

The entire C scale with four plucks per note:

C C C C G G G G C C C C F F F F C C C C F F F F G G G G C C C C

C C C C G G G G F F F F C C C C F F F F C C C C G G G G C C C C

The entire C scale with two plucks per note:

C C G G C C F F C C F F G G C C C C G G F F C C F F C C G G C C

The C scale with one pluck per note:

C G C F C F G C C G F C F C G C

The C scale with one pinch per note:

C G C F C F G C C G F C F C G C

C arpeggio

C C C C C C C C

F arpeggio:

F F F F F F F F

G arpeggio:

G G G G G G G G

The C scale-arpeggio exercise.