BIG SCIOTA EXERCISES

UP THE NECK EXERCISES

SEGMENT #1

0 4 5 7 9 5 7 9 10 7 9 5 5 7 5 :

I I m R I m R L m R I I m I

x2

SEGMENT #2

9 11 12 11 12 14 9 10 12 :

I m R m R L I m R

x1

0 — LANDING NOTE

SEGMENT #3

12 14 14 12 14 16 17 14 12 16 12 16 14 12 14 14 12 12 12 14 12 :

I m m I m R L m I R I R m I I m I I I m I

x1

EXERCISE 1

0 2 4 5

0 12

(PRACTICE LANDING EACH FINGER FOR THIS NOTE)

Ex. 2

0 2 4 5 0 12 9 10 12 10 9 12 0 5 4 2 0 :