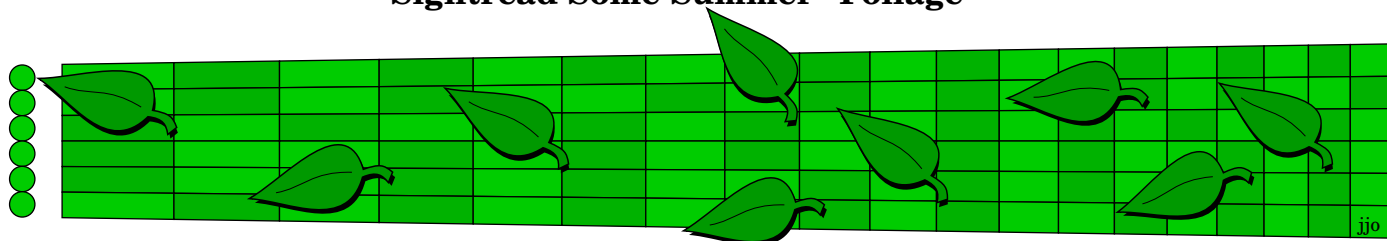


June Fretboard Exercises

Sightread Some Summer "Foliage"



Exercise 1: I 1 II 3 III 6 IV 2 V 4 VI 5 VII 3 VIII 7 IX 2 X 4 XI 5 ④ ⑤

♩ = 120

Exercise 2: I 1 II 4 III 5 IV 3 V 4 VI 5 VII 2 VIII 4 IX 1 X 5 XI 6 ④

♩ = 108

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

♩ = 100

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

♩ = 88

Exercise 1 Sor(1822): Les Folies d'Espagne, Op.15, Theme	1
Exercise 2 Corelli(1700): Violin Sonata in D minor, Op.5 No.12 Var.2	1
Exercise 3 Guignon(1736): Les Folies d'Espagne, Op.9 Var.3	1
Exercise 4 Beethoven(1808): Symphony No.5, Movement 2	1

Folias and *The Green Leaves of Summer*

In musicology, *Folia* is an 8-bar chord progression / ground bass that originated 500 years ago in Iberia and swept across Europe during the Renaissance and Baroque periods, when it was used extensively (see IMSLP list below). Vivaldi's *Trio Sonata in D Minor* is an excellent example and worth the 9 minute listen through all 20 variations.

- <https://en.wikipedia.org/wiki/Folia>
- <https://www.youtube.com/watch?v=d7Np0vV1-fw&t=216s> (La Folia progression)
- https://imslp.org/wiki/List_of_compositions_with_the_theme_%22La_Folia%22
- <https://www.youtube.com/watch?v=TjsRheVIADs> (Vivaldi 1705, with score)

In Latin, folia means “leaves”, reminding me of a 60s song, *The Green Leaves of Summer* that made The Brothers Four famous. Its first 5 chords follow the folia progression. Vangelis composed the movie theme for *1492* as a folia, and the progression was even sung by Britney Spears.

- https://en.wikipedia.org/wiki/The_Green_Leaves_of_Summer
- <https://www.youtube.com/watch?v=I6ryBrQtgM&t=56s> (The Brothers Four 1960)
- <https://www.youtube.com/watch?v=aCynyt9z8CQ> (Vangelis 1992)
- https://www.youtube.com/watch?v=9vWys_JGwxQ&t=20s (Britney Spears 2000)

Exercise 1 is from Sor's simple statement of the basic theme.

- <https://www.youtube.com/watch?v=hyZlRw0eFWY> (Barueco 2016)

Exercise 2 by Corelli makes the chords obvious (Am E Am G C G Am E).

- https://www.youtube.com/watch?v=PO_nPy0DzsM&t=70s (Da Kamera 2020)

Exercise 3 by Guignon shows some variety in the melody.

- <https://www.youtube.com/watch?v=9lFFayJN5hw&t=111s> (Julliet EM Festival 2021)

Exercise 4 is an 8-bar folia Beethoven slipped into his 5th symphony!

- <https://www.youtube.com/watch?v=EQIVWhKhWPA&t=365s> (Cleveland Orchestra 2008)

These exercises are from the yet to be released book “Chromatic Fretboard Exercises”, which contains over a 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 jjocano@gmail.com

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