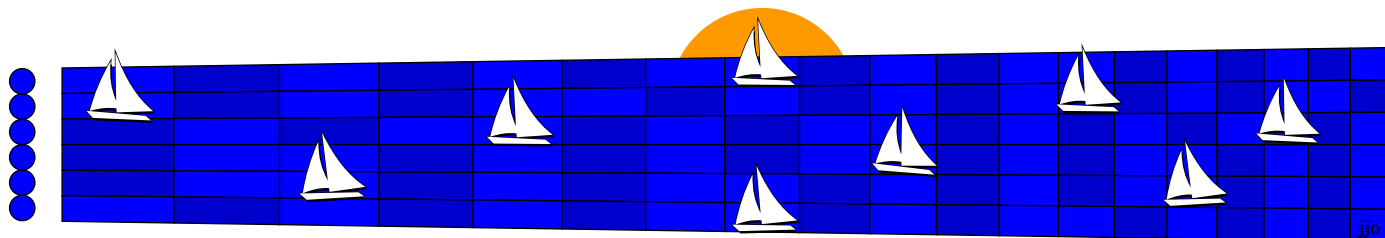


July Fretboard Exercises

Sightreads for Sailors



Exercise 1: I 0 II 3 III 5 IV 3 V 3 VI 6 VII 3 VIII 5 IX 3 X 3 XI 6 ④ ⑤

♩ = 104

Exercise 2: I 2 II 4 III 2 IV 4 V 2 VI 5 VII 1 VIII 2 IX 1 X 3 XI 5 XII 0 ② ③

♩ = 60

Exercise 3: V 3 VI 6 VII 2 VIII 5

♩ = 120

Exercise 1	Marks(1880): Sailing, Sailing	1
Exercise 2	Adams(1879): Blow The Man Down	1
Exercise 3	British(1770): Sailor's Hornpipe	1

A Century of British Sailing Tunes

Exercise 1 is an easy read in first position; awkwardness in the higher positions can be avoided if you hold down neighboring G-C pairs with one finger; ditto for A-D pairs. As a sailing song, this is the familiar chorus that children recite:

*Sailing, sailing, over the bounding main;
For many a stormy wind shall blow, ere Jack comes home again!*

but few people know the verses. Hear them in the video below.

- https://en.wikipedia.org/wiki/Sailing,_Sailing
- <https://www.youtube.com/watch?v=QNJSkHIntSw> (Shanty Chor Bremerhaven 2013)

Exercise 2 is actually easier in higher positions (VII, IX and even XII) since it avoids a stretch to the high A required in first position. Though the first couple of bars may be familiar to children under the age of 30, this is not really the Spongebob Squarepants theme song. Listen to Woody's rendition with the authentic 19th century lyrics.

- https://en.wikipedia.org/wiki/Blow_the_Man_Down
- <https://www.youtube.com/watch?v=r9L4AseD-aA> (Spongebob Squarepants 1999)
- <https://www.youtube.com/watch?v=ufWdpNSs3DM&t=2s> (Woody Guthrie 1941)

Exercise 3 has a two-octave range centered on position VII, where it is straightforward to play without too many G-C or F-A pairs to manage. This piece is not a song but the tune for a solo sailor's dance, with moves derived from sailor duties aboard ship, sometimes for exercise and often at an increasing tempo. It was the intro to Popeye the Sailor Man's theme, but is most well known and beloved by Britons when played at a ludicrously accelerating tempo marking the climax of "The Proms" concert. Listen to the BBC Symphony Orchestra play it starting at 120 beats per minute and finishing at an astounding 360 beats per minute! All while the crowd is egging them on and honking air horns. Who said the British were reserved? After witnessing that you will want to read more in Wikipedia about The Proms. But don't sightread it faster than 120.

- https://en.wikipedia.org/wiki/The_Sailor%27s_Hornpipe
- <https://www.youtube.com/watch?v=grtchH6SfGE> (intro for Popeye 1933)
- <https://www.youtube.com/watch?v=9cZyNtZtSqE> (BBC Symphony Orchestra 2012)
- https://en.wikipedia.org/wiki/BBC_Proms ("The Proms" annual tradition since 1895)

These exercises are from the yet to be released books "Diatonic Fretboard Exercises", and "Chromatic Fretboard Exercises", which together contain over two thousand such exercises and will be made available for free on IMSLP. The contents may be freely copied and modified, but with the condition that they be attributed to J. J. Olson (CC-BY license).

Interested? Contact Jeff Olson at jjocanoe@gmail.com

*P.S. It easiest to follow these links if you **get the pdf** as indicated on the first page.*