

## Exercise #7 - Two-Fingered Chromatic Boink! (Sounds like a monster!)

This drill is similar to the original "boink" drills, but it requires you to two boink notes at once! Again, the "boink" notes are the notes that constantly change. Be sure they are synchronized with the picking hand and they sound crisp and clean!

Play the "boink" notes with fingers 1 and 2 of the left hand as indicated. Experimenting with other finger pairs is optional, but certainly recommended! It also sounds good on any pair of adjacent strings!



*It's best to begin this study with an up stroke of the pick so that the boink note sounds louder!*

	0 3 0 4 0 5 0 6	0 7 0 6 0 5 0 4	3 0	
<b>T</b>	0 4 0 5 0 6 0 7	0 8 0 7 0 6 0 5	4 0	This measure was
<b>A</b>				intentionally left blank
<b>B</b>				

0 1 0 1 0 1  
0 2 0 2 0 2 *Continue alternating fingers!*

## Exercise #8 - The Furious Flurry!

Start this one slowly and work it up to a furious **Physical Guitar** tempo!



*The tablature gets a bit muddy here, so some fret numbers up near the changed notes!*

	0000000030000000	7000000030000000	120001000070003000	30000000300000
<b>T</b>			12 10 7 3	
<b>A</b>				
<b>B</b>				

0000000030000000 4000000010000000 4000200010001000 000010000

**Remember:**  
**Physical Guitar is about comfort, relaxation and success!**

Notes on these exercises

1. Start slowly with smooth and meaningful finger movement.
2. Stay relaxed, hold your pick properly, and keep your wrist loose!
3. The Furious Flurry should be played as fast as humanly possible!
4. Experiment to find a comfortable playing position.
5. Sloppy posture and technique is directly proportional to bad playing!