



**GUITARRA: EXERCÍCIOS DE
FORTALECIMENTO DA MÃO ESQUERDA**

Por Gustavo Lacerda

EXERCÍCIOS DE AQUECIMENTO

AQUECIMENTO 1

e |-----1h2-2h3-3h4
B |-----
G |-----1h2-2h3-3h4-----
D |-----1h2-2h3-3h4-----
A |-----1h2-2h3-3h4-----
E |-----1h2-2h3-3h4-----

e |-----4h3-3h2-2h1-----
B |-----4h3-3h2-2h1-----
G |-----4h3-3h2-2h1-----
D |-----4h3-3h2-2h1-----
A |-----4h3-3h2-2h1-----
E |-----

e |-----
B |-----
G |-----
D |-----
A |-----
E |-----4h3-3h2-2h1-----

AQUECIMENTO 2

e |-----1h2h3h4-
B |-----1h2h3h4-----
G |-----1h2h3h4-----
D |-----1h2h3h4-----
A |-----1h2h3h4-----
E |-----1h2h3h4-----

e |-----4p3p2p1-----
B |-----4p3p2p1-----
G |-----4p3p2p1-----
D |-----4p3p2p1-----
A |-----4p3p2p1-----
E |-----4p3p2p1-----

EXERCÍCIOS DE DIGITAÇÕES

1. TRABALHANDO EM PARES DE DEDOS

1.1. Ligados "1 - 2"

e|-----1h2p1h2-
B|-----1h2p1h2-----
G|-----1h2p1h2-----
D|-----1h2p1h2-----
A|-----1h2p1h2-----
E|-1h2p1h2-----

e|-2p1h2p1-----
B|-----2p1h2p1-----
G|-----2p1h2p1-----
D|-----2p1h2p1-----
A|-----2p1h2p1-----
E|-----2p1h2p1-----

Fazer o mesmo combinando os dedos:

" 1 - 3 " ; " 1 - 4 " ; " 2 - 3 " - " 2 - 4 " e " 3 - 4 "

Relaxamento e Técnica 1

Iron Maiden - Wasted Years (Intro)

Repete 4x [00:00 - 00:25]

e|-12-0-0-0-0-7-0-0-0-0-8-0-0-0-0-5-0-0-0-0-7-0-0-3-0-0-5-0-0-0-0-2-0-0-0-0-
B|-----
G|-----
D|-----
A|-----
E|-----

e|-3-0-0-0-0-5-0-0-0-0-2-0-0-3-0-0-0-0-
B|-----
G|-----
D|-----
A|-----
E|-----

2. TRABALHANDO EM TRIOS DE DEDOS

2.1 Ligados "1 2 3"

e|-----
B|-----
G|-----1h2h3p1h2h3--
D|-----1h2h3p1h2h3--
A|-----1h2h3p1h2h3--
E|-1h2h3p1h2h3-----

e|-----1h2h3p1h2h3-3p2p1h3p2p1-----
B|-1h2h3p1h2h3-----3p2p1h3p2p1--
G|-----
D|-----
A|-----
E|-----

e|-----
B|-----
G|-3p2p1h3p2p1-----
D|-----3p2p1h3p2p1-----
A|-----3p2p1h3p2p1-----
E|-----3p2p1h3p2p1--

Fazer o mesmo combinando os dedos

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

Relaxamento e Técnica 2.1

AC/DC - Thunderstruck - (Intro - Parte 1)

[00:00 - 00:14]

e|-----
B|-0-4-0-7-0-4-0-7-0-4-0-7-0-4-0-7-0----- (2x)
G|-----
D|-----
A|-----
E|-----

e|-----
B|-5-0-8-0-5-0-8-0-5-0-8-0-5-0-8-0----- (2x)
G|-----
D|-----
A|-----
E|-----

2.2 Ligados "2 1 3"

e|-----
B|-----
G|-----2p1h3p2p1h3--
D|-----2p1h3p2p1h3-----
A|-----2p1h3p2p1h3-----
E|-2p1h3p2p1h3-----

e|-----2p1h3p2p1h3-3p1h2h3p1h2-----
B|-2p1h3p2p1h3-----3p1h2h3p1h2--
G|-----
D|-----
A|-----
E|-----

e|-----
B|-----
G|-3p1h2h3p1h2-----
D|-----3p1h2h3p1h2-----
A|-----3p1h2h3p1h2-----
E|-----3p1h2h3p1h2--

Fazer o mesmo combinando os dedos

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

Relaxamento e Técnica 2.2

Ac/Dc - Thunderstruck (Intro - Parte 2)

Tocar 12x [00:14 - 01:03]

e|-----
B|-12-0-10-0-9-0-10-0-9-0-7-0-9-0-5-0-7-0-4-0-5-0---
G|-----
D|-----
A|-----
E|-----

e|-----
B|-4-0-5-0-4-0-5-0-4-0-----
G|-----
D|-----
A|-----
E|-----

2.3 Ligados "2 - 1 - 3"

e|-----
B|-----
G|-----2p1h2h3p2p1--
D|-----2p1h2h3p2p1-----
A|-----2p1h2h3p2p1-----
E|-2p1h2h3p2p1-----

e|-----2p1h2h3p2p1-2p1h2h3p2p1-----
B|-2p1h2h3p2p1-----2p1h2h3p2p1--
G|-----
D|-----
A|-----
E|-----

e|-----
B|-----
G|-2p1h2h3p2p1-----
D|-----2p1h2h3p2p1-----
A|-----2p1h2h3p2p1-----
E|-----2p1h2h3p2p1--

Fazer o mesmo combinando os dedos

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

Relaxamento e Técnica 2.3:

Deep Purple - Highway Star (Trecho de Solo)

[04:31 - 04:42]

e|-5-6-8-8-5-6-8-8-5-6-8-8-5-6-8-8-----
B|-----
G|-----
D|----- (2x)
A|-----
E|-----

e|-6-8-10-10-6-8-10-10-6-8-10-10-6-8-10-10-----
B|-----
G|-----
D|----- (2x)
A|-----
E|-----

e|-8-10-12-12-8-10-12-12-8-10-12-12-8-10-12-12-
B|-----
G|-----
D|----- (2x)
A|-----
E|-----

e|-17-17-0-0-15-14-0-0-14-13-0-0-13-12-0-0-----
 B|-----
 G|-----
 D|-----
 A|-----
 E|-----

e|-12-11-0-0-11-10-0-0-10-9-0-0-9-8-0-0-----
 B|-----
 G|-----
 D|-----
 A|-----
 E|-----

2.4: Ligados "3 - 1 - 2"

e|-----
 B|-----
 G|-----3p1h2h3p2p1--
 D|-----3p1h2h3p2p1-----
 A|-----3p1h2h3p2p1-----
 E|-3p1h2h3p2p1-----

e|-----3p1h2h3p2p1-3p1h2h3p2p1-----
 B|-3p1h2h3p2p1-----3p1h2h3p2p1--
 G|-----
 D|-----
 A|-----
 E|-----

e|-----
 B|-----
 G|-3p1h2h3p2p1-----
 D|-----3p1h2h3p2p1-----
 A|-----3p1h2h3p2p1-----
 E|-----3p1h2h3p2p1--

Fazer o mesmo combinando os dedos

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

Relaxamento e Técnica 2.4

Steve Vai - Eugene's Trick Bag

[00:36 - 00:51]

E|--7-4---0-7-4---0-7-4---0-7-4---0-----
B|-----5-----5-----5-----5-----
G|----- (2x)
D|-----
A|-----
E|-----

E|--7-4---0-14-11---0-17-14---0-12-9---0
B|-----5-----12-----15-----10--
G|----- (4x)
D|-----
A|-----
E|-----

E|--19-16---0-7-4---0-17-14---0-5-2---0--
B|-----17-----5-----15-----3---
G|----- (2x)
D|-----
A|-----
E|-----

E|--22-19---0-10-7---0-20-17---0-8-5---0-
B|-----20-----8-----18-----6---
G|----- (2x)
D|-----
A|-----
E|-----

APLICANDO EM ESCALAS

Pentatônica Am

e|-----5-8-8-5-----
B|-----5-8-----8-5-----
G|-----5-7-----7-5-----
D|-----5-7-----7-5-----
A|-----5-7-----7-5-----
E|-5-8-----8-5-

Ligados na Pentatônica A Menor

e|-----8h10p8h10/
B|-----8h10p8h10-----
G|-----5h7p5h7-----
D|-----5h7p5h7-----
A|-----3h5p3h5-----
E|-3h5p3h5-----

e|-/12p10h12p10-----
B|-----13p10h13p10-----
G|-----9p7h9p7-----
D|-----10p7h10p7-----
A|-----7p5h7p5-----
E|-----

e|-----
B|-----
G|-----
D|-----
A|-----
E|-8p5h8p5-5~-----

Escala G Maior

e|-----5-7-8-8-7-5-----
B|-----5-7-8-----8-7-5-----
G|-----4-5-7-----7-5-4-----
D|-----4-5-7-----
A|-----3-5-7-----
E|-3-5-7-----

e|-----
B|-----
G|-----
D|-7-5-4-----
A|-----7-5-3-----
E|-----7-5-3-3~-----

Ligados na Escala G Maior

e | -7p5h7h8p7p5-----
B | -----7p5h7h8p7p5-----
G | -----5p4h5h7p5p4-----
D | -----5p4h5h7p5p4-----
A | -----
E | -----

e | -----
B | -----
G | -----
D | -----
A | -5p3h5h7p5p3-----
E | -----5p3h5h7p5p3-3~-----

Escala A Menor

e | -----7-8-10-10-8-7-----
B | -----6-8-10-----
G | -----5-7-9-----
D | -----5-7-9-----
A | -----5-7-8-----
E | -----5-7-8-----

e | -----
B | -10-8-6-----
G | -----9-7-5-----
D | -----9-7-5-----
A | -----8-7-5-----
E | -----8-7-5-5~-----

Ligados na Escala A Menor

e | -10p7h8h10p8p7-----
B | -----10p6h8h10p8p6-----
G | -----9p5h7h9p7p5-----
D | -----9p5h7h9p7p5-----
A | -----
E | -----

e | -----
B | -----
G | -----
D | -----
A | -8p5h7h8p7p5-----
E | -----8p5h7h8p7p5-5~-----

FRASES EM SOLOS

Frase 1: Ozzy Osbourne - Revelation (Mother Earth)
[Guitarrista Randy Rhoads - 05:12 - 05:19]

e|-----
B|-----4h5p4h5-7h8p7h8-----
G|-----4h5p4h5-----
D|-2h4p2h4-1h2p1h2-4h5p4h5-----
A|-----
E|-----

e|-7h8p7h8-11h12p11h12-12h14p12h14-14h15p14h15-15h17p15h17-
B|-----
G|-----
D|-----
A|-----
E|-----

e|-17h19p17h19-19h20p19h20-17-19-15-19-14-19-12~-----
B|-----
G|-----
D|-----
A|-----
E|-----

Frase 2: Iron Maiden - The Number of The Beast
[Guitarrista Dave Murray - 02:55 - 02:59]

e|-----
B|-15h18p15h18p15/13h15p13h15p13/11h13p11h13p11/10h11p10h11p10/-----
G|-----
D|-----
A|-----
E|-----

e|-----
B|-/8h10p8/6h8p6/5h6p5/3h5p3-----
G|-----
D|-----5b7r5~-----
A|-----
E|-----

Frase 3: Metallica Blackned

[Guitarrista Kirk Hammet- 05:22 - 05:32]

e|-----
B|-----
G|-12p0-12p0-12p0-12p0-12p0-12p0-11p0-11p0--9p0-9p0-9p0-9p0-9p0-9p0-9p0-9p0-
D|-----
A|-----
E|-----

e|-----
B|-----
G|-16p0-16p0-16p0-16p0-16p0-16p0-14p0-14p0-12p0-12p0-12p0-12p0-12p0-12p0-
D|-----
A|-----
E|-----

e|-----
B|-----
G|-12p0-12p0-2p0-2p0-2h4p0-4p0-5p0-5p0-4p0-4p0-5p0-5p0-7p0-7p0-9p0-9p0-9p0--
D|-----
A|-----
E|-----

e|-----
B|-----
G|-9p0-5^-\\\\//\\//\\
D|----5^-\\//\\//\\//\\
A|-----
E|-----