

# Lesson I

## Right hand basic movements

*Explanation:*  
*P/5* - Thumb rests on the 5th string  
*P/6* - Thumb rests on the 6th string

1st time - *i m i m* etc.  
 2nd time - *m a m a* etc.

1. regular motion (apoyando) *P/5* -----

1 - *i m i m* etc.      3 - *i a i a* etc.  
 2 - *m a m a* etc.      4 - *a i a i* etc. (reg. motion)

2. contrary motion (apoyando) *P/5* -----

3. improving regular motion (apoyando) *P/6* ----- lift the thumb *P/6* -----

4. improving contrary motion (apoyando) *P/6* ----- lift the thumb *P/6* -----

5. Combining ex. 1 + 2 regular motion (apoyando) *P/6* ----- lift the thumb *P/6* -----

6. Combining ex. 1 + 2 contrary motion (apoyando) *P/6* ----- lift the thumb *P/6* -----