 | 0 0 0 7 8 9 10

82

83

84

TAB

0 0 0 10 9 8 7 | 0 0 0 7 8 9 10 | 0 0 0 10 9 8 7

85

86

87

TAB

0 0 0 10 9 8 7 | 0 0 0 10 9 8 7 | 0 0 0 10 9 8 7

88

89

90

91

TAB

0 0 0 10 9 8 7 | 0 0 0 10 9 8 7 | 0 0 0 10 9 8 7

92

93

94

TAB

0 0 0 8 9 10 11 | 0 0 0 11 10 9 8 | 0 0 0 8 9 10 11

95

96

97

TAB

0 0 0 11 10 9 8 | 0 0 0 8 9 10 11 | 0 0 0 11 10 9 8

2 - FLUENCY AND EMPOWERMENT

The musical score consists of six systems, each containing a treble staff and a guitar tablature staff. The measures are numbered 98 through 117. The key signature has one sharp (F#), and the time signature is 4/4. The tablature staff uses numbers 0-12 to represent fret positions, with 'T' for the top string and 'B' for the bottom string. The notation includes eighth and sixteenth notes, often beamed together, and some measures feature double lines indicating bends or slides.

Measure 98: Treble staff has a half note G4 and a half note A4. Tablature: 0 0 0 8 9 10 11.

Measure 99: Treble staff has a half note G4 and a half note A4. Tablature: 0 0 0 11 10 9 8.

Measure 100: Treble staff has a half note G4 and a half note A4. Tablature: 0 0 0 8 9 10 11.

Measure 101: Treble staff has a half note G4 and a half note A4. Tablature: 0 0 0 11 10 9 8.

Measure 102: Treble staff has a half note G4 and a half note A4. Tablature: 0 0 0 8 9 10 11.

Measure 103: Treble staff has a half note G4 and a half note A4. Tablature: 0 0 0 11 10 9 8.

Measure 104: Treble staff has a half note G4 and a half note A4. Tablature: 0 0 0 11 10 9 8.

Measure 105: Treble staff has a half note G4 and a half note A4. Tablature: 0 0 0 9 10 11 12.

Measure 106: Treble staff has a half note G4 and a half note A4. Tablature: 0 0 0 12 11 10 9.

Measure 107: Treble staff has a half note G4 and a half note A4. Tablature: 0 0 0 9 10 11 12.

Measure 108: Treble staff has a half note G4 and a half note A4. Tablature: 0 0 0 12 11 10 9.

Measure 109: Treble staff has a half note G4 and a half note A4. Tablature: 0 0 0 9 10 11 12.

Measure 110: Treble staff has a half note G4 and a half note A4. Tablature: 0 0 0 12 11 10 9.

Measure 111: Treble staff has a half note G4 and a half note A4. Tablature: 0 0 0 9 10 11 12.

Measure 112: Treble staff has a half note G4 and a half note A4. Tablature: 0 0 0 12 11 10 9.

Measure 113: Treble staff has a half note G4 and a half note A4. Tablature: 0 0 0 9 10 11 12.

Measure 114: Treble staff has a half note G4 and a half note A4. Tablature: 0 0 0 12 11 10 9.

Measure 115: Treble staff has a half note G4 and a half note A4. Tablature: 0 0 0 9 10 11 12.

Measure 116: Treble staff has a half note G4 and a half note A4. Tablature: 0 0 0 12 11 10 9.

Measure 117: Treble staff has a half note G4 and a half note A4. Tablature: 0 0 0 12 11 10 9.

2 - FLUENCY AND EMPOWERMENT

Exercise no. 7/7

This exercise is a continuation of exercise 6, with increased difficulty, as the notes are to be played **simultaneously**.

Begin by playing without strict adherence to tempo, allowing time to become familiar with each position.

Once the positions are mastered, perform the exercise in **time**.

Lucio Pozzone

2 -FLUENCY AND EMPOWERMENT

Exercise n. 7

Lucio Pozone

♩ = 60

The first system of the musical score for 'The Wind' consists of a treble clef staff and a guitar TAB staff. The treble staff has a key signature of one sharp (F#) and a 4/4 time signature. It contains four measures of music. The first measure is a quarter note on G4. The second measure is a quarter note on A4. The third measure is a quarter note on B4. The fourth measure is a quarter note on C5. The guitar TAB staff has four measures of numbers: 1 2 3 4, 4 3 2 1, 1 2 3 4, and 4 3 2 1.

The musical score for 'The Rose Tree' is presented in three systems. The first system contains measures 1 through 4, the second system contains measures 5 through 8, and the third system contains measures 9 through 12. Each system features a vocal line on a treble clef staff and a guitar accompaniment on a six-string staff. The guitar part is written in standard notation with fret numbers (2, 3, 4, 5) indicated below the strings. The key signature is one sharp (F#), and the time signature is 4/4. The melody is simple and repetitive, with the guitar providing a steady accompaniment.

The first system of the musical score for 'The Rose Tree' consists of a treble clef staff and a three-part guitar tablature. The treble staff contains a melody starting on a whole note G4 (labeled 10), followed by a half note A4 (labeled 11), and a whole note B4 (labeled 12). The guitar tablature has three staves labeled T (treble), A (middle), and B (bass). The T staff has notes 2, 5, 2, 5, 2, 5. The A staff has notes 3, 4, 3, 4, 3, 4. The B staff has notes 5, 2, 5, 2, 5, 2. The system is divided into three measures by vertical bar lines.

This page of guitar tablature continues the piece from the previous page, covering measures 16 through 33. The key signature remains D major (two sharps). The notation consists of standard musical staves with treble clefs and corresponding six-string guitar tablature. The tablature uses numbers 1-7 to indicate fret positions. The piece concludes with a double bar line after measure 33.

Measures 16-18: Measure 16 starts with a D4 (open string) and a D5 (2nd fret) on the high E string, followed by a D5 (2nd fret) and a D6 (4th fret) on the B string. Measure 17 continues with a D5 (2nd fret) and a D6 (4th fret) on the B string, followed by a D5 (2nd fret) and a D6 (4th fret) on the B string. Measure 18 continues with a D5 (2nd fret) and a D6 (4th fret) on the B string, followed by a D5 (2nd fret) and a D6 (4th fret) on the B string.

Measures 19-21: Measure 19 starts with a D4 (open string) and a D5 (2nd fret) on the high E string, followed by a D5 (2nd fret) and a D6 (4th fret) on the B string. Measure 20 continues with a D5 (2nd fret) and a D6 (4th fret) on the B string, followed by a D5 (2nd fret) and a D6 (4th fret) on the B string. Measure 21 continues with a D5 (2nd fret) and a D6 (4th fret) on the B string, followed by a D5 (2nd fret) and a D6 (4th fret) on the B string.

Measures 22-24: Measure 22 starts with a D4 (open string) and a D5 (2nd fret) on the high E string, followed by a D5 (2nd fret) and a D6 (4th fret) on the B string. Measure 23 continues with a D5 (2nd fret) and a D6 (4th fret) on the B string, followed by a D5 (2nd fret) and a D6 (4th fret) on the B string. Measure 24 continues with a D5 (2nd fret) and a D6 (4th fret) on the B string, followed by a D5 (2nd fret) and a D6 (4th fret) on the B string.

Measures 25-27: Measure 25 starts with a D4 (open string) and a D5 (2nd fret) on the high E string, followed by a D5 (2nd fret) and a D6 (4th fret) on the B string. Measure 26 continues with a D5 (2nd fret) and a D6 (4th fret) on the B string, followed by a D5 (2nd fret) and a D6 (4th fret) on the B string. Measure 27 continues with a D5 (2nd fret) and a D6 (4th fret) on the B string, followed by a D5 (2nd fret) and a D6 (4th fret) on the B string.

Measures 28-30: Measure 28 starts with a D4 (open string) and a D5 (2nd fret) on the high E string, followed by a D5 (2nd fret) and a D6 (4th fret) on the B string. Measure 29 continues with a D5 (2nd fret) and a D6 (4th fret) on the B string, followed by a D5 (2nd fret) and a D6 (4th fret) on the B string. Measure 30 continues with a D5 (2nd fret) and a D6 (4th fret) on the B string, followed by a D5 (2nd fret) and a D6 (4th fret) on the B string.

Measures 31-33: Measure 31 starts with a D4 (open string) and a D5 (2nd fret) on the high E string, followed by a D5 (2nd fret) and a D6 (4th fret) on the B string. Measure 32 continues with a D5 (2nd fret) and a D6 (4th fret) on the B string, followed by a D5 (2nd fret) and a D6 (4th fret) on the B string. Measure 33 continues with a D5 (2nd fret) and a D6 (4th fret) on the B string, followed by a D5 (2nd fret) and a D6 (4th fret) on the B string.

2 -FLUENCY AND EMPOWERMENT

34

35

36

37

TAB

38

39

TAB

40

41

TAB

42

43

TAB

44

45

TAB

46

47

TAB

48

49

TAB

2 -FLUENCY AND EMPOWERMENT

The musical score consists of two staves. The top staff is a treble clef with a key signature of one sharp (F#). It contains three measures of music, each starting with a measure number (52, 53, 54) and a sharp sign. The bottom staff is a guitar staff with three lines, labeled T, A, and B from top to bottom. It contains three measures of music, each with a measure number (52, 53, 54) and a sharp sign. The notes in the guitar staff are indicated by numbers 9, 10, 11, and 12, which correspond to the frets on the strings.

Measure	T (Treble)	A (Alto)	B (Bass)
52	9	10	12
53	9	10	12
54	9	10	12

3 - LEGATO

Exercise no. 1/6

In this exercise, we train the **left hand** fingers with **ascending legato**: the fingertip performing the legato note hammers onto the fretboard, producing a sound equal in volume to the previous note played by the **right hand** finger.

This technique, besides creating an **unmistakable sound effect**, provides great **flexibility** and **strength** to the fingers of the left hand.

Lucio Pozzone

3 - LEGATO

Exercise n. 1

Lucio Pozone

♩ = 60

Chitarra

3/4

1 2 2 3 3 4

7 8 8 9 9 10

7 8 8 9 9 10

7 8 8 9 9 10

The first system of the musical score for 'The Wind' consists of two staves. The top staff is a treble clef with a key signature of one sharp (F#). It contains three measures of music. The first measure (labeled 4) contains a quarter note G4, a quarter note A4, and a quarter note B4. The second measure (labeled 5) contains a quarter note C5, a quarter note D5, and a quarter note E5. The third measure (labeled 6) contains a quarter note F#5, a quarter note G5, and a quarter note A5. The bottom staff is a bass clef with a key signature of one sharp (F#). It contains three measures of music. The first measure (labeled 7) contains a quarter note G2, a quarter note A2, and a quarter note B2. The second measure (labeled 8) contains a quarter note C3, a quarter note D3, and a quarter note E3. The third measure (labeled 9) contains a quarter note F#3, a quarter note G3, and a quarter note A3.

The first system of the musical score for 'The Wind' consists of two staves. The top staff is in treble clef with a key signature of one sharp (F#). It contains three measures of music. The first measure starts with a tempo marking of 104 and contains a quarter note F#4, an eighth note G#4, and a quarter note A4, all beamed together. The second measure contains a quarter note B4, an eighth note C#5, and a quarter note D5, all beamed together. The third measure contains a quarter note E5, an eighth note F#5, and a quarter note G5, all beamed together. The bottom staff is a tablature staff with five lines. It contains three measures of fret numbers. The first measure has fret numbers 7, 8, and 9. The second measure has fret numbers 8, 9, and 10. The third measure has fret numbers 7, 8, and 9. The system ends with a double bar line.

3 – LEGATO

Exercise no. 2/6

Descending legato is executed quite differently from ascending: the first note is played by the right hand, as before, while the left-hand finger then pulls inward toward the palm, “plucking” the string, causing it to vibrate.

It is essential that the finger performing the legato is already positioned on the fret and should counteract the previous finger’s movement to avoid a “bending” (string stretching) effect.

From the second string upwards, the finger executing the legato may rest on the string below.

Lucio Pozzone

3 - LEGATO

Exercise n. 2

Lucio Pozzone

♩ = 60

Chitarra

1 2 3

TAB

4 5 6

TAB

7 8 9

TAB

10 11 12

TAB

3 - LEGATO

Exercise no. 3/6

This exercise combines the previous two; in this way, the hand is trained to perform both ascending and descending legatos in the same session.

Lucio Pozzone

3 - LEGATO

Exercise n. 3

Lucio Pozzone

♩ = 60

Chitarra

3 - LEGATO

19 20 21

T
A
B

7 8 8 9 9 10 10 9 9 8 8 7 7 8 8 9 9 10

22 23

T
A
B

10 9 9 8 8 7 7

3 - LEGATO

Exercise no. 4/6

A more detailed example of legatos with different fingerings, performed on various strings.

Lucio Pozzone

3 - LEGATO

Exercise n. 4

Lucio Pozzone

♩ = 90

Chitarra

1 2 3

7 9 9 7 8 10 10 8

7 9 9 7 8 10 10 8

7 9 9 7 8 10 10 8

4 5 6

7 9 9 7 8 10 10 8

7 9 9 7 8 10 10 8

7 9 9 7 8 10 10 8

7 8 9

7 9 9 7 8 10 10 8

7 9 9 7 8 10 10 8

7 9 9 7 8 10 10 8

10 11 12

7 9 9 7 8 10 10 8

7 9 9 7 8 10 10 8

7

3 - LEGATO

Exercise no. 5/6

In this exercise, we begin to study a specific type of legato: the **echo legato** or **false legato** performed using a technique called **tapping**.

Essentially, it involves a "non-connected" legato to the previous note, executed by hammering a string independently.

The sound effect, however, resembles that of a connected note.

This technique will be very useful for **alzapúa**, a typical flamenco guitar technique that we will explore in the following exercises.

N.B. False legato is indicated by the legato symbol, along with an uppercase **T** (tapping) enclosed in a circle, positioned above the note in the staff and above the fret number in the tablature.

Lucio Pozzone

3 - LEGATO

Exercise n. 5

Lucio Pozzone

$\text{♩} = 120$

Chitarra

1 2 3 4

a m i p

5 6 7 8

9 10 11 12

13 14 15 16

17 18 19 20

3 - LEGATO

Musical notation for measures 21-24. The top staff shows a treble clef with a key signature of one sharp (F#). The bottom staff shows a guitar tablature with strings T, A, and B. The notation includes slurs and fingering numbers (0, 1, 2, 4) indicating a legato technique.

Musical notation for measures 25-28. The top staff shows a treble clef with a key signature of one sharp (F#). The bottom staff shows a guitar tablature with strings T, A, and B. The notation includes slurs and fingering numbers (0, 1, 2, 3) indicating a legato technique.

Musical notation for measure 29. The top staff shows a treble clef with a key signature of one sharp (F#). The bottom staff shows a guitar tablature with strings T, A, and B. The notation includes a slur and fingering numbers (0, 1, 2, 0) indicating a legato technique.

3 - LEGATO

Exercise no. 6/6

In this exercise, we have a **false** in **flamenco tango** style, played in a simpler way with an arpeggio instead of alzapúa.

Here, we also encounter false legatos or echo legatos.

Remember to play notes with the thumb using **rest stroke** (^) technique.

N.B. As a reminder from the previous exercise: the false legato, in addition to the legato symbol, is marked with an uppercase **T** (tapping) in a circle, positioned above the note in the staff and above the fret number in the tablature.

Lucio Pozzone

3 - LEGATO

Exercise n. 6

Lucio Pozzone

♩ = 90

[illegible]

The musical score for guitar features a melody on a treble clef staff and a corresponding TAB system. The melody is written in G major (one flat) and 4/4 time. It begins with a half rest followed by a quarter note G4, then continues with eighth-note patterns. Measures 5 and 6 are marked above the staff. The TAB system uses numbers 0-3 for fretting and letters T, A, B for picking. Trills are indicated by a 'T' symbol above certain notes.

The second system of the musical score for 'The Wind' consists of two staves. The top staff is a treble clef with a key signature of one flat (B-flat). It contains two measures. The first measure is marked with a '7' and contains a sequence of eighth notes: G4, A4, Bb4, A4, G4, F4, E4, D4, C4. The second measure is marked with an '8' and contains a sequence of eighth notes: D4, C4, Bb3, A3, G3, F3, E3, D3, C3. The bottom staff is a bass clef with a key signature of one flat (B-flat). It contains two measures. The first measure is marked with a '7' and contains a sequence of eighth notes: G3, A3, Bb3, A3, G3, F3, E3, D3, C3. The second measure is marked with an '8' and contains a sequence of eighth notes: D3, C3, Bb2, A2, G2, F2, E2, D2, C2. The piece concludes with a double bar line.

4 - RASGUEO

Exercise no. 1/14

The *rasgueo* is a hallmark technique of flamenco guitar, though it can also be found in the classical repertoire. Essentially, it consists of a sequence of strums performed with the right-hand fingers. These strums are executed in the following ways:

- **Downward** with the back of the nail from the pinky, ring, middle, and index fingers in succession.
- **Upward** with the back of the thumb nail.
- **Upward** with the tip of the index finger.
- **Downward** with the thumb, using both the flesh and nail.

This sequence and combination of fingers can create different rhythmic groupings (such as triplets, quadruplets, quintuplets, etc.).

This initial exercise helps us understand the downstroke motion with the index, middle, ring, and pinky fingers, strengthening and increasing their flexibility.

Start by practicing with the hand in a fist, flicking each finger outward individually (known as a *snap*, to use a colloquial term), and then with the hand open, without the snap.

You can also practice by muting the strings with the left hand.

Lucio Pozzone

4 - RASGUEO

Exercise n. 1

Lucio Pozzone

♩ = 60

Chitarra

1 2

i i i i m m m m

TAB

3 4

a a a a c c c c

TAB

5

TAB

4 - RASGUEO

Exercise no. 2/14

Exercise No. 2 is designed to rapidly improve flexibility, strength, and independence in the four fingers of the right hand: index, middle, ring, and pinky. The thumb will be incorporated into future exercises.

This exercise can be played *palo seco*, as they say in flamenco, meaning with muted strings, or by playing the chords indicated in the sheet music.

We'll focus on pairing fingers: index and middle in the first measure, middle and ring in the second, and ring and pinky in the third. The first finger in each pair performs a downstroke (from the sixth string to the first) followed by an upstroke, while the second finger only plays a downstroke, all in triplet groups.

Don't worry if you don't manage to strike all the strings from the sixth to the first; the key is to build enough strength and flexibility to execute the *rasgueo* smoothly.

Lucio Pozzone

4 - RASGUEO

Exercise n. 2

Lucio Pozzone

♩ = 60

Chitarra

1

i i m i i m i i m i i

TAB

2

m m a m m a m m a m m

TAB

3

a a c a a c a a c a a

TAB

4 - RASGUEO

Exercise no. 3/14

In this exercise, we start practicing the *rasgueo* technique using three fingers in the sequence: ring, middle, and index.

In the first two measures, only downstrokes are used, but in the following measures, the index finger will perform a final upstroke, creating a four-stroke rhythm.

To achieve a steady rhythmic effect, my suggestion is to curl the ring and middle fingers inward as soon as the index finger performs the downstroke, allowing them to be ready for the next four-stroke sequence.

We can help keep time by mentally or audibly dividing the rhythm with a two-syllable word, like "Roma" (RO - MA) or "London" (LON - DON) ; while it may seem simple, this technique has proven very effective.

Additionally, we can create a slightly "hammered" effect by curling the fingers inward toward the palm (making them snap back like a spring), or a lighter effect by keeping the fingers freely articulated, depending on the desired sound.

Lucio Pozzone

4 - RASGUEO

Exercise n. 3

Lucio Pozzone

$\text{♩} = 60$

Chitarra

1

a m i a m i

2

T
A
B

RO - MA RO - MA etc.

3

a m i i a m i i

4

T
A
B

ROMAROMA etc.

5

a m i i a m i i a m i i

6

T
A
B

7

a m i i

p

T
A
B

4 - RASGUEO

Exercise no. 4/14

In this exercise, we perform the rasgueo using 4 fingers in the following sequence: pinky, ring finger, middle finger, and index finger.

In the first two measures, we'll have downward strums only, but in the following measures, the index finger will add an upward strum, similar to the previous exercise, this time creating a quintuplet.

As with Exercise No. 3, I recommend curling the fingers inward, starting with the pinky, as the index finger completes the downstroke, to be ready for the next quintuplet.

Likewise, we can assist with timing by mentally or verbally dividing the sequence into one two-syllable word followed by a three-syllable word.

Example: *Roma - Napoli* (RO – MA – NA – PO – LI) or *London - Family* (LON - DON - FA - MI - LY).

Lucio Pozzone

4 - RASGUEO

Exercise n. 4

Lucio Pozzone

♩ = 60

Chitarra

1 *RO - MA RO - MA etc.*

c a m i c a m i

2

3 *RO - MA NA - PO - LI etc.*

c a m i i

4

5 *p*

4 - RASGUEO

Exercise no. 5/14

In exercise number 5, we perform the *rasgueo* using only the index and ring fingers. This creates a more distinct sound since the space between these two fingers is greater. Personally, I prefer this type of *rasgueo* because I enjoy crisp sounds, although it may be less fast and fluid, making it more suitable for slower *palos* like *soleá* or *soleá por bulería*, etc.

For executing four-note groupings, the finger combination will vary based on the number of groups required; this adjustment ensures the index finger's downstroke lands on the accent of the *compás* in flamenco. Using the same combination throughout would cause the rhythm to fall out of sync.

In the attached PDF, three combinations are summarized: one, two, and three sets of four notes. The single four-note group is highlighted in yellow, two groups are shown in blue, and three groups are represented in a sequence of blue and yellow (2 + 1). The red numbers at the top indicate the *compás* counts for positioning the four-note groups and other strums (these are examples) to maintain the rhythmic accents.

Lucio Pozzone

4 - RASGUEO

Exercise n. 5

Lucio Pozzone

♩ = 60

A

with 1 quadruplet

Chitarra

B

with 2 quadruplets

C

with 3 quadruplets

RASGUEO WITH 2 FINGERS : A = RING, I = INDEX

1 QUADRUPLLET

2 QUADRUPLETS

3 QUADRUPLETS

Conclusion

Thank you for completing the first volume of our flamenco guitar exercise series! We are confident that these 20 exercises have helped you improve your technique and immerse you in the wonderful world of flamenco.

But the journey doesn't end here! With the second volume, we will take you even further in your musical journey. In the next ebook, you will find another 20 progressive exercises that will challenge you and help you refine your skills. Each exercise has been carefully designed to build on the progress made in the first volume while introducing new techniques and styles.

Why should you purchase the second volume?

1. **Continuous Progression:** Keep up the pace of your learning with exercises that follow a logical and structured path.
2. **New Challenges:** Discover advanced techniques and improve your dexterity with exercises that test your abilities.
3. **Ongoing Commitment:** Continue dedicating time and effort to your passion, building a solid musical foundation.
4. **Rich Content:** Each exercise is accompanied by detailed explanations and tips to ensure you get the most out of every practice session.

Don't miss the opportunity to deepen your flamenco study. The second volume awaits, full of new challenges and musical inspirations. Purchase it today to continue playing with passion and dedication, and if you aspire to become an excellent guitarist, sign up for [Flamenco Facile](#).

See you soon!

Lucio