

PB GUITAR STUDIO (909) 445-9000

Lesson	5.00	Left Hand Basics 101	
Lesson		5.01	How to hold your left hand - Classical Form
Lesson		5.02	Rules of the Classical Form for left hand technique

Lesson	5.10	Left hand Strength and Coordination Technique Exercises	
Lesson	5.20	The Spider Fingering Exercises: (12-34, 1-23-4, 1-2-3-4, 123-4, 12-34)	
Lesson		5.21	Spider Fingering Group 1-23-4
Lesson		5.22	Spider Fingering Group 12-34
Lesson		5.23	Spider Fingering Group 1-3 & 2-4
Lesson		5.24	Spider Fingering Group 1-234
Lesson		5.25	Spider Fingering Group 123-4
Lesson		5.26	Spider Fingering Group 1-2-34
Lesson		5.27	Spider Fingering Group 12-3-4
Lesson		5.28	Spider Fingering Group 123-4
Lesson		5.29	Spider Fingering Group 1-2-3
Lesson		5.30	Spider Fingering Group 12-3
Lesson		5.31	Spider Fingering Group 1-23
Lesson		5.32	Spider Fingering Group 2-3-4
Lesson		5.33	Spider Fingering Group 2-34
Lesson		5.34	Spider Fingering Group 23-4
Lesson		5.35	Spider Fingering Group 1-2-4
Lesson		5.36	Spider Fingering Group 12-4
Lesson		5.37	Spider Fingering Group 1-24
Lesson		5.38	Spider Fingering Group 1-3-4
Lesson		5.39	Spider Fingering Group 1-34
Lesson		5.40	Spider Fingering Group 13-4

Lesson	5.50	Two finger ladder exercises (2 note patterns)	
Lesson		5.51	2 note pattern 5.51 - Finger group 1-2, (1 fret distance), (1 note on each string)
Lesson		5.52	2 note pattern 5.52 - Finger group 1-2, (1 fret distance), (2 notes on each string)
Lesson		5.53	2 note pattern 5.53 - Finger group 1- - 2 (2 fret distance), (1 note on each string)
Lesson		5.54	2 note pattern 5.54 - Finger group 1- - 2 (2 fret distance), (2 notes on each string)
Lesson		5.55	2 note pattern 5.55 - Finger group 1- - - 2, (3 fret distance), (1 note on each string)
Lesson		5.56	2 note pattern 5.55 - Finger group 1- - - 2, (3 fret distance), (2 notes on each string)
Lesson		5.57	2 note pattern 5.57 - Finger group 1- - - 3 (2 fret distance), (1 note on each string)
Lesson		5.58	2 note pattern 5.58 - Finger group 1- - - 3 (2 fret distance), (2 notes on each string)
Lesson		5.59	2 note pattern 5.59 - Finger group 1- - - - 3, (4 fret distance), (1 note on each string)
Lesson		5.60	2 note pattern 5.60 - Finger group 1- - - - 3, (4 fret distance), (2 notes on each string)
Lesson		5.61	2 note pattern 5.61 - Finger group 1- - - - 4, (4 fret distance), (1 note on each string)
Lesson		5.62	2 note pattern 5.62 - Finger group 1- - - - 4, (4 fret distance), (2 notes on each string)
Lesson		5.63	2 note pattern 5.63 - Finger group 1- - - - - 4, (5 fret distance), (1 note on each string)
Lesson		5.64	2 note pattern 5.64 - Finger group 1- - - - - 4, (5 fret distance), (2 notes on each string)
Lesson		5.65	2 note pattern 5.65 - Finger group 1- - - - - 4, (6 fret distance), (1 note on each string)
Lesson		5.66	2 note pattern 5.66 - Finger group 1- - - - - 4, (6 fret distance), (2 notes on each string)
Lesson		5.67	2 note pattern 5.66 - Finger group 2-3, (1 fret distance), (1 note on each string)
Lesson		5.68	2 note pattern 5.68 - Finger group 2-3, (1 fret distance), (2 notes on each string)
Lesson		5.69	2 note pattern 5.69 - Finger group 2- - 3 (2 fret distance), (1 note on each string)
Lesson		5.70	2 note pattern 5.70 - Finger group 2- - 3 (2 fret distance), (2 notes on each string)
Lesson		5.71	2 note pattern 5.71 - Finger group 2- - - 4, (3 fret distance), (1 note on each string)
Lesson		5.72	2 note pattern 5.72 - Finger group 2- - - 4, (3 fret distance), (2 notes on each string)
Lesson		5.73	2 note pattern 5.73 - Finger group 3-4, (1 fret distance), (1 note on each string)
Lesson		5.74	2 note pattern 5.74 - Finger group 3-4, (1 fret distance), (2 notes on each string)
Lesson		5.75	2 note pattern 5.75 - Finger group 3- - 4, (2 fret distance), (1 note on each string)

Lesson	5.76	2 note pattern 5.76 – Finger group 3- -4, (2 fret distance), (2 notes on each string)
Lesson	5.77	2 note pattern 5.77 – Finger group 3- -4, (3 fret distance), (1 note on each string)
Lesson	5.78	2 note pattern 5.78 – Finger group 3- -4, (3 fret distance), (2 notes on each string)

Lesson	6.00	3 Finger ladder exercises (3 note patterns)
Lesson	6.01	3 note fingerboard ladder 6.01 – Finger group 1-2-3, (2 notes/1 note) (2 string pattern)
Lesson	6.02	3 note fingerboard ladder 6.02 – Finger group 1-2-3, (1 note/2 notes) (2 string pattern)
Lesson	6.03	3 note fingerboard ladder 6.03 – Finger group 1-2-3, (1 note/1 note/1 note) (3 string pattern)
Lesson	6.04	3 note fingerboard ladder 6.04 – Finger group 1- -2-3, (2 notes/1 note) (2 string pattern)
Lesson	6.05	3 note fingerboard ladder 6.05 – Finger group 1- -2-3, (1 note/2 notes) (2 string pattern)
Lesson	6.06	3 note fingerboard ladder 6.06 – Finger group 1- -2-3, (1 note/1 note/1 note) (3 string pattern)
Lesson	6.07	3 note fingerboard ladder 6.07 – Finger group 1-2- -3, (2 notes/1 note) (2 string pattern)
Lesson	6.08	3 note fingerboard ladder 6.08 – Finger group 1-2- -3, (1 note/2 notes) (2 string pattern)
Lesson	6.09	3 note fingerboard ladder 6.09 – Finger group 1-2- -3, (1 note/1 note/1 note) (3 string pattern)
Lesson	6.10	3 note fingerboard ladder 6.10 – Finger group 1- -2- -3, (2 notes/1 note) (2 string pattern)
Lesson	6.11	3 note fingerboard ladder 6.11 – Finger group 1- -2- -3, (1 note/2 notes) (2 string pattern)
Lesson	6.12	3 note fingerboard ladder 6.12 – Finger group 1- -2- -3, (1 note/1 note/1 note) (3 string pattern)
Lesson	6.13	3 note fingerboard ladder 6.13 - Finger group 1-2-4, (2 notes/1 note) (2 string pattern)
Lesson	6.14	3 note fingerboard ladder 6.14 - Finger group 1-2-4, (1 note/2 notes) (2 string pattern)
Lesson	6.15	3 note fingerboard ladder 6.15 - Finger group 1-2-4, (1 note/1 note/1 note) (3 string pattern)
Lesson	6.16	3 note fingerboard ladder 6.16 - Finger group 1- -2-4, (2 notes/1 note) (2 string pattern)
Lesson	6.17	3 note fingerboard ladder 6.17 - Finger group 1- -2-4, (1 note/2 notes) (2 string pattern)
Lesson	6.18	3 note fingerboard ladder 6.18 - Finger group 1- -2-4, (1 note/1 note/1 note) (3 string pattern)
Lesson	6.19	3 note fingerboard ladder 6.19 - Finger group 1-2- -4, (2 notes/1 note) (2 string pattern)
Lesson	6.20	3 note fingerboard ladder 6.20 - Finger group 1-2- -4, (1 note/2 notes) (2 string pattern)
Lesson	6.21	3 note fingerboard ladder 6.21 - Finger group 1-2- -4, (1 note/1 note/1 note) (3 string pattern)
Lesson	6.22	3 note fingerboard ladder 6.22 - Finger group 1- -2- -4, (2 notes/1 note) (2 string pattern)
Lesson	6.23	3 note fingerboard ladder 6.23 - Finger group 1- -2- -4, (1 note/2 notes) (2 string pattern)
Lesson	6.24	3 note fingerboard ladder 6.24 - Finger group 1- -2- -4, (1 note/1 note/1 note) (3 string pattern)
Lesson	6.25	3 note fingerboard ladder 6.25 – Finger group 1-3-4, (2 notes/1 note) (2 string pattern)
Lesson	6.26	3 note fingerboard ladder 6.26 – Finger group 1-3-4, (1 note/2 notes) (2 string pattern)
Lesson	6.27	3 note fingerboard ladder 6.27 – Finger group 1-3-4, (1 note/1 note/1 note) (3 string pattern)
Lesson	6.28	3 note fingerboard ladder 6.28 – Finger group 1- -3-4, (2 notes/1 note) (2 string pattern)
Lesson	6.29	3 note fingerboard ladder 6.29 – Finger group 1- -3-4, (1 note/2 notes) (2 string pattern)
Lesson	6.30	3 note fingerboard ladder 6.30 – Finger group 1- -3-4, (1 note/1 note/1 note) (3 string pattern)
Lesson	6.31	3 note fingerboard ladder 6.31 – Finger group 1-3- -4, (2 notes/1 note) (2 string pattern)
Lesson	6.32	3 note fingerboard ladder 6.32 – Finger group 1-3- -4, (1 note/2 notes) (2 string pattern)
Lesson	6.33	3 note fingerboard ladder 6.33 – Finger group 1-3- -4, (1 note/1 note/1 note) (3 string pattern)
Lesson	6.34	3 note fingerboard ladder 6.34 – Finger group 1- -3- -4, (2 notes/1 note) (2 string pattern)
Lesson	6.35	3 note fingerboard ladder 6.35 – Finger group 1- -3- -4, (1 note/2 notes) (2 string pattern)
Lesson	6.36	3 note fingerboard ladder 6.36 – Finger group 1- -3- -4, (1 note/1 note/1 note) (3 string pattern)
Lesson	6.37	3 note fingerboard ladder 6.37 – Finger group 1- - -3-4, (2 notes/1 note) (2 string pattern)
Lesson	6.38	3 note fingerboard ladder 6.38 – Finger group 1- - -3-4, (1 note/2 notes) (2 string pattern)
Lesson	6.39	3 note fingerboard ladder 6.39 – Finger group 1- - -3-4, (1 note/1 note/1 note) (3 string pattern)
Lesson	6.40	3 note fingerboard ladder 6.40 – Finger group 1- - -3- -4, (2 notes/1 note) (2 string pattern)
Lesson	6.41	3 note fingerboard ladder 6.41 – Finger group 1- - -3- -4, (1 note/2 notes) (2 string pattern)
Lesson	6.42	3 note fingerboard ladder 6.42 – Finger group 1- - -3- -4, (1 note/1 note/1 note) (3 string pattern)
Lesson	6.43	3 note fingerboard ladder 6.43 - Finger group 2-3-4, (2 notes/1 note) (2 string pattern)
Lesson	6.44	3 note fingerboard ladder 6.44 - Finger group 2-3-4, (1 note/2 notes) (2 string pattern)
Lesson	6.45	3 note fingerboard ladder 6.45 - Finger group 2-3-4, (1 note/1 note/1 note) (3 string pattern)
Lesson	6.46	3 note fingerboard ladder 6.46 - Finger group 2- -3-4, (2 notes/1 note) (2 string pattern)
Lesson	6.47	3 note fingerboard ladder 6.47 - Finger group 2- -3-4, (1 note/2 notes) (2 string pattern)

Lesson	6.48	3 note fingerboard ladder 6.48 - Finger group 2- -3-4, (1 note/1 note/1 note) (3 string pattern)
Lesson	6.49	3 note fingerboard ladder 6.49 - Finger group 2-3- -4, (2 notes/1 note) (2 string pattern)
Lesson	6.50	3 note fingerboard ladder 6.50 - Finger group 2-3- -4, (1 note/2 notes) (2 string pattern)
Lesson	6.51	3 note fingerboard ladder 6.51 - Finger group 2-3- -4, (1 note/1 note/1 note) (3 string pattern)
Lesson	6.52	3 note fingerboard ladder 6.52 - Finger group 2- -3- -4, (2 notes/1 note) (2 string pattern)
Lesson	6.53	3 note fingerboard ladder 6.53 - Finger group 2- -3- -4, (1 note/2 notes) (2 string pattern)
Lesson	6.54	3 note fingerboard ladder 6.54 - Finger group 2- -3- -4, (1 note/1 note/1 note) (3 string pattern)

Lesson	7.00	Left Hand Trill Exercises - The most important basic patterns of Virtuoso Technique:
Lesson	7.10	Two finger Left Hand Trill patterns:
Lesson	7.11	1-2, 1-3, 1-4, 2-3, 2-4, 3-4
Lesson	7.12	0-1, 0-2, 0-3, 0-4
Lesson	7.13	0-1-4, 0-1-3, 0-1-2
Lesson	7.14	0-2-4, 0-2-3, 0-3-4
Lesson	7.15	0-1-4-1, 0-1-3-1, 0-1-2-1
Lesson	7.16	0-2-4-2, 0-2-3-2, 0-3-4-3
Lesson	7.17	0-2-1, 0-3-1, 0-4-1, 0-3-2, 0-4-2, 0-4-3

Lesson	7.20	Three finger trill patterns:
Lesson	7.21	1-2-3, 1-3-2, 2-1-3, 2-3-1, 3-1-2, 3-2-1
Lesson	7.22	1-2-4, 1-4-2, 2-1-4, 2-4-1, 4-1-2, 4-2-1
Lesson	7.23	1-3-4, 1-4-3, 3-1-4, 3-4-1, 4-1-3, 4-3-1
Lesson	7.24	2-3-4, 2-4-3, 3-4-2, 3-2-4, 4-2-3, 4-3-2
Lesson	7.25	2-4-2-1, 2-3-2-1, 3-4-3-1, 3-4-3-2, 1-2-3-2, 1-2-3-4-3-2.
Lesson	7.26	0-1-2-4, 0-1-3-4, 0-2-3-4
Lesson	7.27	0-1-2-4-2-1, 0-1-3-4-3-1, 0-1-2-3-4-3-2-1

Lesson	7.30	Four finger trill movement patterns:
Lesson	7.31	1-2-3-4, 1-2-4-3, 1-3-2-4, 1-3-4-2, 1-4-2-3, 1-4-3-2
Lesson	7.32	2-1-3-4, 2-1-4-3, 2-3-1-4, 2-3-4-1, 2-4-1-3, 2-4-3-1
Lesson	7.33	3-1-2-4, 3-1-4-2, 3-2-1-4, 3-2-4-1, 3-4-1-2, 3-4-2-1
Lesson	7.34	4-1-2-3, 4-1-3-2, 4-2-1-3, 4-2-3-1, 4-3-1-2, 4-3-2-1
Lesson	7.35	Four finger trill movement patterns using open strings:
Lesson	7.36	0-1-2-3-4, 0-1-2-4-3, 0-1-3-2-4, 0-1-3-4-2, 0-1-4-2-3, 0-1-4-3-2
Lesson	7.37	2-0-1-3-4, 2-0-1-4-3, 2-3-0-1-4, 2-3-4-0-1, 2-4-0-1-3, 2-4-3-0-1
Lesson	7.38	3-0-1-2-4, 3-0-1-4-2, 3-2-0-1-4, 3-2-4-0-1, 3-4-0-1-2, 3-4-2-0-1
Lesson	7.39	4-0-1-2-3, 4-0-1-3-2, 4-2-0-1-3, 4-2-3-0-1, 4-3-0-1-2, 4-3-2-0-1
Lesson	7.40	0-1-2-3-4-3-2-1, 0-1-2-4-3-4-2-1, 0-1-3-2-4-2-3-1, 0-1-3-4-2-4-3-1, 0-1-4-2-3-2-4-1, 0-1-4-3-2-3-4-

Lesson	7.50	8 Ways to move on the fingerboard (movement pattern matrix)
Lesson	7.51	Types of Fingerboard Movement
Lesson	7.52	Movement Exercises
Lesson	7.53	4 finger permutations
Lesson	7.54	Movement in Halfsteps
Lesson	7.55	Linear Movement up one string
Lesson	7.56	Linear Movement down one string
Lesson	7.57	Horizontal Movement across all 6 strings from 1 st to 6 th string
Lesson	7.58	Horizontal Movement across all 6 strings rfrom 6 th to 1 st sting
Lesson	7.59	Linear Angling Movement upward from 1 st string to 6 th string
Lesson	7.6	Linear Angling Movement downward from 6 th to 1str string
Lesson	7.61	Reverse Angling Movement
Lesson	7.62	Spiral Angling Movement
Lesson	7.63	Movement in Wholesteps
Lesson	7.64	Wholestep Linear Movement

Lesson	7.65	Wholestep Horizontal Movement
Lesson	7.66	Wholestep Angling Movement
Lesson	7.67	Wholestep Reverse Angling Movement
Lesson	7.68	Wholestep Spiral Angling Movement
Lesson	7.69	Movement in Minor 3rds
Lesson	7.70	Minor 3rd Linear Movement
Lesson	7.71	Minor 3rd Horizontal Movement
Lesson	7.72	Minor 3rd Angling Movement
Lesson	7.73	Minor 3rd Reverse Angling Movement
Lesson	7.74	Minor 3rd Spiral Angling Movement
Lesson	7.75	Reverse Linear Angling Movement upward from 1 st to 6 th string
Lesson	7.76	Reverse Linear Angling Movement downward from 6th to 1 st string

Lesson	7.80	Finger Trill movement patterns
Lesson	7.81	2 finger trill movement patterns
Lesson	7.82	3 finger trill movement patterns
Lesson	7.83	4 finger trill movement patterns
Lesson	7.84	Chromatic 2 finger movement patterns
Lesson	7.85	Chromatic 3 finger movement patterns
Lesson	7.86	Chromatic 4 finger movement patterns
Lesson	7.87	Chromatic 4-finger Movement pattern exercises

Lesson	8.00	What number permutations are and how they are used on the fingerboard:
Lesson	8.10	PERMUTATIONS OF 2:
Lesson	8.11	1-2
Lesson	8.12	2-1
Lesson	8.20	PERMUTATIONS OF 3:
Lesson	8.21	1-2-3
Lesson	8.22	1-3-2
Lesson	8.23	2-1-3
Lesson	8.24	2-3-1
Lesson	8.25	3-1-2
Lesson	8.26	3-2-1
Lesson	8.30	PERMUTATIONS OF 4:
Lesson	8.31	1-2-3-4
Lesson	8.32	1-2-4-3
Lesson	8.33	1-3-4-2
Lesson	8.34	1-3-2-4
Lesson	8.35	1-4-2-3
Lesson	8.36	1-4-3-2
Lesson	8.37	2-1-4-3
Lesson	8.38	2-1-3-4
Lesson	8.39	2-3-1-4
Lesson	8.40	2-3-4-1
Lesson	8.41	2-4-1-3
Lesson	8.42	2-4-3-1
Lesson	8.43	3-1-2-4
Lesson	8.44	3-1-4-2
Lesson	8.45	3-2-1-4
Lesson	8.46	3-2-4-1
Lesson	8.47	3-4-2-1
Lesson	8.48	3-4-1-2

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Lesson		8.49	4-1-2-3
Lesson		8.50	4-1-3-2
Lesson		8.51	4-2-1-3
Lesson		8.52	4-2-3-1
Lesson		8.53	4-3-1-2
Lesson		8.54	4-3-2-1