

BUENO AQUÍ VAMOS CON UNOS EJERCICIOS DE CALENTAMIENTO O WARMING UP MUY APROPIADOS PARA PONERNOS A TIRO ANTES DE COMENZAR A TOCAR Y PORQUÉ NO CALMAR UN POCO LOS NERVIOS EN EL BACKSTAGE. HE VISTO QUE EN GENERAL SE MENOSPRECIAN ESTOS EJERCICIOS Y CONSIDERO QUE REALMENTE SON MUY IMPORTANTES PARA MANTENER NUESTRAS MANOS EN FORMA Y PARA PREVENIR DOLORES EN NUESTRAS MANOS POR NO MENCIONAR COSAS PEORES. YA QUE ES PROBABLE QUE CONOZCAS VARIOS DE ESTE TIPO DE EJERCICIOS HE OPTADO POR ESCRIBIR ALGUNOS NO TAN TRADICIONALES. ASÍ ES QUE AQUÍ VAN ALGUNOS EJERCICIOS:

IMPORTANTE

SIEMPRE USAR PÚA ALTERNADA

^ v ^ v
ABAJO ARRIBA ABAJO ARRIBA

TOCAR EN NEGRAS SIN PARAR VARIAS VECES CADA EJERCICIO
 SI ES POSIBLE USAR METRÓNOMO Y PONERLO A UN TIEMPO EN EL CUAL ESTÉMOS CÓMODOS
 DEJAR DESCANSAR LA MANO SI SE FATIGA
 Y HACER LOS EJERCICIOS DE POR VIDA!!! ÉSTOS O LOS QUE TÚ QUIERAS.....CRÉEME LUEGO TOCARÁS MENOS TENSIONADO.

EJERCICIO 1

The image shows the musical notation for Exercise 1. It consists of two staves: a guitar staff (top) and a treble clef staff (bottom). The time signature is 4/4. The exercise is divided into seven measures, numbered 1 through 7 at the top. The guitar staff shows fingerings (1-4) and picking directions (^ for upstroke, v for downstroke) for each note. The treble clef staff shows the corresponding notes: G4, A4, B4, C5 in the first measure; G4, F4, E4, D4 in the second; G4, A4, B4, C5 in the third; G4, F4, E4, D4 in the fourth; G4, A4, B4, C5 in the fifth; G4, F4, E4, D4 in the sixth; and G4, A4, B4, C5 in the seventh. The notes are beamed together in pairs.

EJERCICIO 2

SIEMPRE PÚA ARRIBA ABAJO ARRIBA ABAJO !!

The image displays a musical score for Exercise 2, consisting of two systems of notation. The first system contains measures 1 through 6, and the second system contains measures 7 through 10. The score is written in 4/4 time and features a guitar tablature on a six-line staff and a standard musical staff below it. The tablature includes fingerings (1-4) and bowing directions (up-bow ^, down-bow v). The standard staff shows the corresponding pitch and rhythm, with a key signature of one sharp (F#) and a common time signature.

Measure 1: Tablature: 1-1-2-2 (up, down, up, down). Standard staff: quarter notes G2, A2, B2, C3.

Measure 2: Tablature: 3-3-4-4 (up, down, up, down). Standard staff: quarter notes D3, E3, F#3, G3.

Measure 3: Tablature: 1-1-2-2 (up, down, up, down). Standard staff: quarter notes A2, B2, C3, D3.

Measure 4: Tablature: 3-3-4-4 (up, down, up, down). Standard staff: quarter notes E3, F#3, G3, A3.

Measure 5: Tablature: 1-1-2-2 (up, down, up, down). Standard staff: quarter notes B2, C3, D3, E3.

Measure 6: Tablature: 3-3-4-4 (up, down, up, down). Standard staff: quarter notes F#3, G3, A3, B3.

Measure 7: Tablature: 1-1-2-2 (up, down, up, down). Standard staff: quarter notes C4, D4, E4, F#4.

Measure 8: Tablature: 3-3-4-4 (up, down, up, down). Standard staff: quarter notes G4, A4, B4, C5.

Measure 9: Tablature: 1-1-2-2 (up, down, up, down). Standard staff: quarter notes D4, E4, F#4, G4.

Measure 10: Tablature: 3-3-4-4 (up, down, up, down). Standard staff: quarter notes A4, B4, C5, D5.

EJERCICIO 4

PUEDES TRASLADAR EL EJERCICIO EN FORMA CROMÁTICA A LOS LARGO DEL MÁSTIL.

The image displays a musical exercise for guitar in 4/4 time. It consists of two systems of notation. The upper system shows two staves: the top staff is a guitar fretboard diagram with fingerings (1-2-3-4 in the first measure, 5-4-3-2 in the second) and accents (^ and v) indicating string bends. The bottom staff of the upper system shows a treble clef with a key signature of one sharp (F#) and a 4/4 time signature. The lower system shows a single staff with a bass clef and a 4/4 time signature, containing a chromatic bass line: G2, F#2, E2, D2, C2, B1, A1, G1.

**FIN DE LA LECCIÓN
EN PRÓXIMAS LECCIONES CONTINUAREMOS DESARROLLANDO
ESTOS TIPOS DE EJERCICIOS.**