

# Crab Exercise

Arthur Olins

Hold 1 and 2 fingers while playing 3 and 4

Continue on each pair of strings - up and down each fret.

7

# Four Finger Exercise

Play each Pattern on all strings, up and down the neck.

- |             |             |             |             |
|-------------|-------------|-------------|-------------|
| <b>1234</b> | <b>2314</b> | <b>3142</b> | <b>4321</b> |
| <b>1243</b> | <b>2341</b> | <b>3124</b> | <b>4312</b> |
| <b>1342</b> | <b>2413</b> | <b>3241</b> | <b>4123</b> |
| <b>1324</b> | <b>2431</b> | <b>3214</b> | <b>4132</b> |
| <b>1423</b> | <b>2143</b> | <b>3412</b> | <b>4231</b> |
| <b>1432</b> | <b>2134</b> | <b>3421</b> | <b>4213</b> |