

# Potencialize a mão esquerda

## 1. Retas diagonais 1234

Musical notation and TAB for exercise 1. The music is in 4/4 time with a key signature of one sharp. The notation shows eighth-note patterns on the treble clef staff. The TAB below shows the left-hand fingerings: 1-2-3-4, 2-3-4-1, 3-4-1-2, 4-1-2-3, 1-2-3-4, 2-3-4-5, 3-4-5-2, 4-5-2-3, 5-2-3-4, 6-3-4-5, 3-4-5-6.

## 2. Retas diagonais 1324

Musical notation and TAB for exercise 2. The music is in 4/4 time with a key signature of one sharp. The notation shows eighth-note patterns on the treble clef staff. The TAB below shows the left-hand fingerings: 1-3-2-4, 2-4-1-3, 3-2-4-1, 4-1-3-2, 1-3-2-4, 2-4-3-5, 3-5-2-4, 4-3-5-2, 5-2-4-3, 6-3-5-4, 3-5-4-6.

## 3. Elástico 1-2

Musical notation and TAB for exercise 3. The music is in 7/8 time with a key signature of one sharp. The notation shows sixteenth-note patterns on the treble clef staff. The TAB below shows the left-hand fingerings: 1-2-1-2, 1-1-1-1, 2-2, 1-3-1-3, 3-3.

## 4. Elástico 1-3

Musical notation and TAB for exercise 4. The music is in 7/8 time with a key signature of one sharp. The notation shows sixteenth-note patterns on the treble clef staff. The TAB below shows the left-hand fingerings: 1-3-1-3, 1-1-1-1, 3-3.

## 5. Elástico 1-4

Musical notation and TAB for exercise 5. The music is in 9/8 time with a key signature of one sharp. The notation shows sixteenth-note patterns on the treble clef staff. The TAB below shows the left-hand fingerings: 1-4-1-4, 1-1-1-1, 4-4.

## 6. Elástico 2-4

Musical notation and TAB for exercise 6. The music is in 9/8 time with a key signature of one sharp. The notation shows sixteenth-note patterns on the treble clef staff. The TAB below shows the left-hand fingerings: 2-4-2-4, 2-2-2-2, 4-4.

## 7. Elástico 3-4

Musical notation and TAB for exercise 7. The music is in 11/8 time with a key signature of one sharp. The notation shows sixteenth-note patterns on the treble clef staff. The TAB below shows the left-hand fingerings: 3-4-3-4, 3-3-3-3, 4-4.

### 8. Dedo preso com cromatismo - 1234

12

TAB

1 2 3 4 1 2 3 4 1 2 3 4 1 2 3 4

13

TAB

1 2 3 4 2 3 4 1 2 3 4 2 3 4 1 2 3 4 1

### 9. Dedo preso com cromatismo - 2134

15

TAB

2 1 3 4 1 3 4 2 1 3 4 1 3 4 2 1 3 4 1

16

TAB

1 3 4 2 1 3 4 1 3 4 2 1 3 4 2 1 3 4 2

### 10. Dedo preso com cromatismo - 3124

18

TAB

3 1 2 4 1 2 4 3 1 2 4 1 2 4 3

19

T  
A  
B

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

**11. Dedo preso com cromatismo - 4123**

21

T  
A  
B

4    1    2    3    4    1    2    3    4    1    2    3    4    1    2    3

22

T  
A  
B

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

**12. morsa 1** manter presos os dedos 3 e 4

T  
A  
B

1-2    1-2    1-2    1-2    1-2    1-2    1-2    1-2

**13. morsa 2** manter presos os dedos 2 e 4

T  
A  
B

1-2    1-2    1-2    1-2    1-2    1-3    1-3    1-3    1-3    1-3    1-3

27

**14. morsa 3**

manter presos  
os dedos 1 e 4

TAB

1-3 1-3 1-3 1-3 | 14 2-3 2-3 2-3 2-3 2-3 2-3

29

**15. morsa 4**

manter presos  
os dedos 1 e 3

TAB

2-3 2-3 2-3 2-3 | 13 2-4 2-4 2-4 2-4 2-4 2-4

31

TAB

2-4 2-4 2-4 2-4 | 2-4 2-4 2-4 2-4

32

**16. morsa 5**

manter presos  
os dedos 1 e 2

TAB

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

33

TAB

3-4 3-4 3-4 3-4 | 3-4 3-4 3-4 3-4