

Left-Hand Exercises Using Thirds

Learning these thirds exercises can be useful not only in developing left-hand coordination but in many aspects of your overall playing. Knowing your thirds and being able to switch easily between them will help you in improvising, backup, and playing up the neck.

0	2	4	5	12	11	10	9
0	1	4	5	12	11	10	8
M	M	M	M	M	M	M	M
T	T	T	T	T	T	T	T
	③	③	③	③	③	③	③
	①	②	②	②	②	②	①

0	2	4	5	7	9	10	12	14	16	17	19	21
0	1	3	5	7	8	10	12	13	15	17	19	20

M	M	M	M	M	M	M	M	M	M	M	M	M
T	T	T	T	T	T	T	T	T	T	T	T	T
	③	③	③	③	③	③	③	③	③	③	③	③
	①	①	②	②	①	②	②	①	①	②	②	②

0	1	3	5	7	8	10	12	13	15	17	19	20
0	2	4	5	7	9	11	12	14	16	17	19	21

I	I	I	I	③	①	①	③	①	①	③	③	①
T	T	T	T	②	②	②	②	②	②	②	②	②
	①	①	③									
	②	②	②									

0	0	2	4	5	7	9	11	12	14	16	17	19
0	2	4	5	7	9	10	12	14	16	17	19	21

I	I	I	I	①	①	①	①	①	①	①	①	①
T	T	T	T	③	③	②	②	③	③	②	③	③
	②	①	①									
		③	②									

0	2	4	5	7	9	10	12	14	16	17	19	21
0	0	2	4	5	7	9	11	12	14	16	17	19

M	M	M	M	④	④	③	③	③	③	③	③	
T	T	T	T	①	①	①	①	①	①	①	①	
	③	④	③									
		①	①									