

# Double-Thumb Speed Exercise

Berthoud

↓ = Down-Thumb ↑ = Up-Thumb

3/4

sim...

3

2-2-2-2 4-4-4-4-3-3-3-3-1-1-1-1 4-4-4-4-3-3-3-3-1 2-2-2-2-4-4-4-4-5-5-5-5 2-2-2-2

6

4-4-4-4-5-5-5-5 3-3-3-3-4-4-4-4 3-3-3-3 5-5-5-5-4-4-4-4-2-2-2-2 5-5-5-5-4-4-4-4-2

9

3-3-3-3-5-5-5-5-6-6-6-6 3-3-3-3 5-5-5-5-6-6-6-6 4-4-4-4-5-5-5-5

11

4-4-4-4 6-6-6-6-5-5-5-5-3-3-3-3 6-6-6-6-5-5-5-5-3 4-4-4-4-6-6-6-6-7-7-7-7 4-4-4-4

14

6-6-6-6-7-7-7-7 | 5-5-5-5-6-6-6-6 | 5-5-5-5 | 7-7-7-7-6-6-6-6-4-4-4-4 | 7-7-7-7-6-6-6-6-4

17

5-5-5-5-7-7-7-7-8-8-8-8 | 5-5-5-5 | 7-7-7-7-8-8-8-8 | 6-6-6-6-7-7-7-7

19

6-6-6-6 | 8-8-8-8-7-7-7-7-5-5-5-5 | 8-8-8-8-7-7-7-5 | 1-1-1-1-3-3-3-3-4-4-4-4 | 1-1-1-1

22

3-3-3-3-4-4-4-4 | 2-2-2-2-3-3-3-3 | 2-2-2-2 | 4-4-4-4-3-3-3-3-1-1-1-1 | 4-4-4-4-3-3-3-3-1

25

2-2-2-2-4-4-4-4-5-5-5-5 | 2-2-2-2 | 4-4-4-4-5-5-5-5 | 3-3-3-3-4-4-4-4

27

3-3-3-3  
5-5-5-5-4-4-4-4-2-2-2-2  
5-5-5-5-4-4-4-4-2  
3-3-3-3-5-5-5-5-6-6-6-6-3-3-3-3

30

5-5-5-5-6-6-6-6-4-4-4-4-5-5-5-5  
4-4-4-4-6-6-6-6-5-5-5-5-3-3-3-3  
6-6-6-6-5-5-5-5-3

33

4-4-4-4-6-6-6-6-7-7-7-7-4-4-4-4  
6-6-6-6-7-7-7-7-5-5-5-5-6-6-6-6

35

5-5-5-5-7-7-7-7-6-6-6-6-4-4-4-4  
7-7-7-7-6-6-6-6-4-5-5-5-5-7-7-7-7-8-8-8-8-5-5-5-5

38

7-7-7-7-8-8-8-8-6-6-6-6-7-7-7-7  
6-6-6-6-8-8-8-8-7-7-7-7-5-5-5-5

40

Musical notation for measure 40, bass clef. The staff contains a melodic line with slurs and accidentals (flats). Below the staff is a guitar fretboard diagram with two lines, T (Treble) and B (Bass). The diagram shows fingerings: 8-8-8-8-7-7-7-5 | 6-6-6-6-8-8-8-8-9-9-9-9 | 6-6-6-6 | 8-8-8-8-9-9-9-9 | 7-7-7-7-8-8-8-8

43

Musical notation for measure 43, bass clef. The staff contains a melodic line with slurs and accidentals (flats and a sharp). Below the staff is a guitar fretboard diagram with two lines, T (Treble) and B (Bass). The diagram shows fingerings: 7-7-7-7 | 9-9-9-9-8-8-8-8-6-6-6-6 | 9-9-9-9-8-8-8-8-6 | 7-7-7-7-9-9-9-9-10-10-10-10 | 7-7-7-7

46

Musical notation for measure 46, bass clef. The staff contains a melodic line with slurs and accidentals (sharps). Below the staff is a guitar fretboard diagram with two lines, T (Treble) and B (Bass). The diagram shows fingerings: 9-9-9-9-10-10-10-10 | 8-8-8-8-9-9-9-9 | 8-8-8-8 | 10-10-10-10-9-9-9-9-7-7-7-7

48

Musical notation for measure 48, bass clef. The staff contains a melodic line with slurs and accidentals (sharps and flats). Below the staff is a guitar fretboard diagram with two lines, T (Treble) and B (Bass). The diagram shows fingerings: 10-10-10-10-9-9-9-9-7 | 8-8-8-8-10-10-10-10-11-11-11-11 | 8-8-8-8

50

Musical notation for measure 50, bass clef. The staff contains a melodic line with slurs and accidentals (flats). Below the staff is a guitar fretboard diagram with two lines, T (Treble) and B (Bass). The diagram shows fingerings: 10-10-10-10-11-11-11-11 | 9-9-9-9-10-10-10-10 | 9-9-9-9 | 11-11-11-11-10-10-10-10-8-8-8-8



63

6 6 6 6 8 8 8 8 7 7 7 7 5 5 5 5 8 8 8 8 7 7 7 7 5 4 4 4 4 6 6 6 6 7 7 7 7 4 4 4 4

66

6 6 6 6 7 7 7 7 5 5 5 5 6 6 6 6 5 5 5 5 7 7 7 7 6 6 6 6 4 4 4 4

68

7 7 7 7 6 6 6 6 4 3 3 3 3 5 5 5 5 6 6 6 6 3 3 3 3 5 5 5 5 6 6 6 6 4 4 4 4 5 5 5 5

71

4 4 4 4 6 6 6 6 5 5 5 5 3 3 3 3 6 6 6 6 5 5 5 5 3 2 2 2 2 4 4 4 4 5 5 5 5 2 2 2 2

74

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

77

Musical notation for measure 77, bass clef. The staff contains a sequence of eighth notes with various accidentals (flats and naturals). Below the staff is a guitar tablature with two lines, T (top) and B (bottom), containing fingerings: 1-1-1-1-3-3-3-3-4-4-4-4 | 1-1-1-1 | 3-3-3-3-4-4-4-4 | 2-2-2-2-3-3-3-3

79

Musical notation for measure 79, bass clef. The staff contains a sequence of eighth notes with various accidentals. Below the staff is a guitar tablature with two lines, T (top) and B (bottom), containing fingerings: 2-2-2-2 | 4-4-4-4-3-3-3-3-1-1-1-1 | 4-4-4-4-3-3-3-3-1 | 5-5-5-5-7-7-7-7-8-8-8-8 | 5-5-5-5

82

Musical notation for measure 82, bass clef. The staff contains a sequence of eighth notes with various accidentals. Below the staff is a guitar tablature with two lines, T (top) and B (bottom), containing fingerings: 7-7-7-7-8-8-8-8 | 6-6-6-6-7-7-7-7 | 6-6-6-6 | 8-8-8-8-7-7-7-7-5-5-5-5 | 8-8-8-8-7-7-7-5

85

Musical notation for measure 85, bass clef. The staff contains a sequence of eighth notes with various accidentals. Below the staff is a guitar tablature with two lines, T (top) and B (bottom), containing fingerings: 4-4-4-4-6-6-6-6-7-7-7-7 | 4-4-4-4 | 6-6-6-6-7-7-7-7 | 5-5-5-5-6-6-6-6

87

Musical notation for measure 87, bass clef. The staff contains a sequence of eighth notes with various accidentals, followed by a whole rest. Below the staff is a guitar tablature with two lines, T (top) and B (bottom), containing fingerings: 5-5-5-5 | 7-7-7-7-6-6-6-6-4-4-4-4 | 7-7-7-7-6-6-6-6-4

