
A TONEBASE COURSE

Top 10 Technique Exercises

with Rafael Aguirre



By The tonebase Team

www.tonebase.co



About Your Instructor

Rafael Aguirre is an internationally acclaimed musician whose deep understanding of music, dazzling virtuosity and immensely diverse repertoire has taken him to 33 countries. The beginning of his extraordinary career was marked by winning thirteen first prizes at international competitions (including the Tarrega Competition and Pro Musicis, New York), and he is currently one of the most celebrated guitarists worldwide.

His performances have been hailed as “a blessing” (Mainz Echo); “the future of the concert guitar” (Kultur Port); “one of the most acclaimed ambassadors of the Spanish guitar” (El País).

Rafael performs regularly in prestigious venues, including Carnegie Hall in New York, Concertgebouw Amsterdam, Vienna Konzerthaus, Moscow Tchaikovsky Hall, Philharmonie am Gasteig in Munich, Hamburg Laeiszhalle, Palau de la Musica in Barcelona, King's Place London, and Saint Petersburg Philharmonia, to name a few.

He has been pre-nominated for a Latin Grammy and has received enthusiastic reviews by Gramophone, The Strad and Crescendo Magazine, also appearing on broadcasts by international radios such as the BBC, NPR, CBS, and more.

Learn more at www.rafael-aguirre.com

Course Description

Need some new exercises to spice up your technical routine? Try Rafael's top 10 technique exercises which addresses everything from the left and right hand, all the way down to the pinky!

Rafael incorporates different exercises he's developed for strengthening the pinky, an often forgotten digit in the classical

guitar world. On top of that, he also shares the rasgueado exercise he uses to help develop speed and thumb strength.

Take Rafael's top 10 exercises "home" with you by downloading the outline with each individual exercises written out. There's no excuse to not take your technical workout to another level!



Outline

A brief list of lessons and topics covered in this course.

#01

INTRO & LEFT HAND EXERCISES

After a quick introduction to the course, Rafael jumps in with two exercises for the left hand; "climbing" and a triplet scale.



#02

RIGHT HAND PINKY (C)

Rafael introduces four exercises to refine your right hand pinky technique and explains that strengthening it can help to balance the right hand and improve your technique as a whole!

#03

FLAMENCO TECHNIQUES

Borrowing ideas from Flamenco, Rafael demonstrates two exercises that can help our thumb technique and rasgueados as well!

#04

PLAYING APOYANDO

The final two exercises focus on *apoyando* technique through an arpeggio study and a scale study inspired by the one and only Paco de Lucia!



LESSON #01: Intro & Left Hand

In this first lesson, Rafael introduces the course and some basic left hand exercises!

INTRODUCTION

The following ten exercises are broken up into groups of two. Each group addresses one of the following technical areas: **left hand**, **pinky**, **right hand**, **rasgueados**, and **apoyando**.

"CLIMBING"

This exercise is for **developing strength in the left hand**. Start the pattern in the first position and move all the way up the fretboard, even past the twelfth fret! When in the air, make sure the fingers are always as close to the fretboard as possible. Focus on **one finger at a time** and keeping the movements as minimal as possible. When you get to the higher positions you will need to use more pressure to press the string down, especially when you speed up!

Pos. I

1 3 2 4

1 3 2 4

Pos. II

1 3 2 4

etc.



TRIPLET SCALE

Rafael originally learned this scale from listening to flamenco guitarists. He enjoys it because the triplet rhythm differs from traditional classical scales that are usually duplets. Start this exercise around the 7th fret. When practicing, focus on the rhythm - as Rafael says, “**rhythm gives you coordination.**” Try varying the exercises by using different finger combinations.

Let the first finger of the left hand be the anchor, try not to move it! Focus on keeping the other fingers as close to the fretboard as possible. Practice this about 20 times if you can. Remember, the purpose is to master your coordination, so you want to focus on making sure you play very rhythmically. You can also reverse this exercise and go upwards if you want to.

