

HARMONONICA BENDING BOOK

QUICK REFERENCE

14 BENDING GUIDES FOR



P R E F A C E

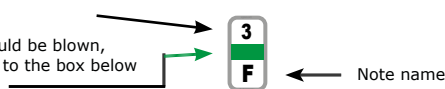
The aim of this guide is to continuously verify, using a diatonic harmonica in the key of
C
the exact audio reference for correct intonation using the bending technique.

This guide contains short music scores, all supported by reference audio or video files. These exercises alternate between guiding the correct intonation of bending and allowing the student to practice independently. This way, the user can continuously check and improve their intonation as if practicing with a teacher, playing together first and then trying alone as the exercise progresses.

The scores are organized for each individual hole as follows, with reference audio or video files supporting each exercise.

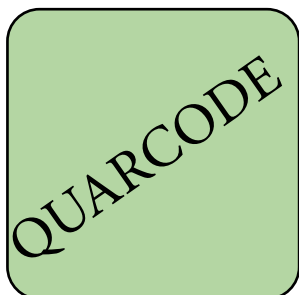
To facilitate understanding even for those who cannot read music, these short scores use some simplifications. The key signature, typically indicated by sharps (#) or flats (b) at the beginning of the staff, is not shown. Instead, only sharp (#) symbols are used when necessary. Below each note, there are small boxes like the one below indicating:

Central color indicating whether the note should be blown, drawn, or if bending should be applied. Refer to the box below for all possibilities.



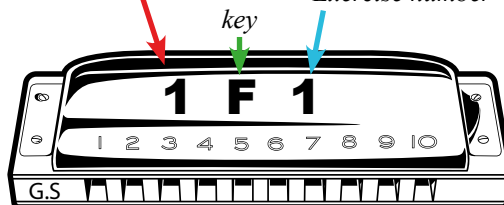
RED	BLOW	All 10 holes
GREEN	DRAW	All 10 holes
YELLOW	DRAW bending - 1	Holes 1,2,3,4,6
TURQUOISE	DRAW bending - 2	Holes 2,3
ORANGE	DRAW bending - 3	Holes 3
BROWN	BLOW bending - 1	Holes 8,9,10
BLUE	BLOW bending - 2	Holes 10

Refer to the next page for an example of a complete sheet music piece where all other references are explained.



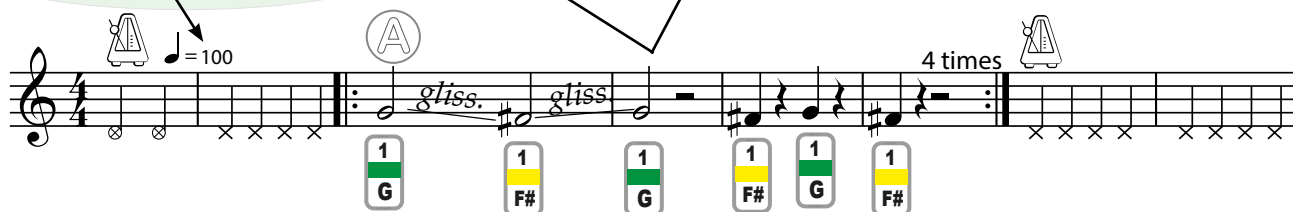
The exercise title consists of 3 elements.

Hole number Harmonica Exercise number

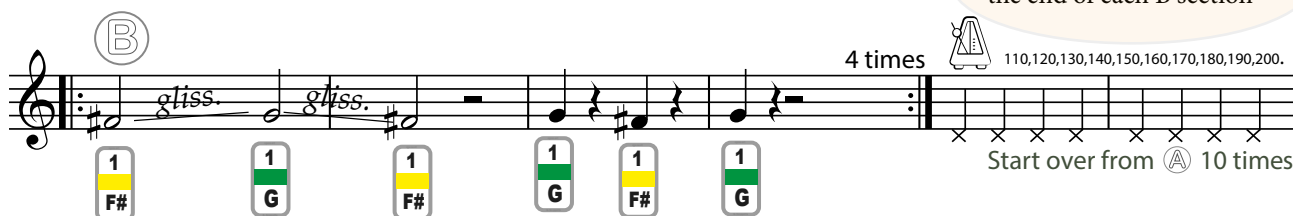


By clicking on the harmonica image, you will be taken directly to the exercise video on my YouTube channel, where you can practice using the backing track. Alternatively, if you have the printed version, scan the QR code in the top left corner.

Initial metronome speed



Change metronome speed at the end of each B section



EXAMPLE EXERCISE DESCRIPTION

HOLE: 1

Harmonic Key: F

Note to obtain with bending: F#

Exercise goal: Master the exact intonation of the note F#, both by gradually bending the note and playing it directly. The video sequence of the exercise consists of two parts **A** and **B**.

A) Starting from G, applying the glissando (gradual bending of the note), descend to F#, then return to G, always with a glissando effect. Followed by three direct notes F#, G, F#.

B) Starting from F#, applying the glissando (gradual bending of the note), ascend to G, then return to F#, always with a glissando effect. Followed by three direct notes G, F#, G.

The exercise begins at a metronomic speed of 100 BPM, and increases gradually by 10 BPM with each completed cycle. Metronome changes 10 (100, 110, 120, 130, 140, 150, 160, 170, 180, 190, 200).

Exercise duration 11 minutes.

The colors used in this exercise are green and yellow.

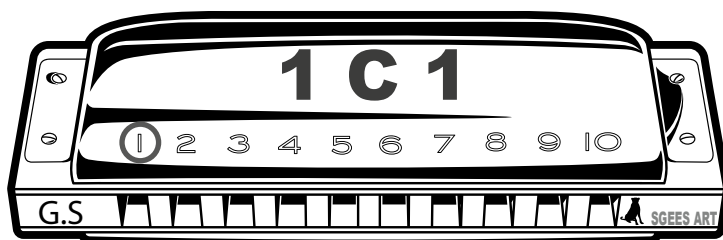
- Green: draw note
- Yellow: draw note -1

Following the symbols descending on the harmonica diagram, the notes are played as soon as they touch the orange zone corresponding to the hole number and held for the entire time they are visible.

Enjoy your practice.

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Part A: *gliss.* *gliss.* *gliss.* 4 times

Part B: *gliss.* *gliss.* *gliss.* 4 times 110,120,130,140,150,160,170,180,190,200. Start over from A 10 times

HOLE: 1

Harmonic Key: C

Note to obtain with bending: C#

Exercise goal: Master the exact intonation of the note C#, both by gradually bending the note and playing it directly.

The video sequence of the exercise consists of two parts **A** and **B**.

A) Starting from D, applying the glissando (gradual bending of the note), descend to C#, then return to D, always with a glissando effect. Followed by three direct notes C#, D, C#.

B) Starting from C#, applying the glissando (gradual bending of the note), ascend to D, then return to C#, always with a glissando effect. Followed by three direct notes D, C#, D.

The exercise begins at a metronomic speed of **100 BPM**, and increases gradually by **10 BPM** with each completed cycle.

Metronome changes 10 (100, 110, 120, 130, 140, 150, 160, 170, 180, 190, 200).

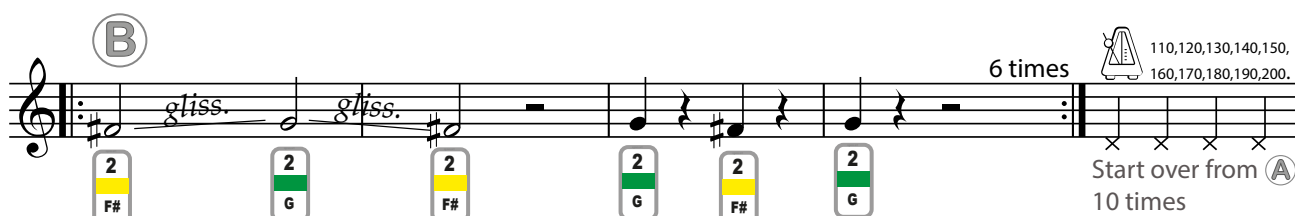
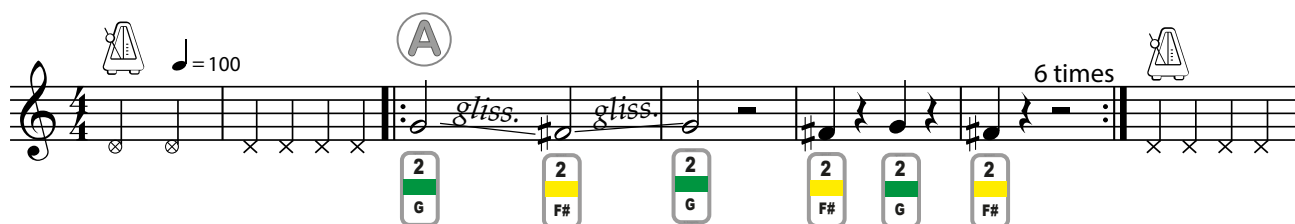
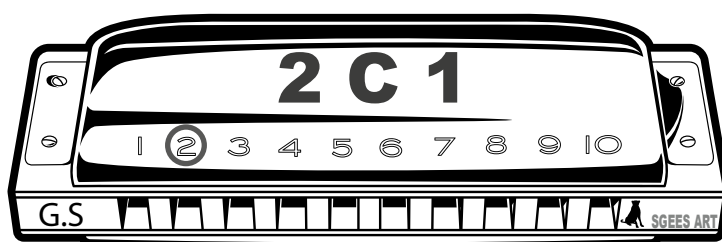
Exercise duration 11 minutes.

The colors used in this exercise are green and yellow.

- **Green:** draw note
- **Yellow:** draw note -1

Following the symbols descending on the harmonica diagram, the notes are played as soon as they touch the orange zone corresponding to the hole number and held for the entire time they are visible.

Enjoy your practice.



HOLE: 2

Harmonic Key: C

Note to obtain with bending: F#

Exercise goal: Master the exact intonation of the note F#, both by gradually bending the note and playing it directly.

The video sequence of the exercise consists of two parts **A** and **B**.

A) Starting from G, applying the glissando (gradual bending of the note), descend to F# and then return to G, always with a glissando effect. Followed by three direct notes F#, G, F#.

B) Starting from F#, applying the glissando (gradual bending of the note), ascend to G and then return to F#, always with a glissando effect. Followed by three direct notes G, F#, G.

The exercise begins at a metronomic speed of **100 BPM**, and increases gradually by **10 BPM** with each completed cycle.

Metronome changes 10 (100, 110, 120, 130, 140, 150, 160, 170, 180, 190, 200).

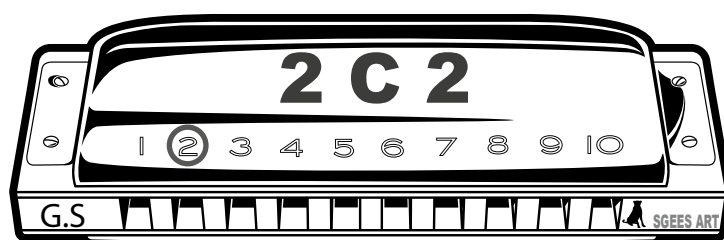
Exercise duration 10 minutes.

The colors used in this exercise are green and yellow.

- **Green:** draw note
- **Yellow:** draw note -1

Following the symbols descending on the harmonica diagram, the notes are played as soon as they touch the orange zone corresponding to the hole number and held for the entire time they are visible.

Enjoy your practice.



HOLE: 2

Harmonic Key: C

Notes to obtain with bending: F#, F (-1, -2)

Exercise goal: Master the exact intonation of the notes F# and F, both by gradually bending the notes and playing them directly.

The video sequence of the exercise consists of two parts **A** and **B**.

A) Starting from G, applying the glissando (gradual bending of the notes), descend to F# and then to F, then return first to F# and then to G, always with a glissando effect. Followed by five direct notes G, F#, F, F#, G.

B) Starting from F, applying the glissando (gradual bending of the notes), ascend first to F# and then to G, always with a glissando effect, then return first to F# and then to F, always with a glissando effect. Followed by five direct notes F, F#, G, F#, F.

The exercise begins at a metronomic speed of **96 BPM**, and increases gradually by **10 BPM** with each completed cycle.

Metronome changes 5 (96, 106, 116, 126, 136, 146).

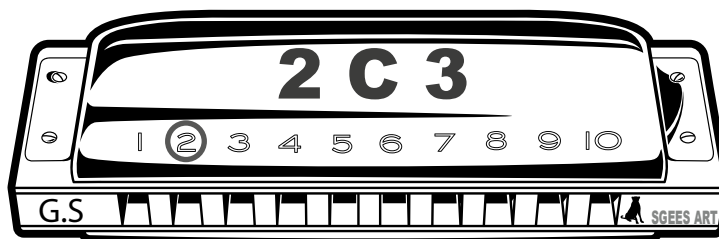
Exercise duration 10 minutes.

The colors used in this exercise are green, yellow, and turquoise.

- **Green:** draw note
- **Yellow:** draw note -1
- **Turquoise:** draw note -2

Following the symbols descending on the harmonica diagram, the notes are played as soon as they touch the orange zone corresponding to the hole number and held for the entire time they are visible.

Enjoy your practice.



Metronome icon, ♩ = 100

A

6 times

gliss. gliss.

2 G, 2 F, 2 G, 2 F, 2 G, 2 F

B

6 times

gliss. gliss.

2 F, 2 G, 2 F, 2 G, 2 F, 2 G

100, 110, 120, 130, 140.

Start over from **A** 6 times

HOLE: 2

Harmonic Key: C

Note to obtain with bending: F (-2)

Exercise goal: Master the exact intonation of the note F, both by gradually bending the note and playing it directly.

The video sequence of the exercise consists of two parts **A** and **B**.

A) Starting from G, applying the glissando (gradual bending of the note), descend to F, then return to G, always with a glissando effect. Followed by three direct notes F, G, F.

B) Starting from F, applying the glissando (gradual bending of the note), ascend to G, then return to F, always with a glissando effect. Followed by three direct notes G, F, G.

The exercise begins at a metronomic speed of **100 BPM**, and increases gradually by **10 BPM** with each completed cycle.

Metronome changes 10 (100, 110, 120, 130, 140, 150, 160, 170, 180, 190, 200).

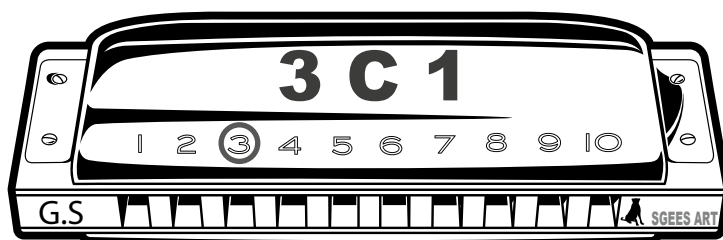
Exercise duration 10 minutes.

The colors used in this exercise are green and turquoise.

- **Green:** draw note
- **Turquoise:** draw note -2

Following the symbols descending on the harmonica diagram, the notes are played as soon as they touch the orange zone corresponding to the hole number and held for the entire time they are visible.

Enjoy your practice.



HOLE: 3

Harmonic Key: C

Note to obtain with bending: A# (-1)

Exercise goal: Master the exact intonation of the note A#, both by gradually bending the note and playing it directly.

The video sequence of the exercise consists of two parts **A** and **B**.

A) Starting from B, applying the glissando (gradual bending of the note), descend to A# and then return to B, always with a glissando effect. Followed by three direct notes A#, B, A#.

B) Starting from A#, applying the glissando (gradual bending of the note), ascend to B and then return to A#, always with a glissando effect. Followed by three direct notes B, A#, B.

The exercise begins at a metronomic speed of **100 BPM**, and increases gradually by **10 BPM** with each completed cycle.

Metronome changes 3 (100, 110, 120).

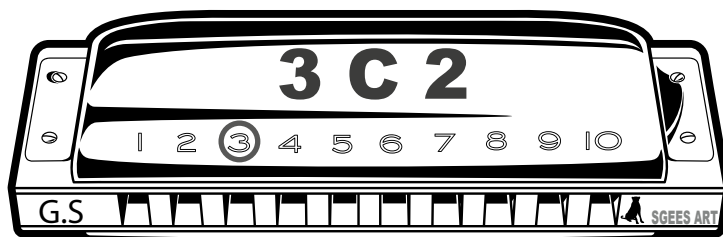
Exercise duration 5 minutes and 40 seconds.

The colors used in this exercise are green and yellow.

- **Green:** draw note
- **Yellow:** draw note -1

Following the symbols descending on the harmonica diagram, the notes are played as soon as they touch the orange zone corresponding to the hole number and held for the entire time they are visible.

Enjoy your practice.



HOLE: 3

Harmonic Key: C

Note to obtain with bending: A (-2)

Exercise goal: Master the exact intonation of the note A, both by gradually bending the note and playing it directly.

The video sequence of the exercise consists of two parts **A** and **B**.

A) Starting from B, applying the glissando (gradual bending of the note), descend to A and then return to B, always with a glissando effect. Followed by three direct notes A, B, A.

B) Starting from A, applying the glissando (gradual bending of the note), ascend to B and then return to A, always with a glissando effect. Followed by three direct notes B, A, B.

The exercise begins at a metronomic speed of **100 BPM**, and increases gradually by **10 BPM** with each completed cycle.

Metronome changes 3 (100, 110, 120).

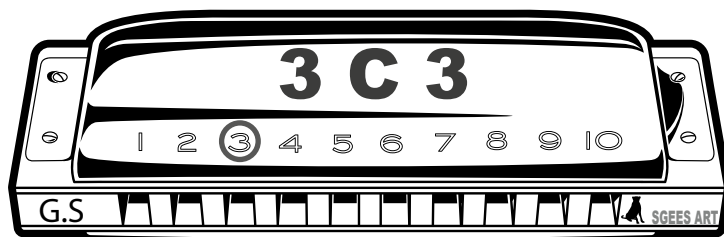
Exercise duration 5 minutes and 40 seconds.

The colors used in this exercise are green and turquoise.

- **Green:** draw note
- **Turquoise:** draw note -2

Following the symbols descending on the harmonica diagram, the notes are played as soon as they touch the orange zone corresponding to the hole number and held for the entire time they are visible.

Enjoy your practice.



HOLE: 3

Harmonic Key: C

Note to obtain with bending: G# (-3)

Exercise goal: Master the exact intonation of the note G#, both by gradually bending the note and playing it directly.

The video sequence of the exercise consists of two parts **A** and **B**.

A) Starting from B, applying the glissando (gradual bending of the note), descend to G# and then return to B, always with a glissando effect. Followed by three direct notes G#, B, G#.

B) Starting from G#, applying the glissando (gradual bending of the note), ascend to B and then return to G#, always with a glissando effect. Followed by three direct notes B, G#, B.

The exercise begins at a metronomic speed of **100 BPM**, and increases gradually by **10 BPM** with each completed cycle.

Metronome changes 3 (100, 110, 120).

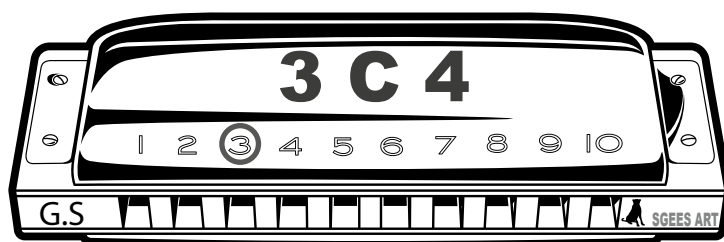
Exercise duration 5 minutes and 40 seconds.

The colors used in this exercise are green and orange.

- **Green:** draw note
- **Orange:** draw note -3

Following the symbols descending on the harmonica diagram, the notes are played as soon as they touch the orange zone corresponding to the hole number and held for the entire time they are visible.

Enjoy your practice.



HOLE: 3

Harmonic Key: C

Notes to obtain with bending: A# A (-1, -2)

Exercise goal: Master the exact intonation of the notes A# and A, both by gradually bending the notes and playing them directly.

The video sequence of the exercise consists of two parts **A** and **B**.

A) Starting from B, applying the glissando (gradual bending of the notes), descend to A# and then to A, and then return to A# and finally to B, always with a glissando effect. Followed by five direct notes B, A#, A, A#, B.

B) Starting from A, applying the glissando (gradual bending of the notes), ascend to A# and then to B, and then return to A# and finally to A, always with a glissando effect. Followed by five direct notes A, A#, B, A#, A.

The exercise begins at a metronomic speed of **96 BPM**, and increases gradually by **10 BPM** with each completed cycle.

Metronome changes 3 (120, 130, 140).

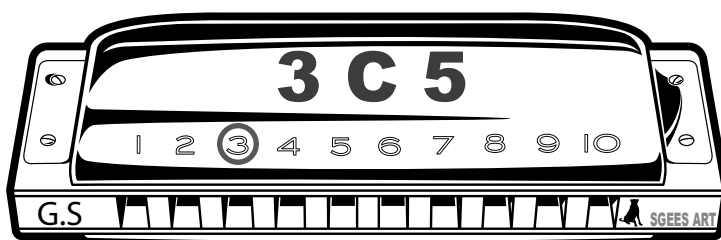
Exercise duration 5 minutes.

The colors used in this exercise are green, yellow, and turquoise.

- **Green:** draw note
- **Yellow:** draw note -1
- **Turquoise:** draw note -2

Following the symbols descending on the harmonica diagram, the notes are played as soon as they touch the orange zone corresponding to the hole number and held for the entire time they are visible.

Enjoy your practice.



Exercise 13 musical notation and fingering guides.

Part A: Musical notation in 4/4 time, tempo 150 BPM. The exercise consists of a glissando sequence followed by seven direct notes. The fingering guide below the staff shows the sequence of notes and bends:

- 3 B (Green)
- 3 A# (Yellow)
- 3 A (Turquoise)
- 3 G# (Orange)
- 3 A (Turquoise)
- 3 A# (Yellow)
- 3 B (Green)
- 3 B (Green)
- 3 A# (Yellow)
- 3 A (Turquoise)
- 3 G# (Orange)
- 3 A (Turquoise)
- 3 A# (Yellow)
- 3 B (Green)

Part B: Musical notation in 4/4 time, tempo 150, 140, 130 BPM. The exercise consists of a glissando sequence followed by seven direct notes. The fingering guide below the staff shows the sequence of notes and bends:

- 3 G# (Orange)
- 3 A (Turquoise)
- 3 A# (Yellow)
- 3 B (Green)
- 3 A# (Yellow)
- 3 A (Turquoise)
- 3 G# (Orange)
- 3 G# (Orange)
- 3 A (Turquoise)
- 3 A# (Yellow)
- 3 B (Green)
- 3 A# (Yellow)
- 3 A (Turquoise)
- 3 G# (Orange)

Start over from A 3 times

HOLE: 3

Harmonic Key: C

Notes to obtain with bending: A# A G# (-1, -2, -3)

Exercise goal: Master the exact intonation of the notes A#, A, and G#, both by gradually bending the notes and playing them directly.

The video sequence of the exercise consists of two parts **A** and **B**.

A) Starting from B, applying the glissando (gradual bending of the notes), descend to A#, then to A, and then to G#, and then return to A, A#, and finally to B, always with a glissando effect. Followed by seven direct notes B, A#, A, G#, A, A#, B.

B) Starting from G#, applying the glissando (gradual bending of the notes), ascend to A, then to A#, and then to B, always with a glissando effect, and then return to A#, A, and finally to G#, always with a glissando effect. Followed by seven direct notes G#, A, A#, B, A#, A, G#.

The exercise begins at a metronomic speed of **150 BPM**, and decreases gradually by **10 BPM** with each completed cycle.

Metronome changes 3 (150, 140, 130).

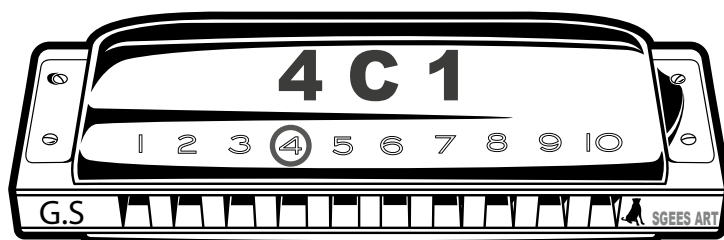
Exercise duration 8 minutes and 30 seconds.

The colors used in this exercise are green, yellow, turquoise, and orange.

- **Green:** draw note
- **Yellow:** draw note -1
- **Turquoise:** draw note -2
- **Orange:** draw note -3

Following the symbols descending on the harmonica diagram, the notes are played as soon as they touch the orange zone corresponding to the hole number and held for the entire time they are visible.

Enjoy your practice.



Part A: 4 D, 4 C#, 4 D, 4 C#, 4 D, 4 C#

Part B: 4 C#, 4 D, 4 C#, 4 D, 4 C#, 4 D

Start over from A 10 times

HOLE: 4

Harmonic Key: C

Note to obtain with bending: C# (-1)

Exercise goal: Master the exact intonation of the note C#, both by gradually bending the note and playing it directly.

The video sequence of the exercise consists of two parts **A** and **B**.

A) Starting from D, applying the glissando (gradual bending of the note), descend to C# and then return to D, always with a glissando effect. Followed by three direct notes C#, D, C#.

B) Starting from C#, applying the glissando (gradual bending of the note), ascend to D and then return to C#, always with a glissando effect. Followed by three direct notes D, C#, D.

The exercise begins at a metronomic speed of **100 BPM**, and increases gradually by **10 BPM** with each completed cycle.

Metronome changes 10 (100, 110, 120, 130, 140, 150, 160, 170, 180, 190, 200).

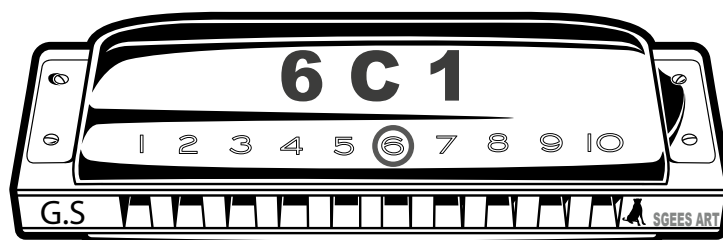
Exercise duration 11 minutes.

The colors used in this exercise are green and yellow.

- **Green:** draw note
- **Yellow:** draw note -1

Following the symbols descending on the harmonica diagram, the notes are played as soon as they touch the orange zone corresponding to the hole number and held for the entire time they are visible.

Enjoy your practice.



The musical notation for exercise 15 consists of two parts, A and B, written on a treble clef staff in 4/4 time. The tempo is marked as ♩ = 100. Part A starts with a glissando from A (hole 6) down to G# (hole 6) and back up to A, repeated 4 times. Part B starts with a glissando from G# (hole 6) up to A (hole 6) and back down to G#, repeated 4 times. Below the staff, there are diagrams of the harmonica cover plate showing the hole numbers and the corresponding notes (A and G#) for each part. The diagrams are color-coded: green for the starting note and yellow for the target note. Part A starts with a green A and a yellow G#, while Part B starts with a yellow G# and a green A. The exercise is marked with a metronome icon and a tempo range of 110, 120, 130, 140, 150, 160, 170, 180, 190, 200. The instruction 'Start over from A 10 times' is written at the end of the notation.

HOLE: 6

Harmonic Key: C

Note to obtain with bending: G# (-1)

Exercise goal: Master the exact intonation of the note G#, both by gradually bending the note and playing it directly.

The video sequence of the exercise consists of two parts **A** and **B**.

A) Starting from A, applying the glissando (gradual bending of the note), descend to G# and then return to A, always with a glissando effect. Followed by three direct notes G#, A, G#.

B) Starting from G#, applying the glissando (gradual bending of the note), ascend to A and then return to G#, always with a glissando effect. Followed by three direct notes A, G#, A.

The exercise begins at a metronomic speed of **100 BPM**, and increases gradually by **10 BPM** with each completed cycle.

Metronome changes 10 (100, 110, 120, 130, 140, 150, 160, 170, 180, 190, 200).

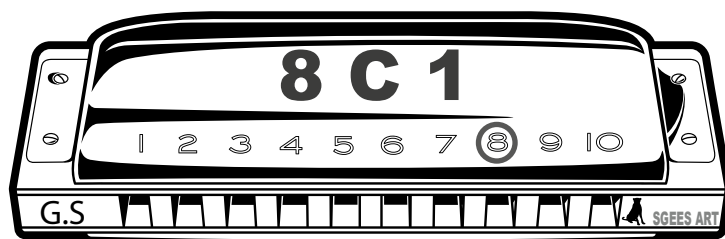
Exercise duration 11 minutes.

The colors used in this exercise are green and yellow.

- **Green:** draw note
- **Yellow:** draw note -1

Following the symbols descending on the harmonica diagram, the notes are played as soon as they touch the orange zone corresponding to the hole number and held for the entire time they are visible.

Enjoy your practice.



The musical notation for exercise 16 consists of two parts, A and B, written on a treble clef staff in 4/4 time. Part A starts with a tempo marking of ♩ = 100. It begins with a series of 'x' marks on the staff, followed by a repeat sign. The first measure of the repeat contains a glissando (gliss.) from E to D# and back to E. This is followed by three measures of direct notes: D# (brown), E (red), and D# (brown). The sequence is repeated 4 times. Part B also starts with a tempo marking of ♩ = 100. It begins with a series of 'x' marks, followed by a repeat sign. The first measure of the repeat contains a glissando (gliss.) from D# to E and back to D#. This is followed by three measures of direct notes: E (red), D# (brown), and E (red). The sequence is repeated 4 times. Below the staff, there are boxes indicating the hole number (8) and the note (E or D#) for each direct note. The notes are color-coded: red for E and brown for D#. The exercise ends with a series of 'x' marks and a tempo change to 110, 120, 130, 140, 150, 160, 170, 180, 190, 200. A final instruction says 'Start over from A 10 times'.

HOLE: 8

Harmonic Key: C

Note to obtain with bending: D# (-1)

Exercise goal: Master the exact intonation of the note D#, both by gradually bending the note and playing it directly.

The video sequence of the exercise consists of two parts **A** and **B**.

A) Starting from E, applying the glissando (gradual bending of the note), descend to D# and then return to E, always with a glissando effect. Followed by three direct notes D#, E, D#.

B) Starting from D#, applying the glissando (gradual bending of the note), ascend to E and then return to D#, always with a glissando effect. Followed by three direct notes E, D#, E.

The exercise begins at a metronomic speed of **100 BPM**, and increases gradually by **10 BPM** with each completed cycle.

Metronome changes 10 (100, 110, 120, 130, 140, 150, 160, 170, 180, 190, 200).

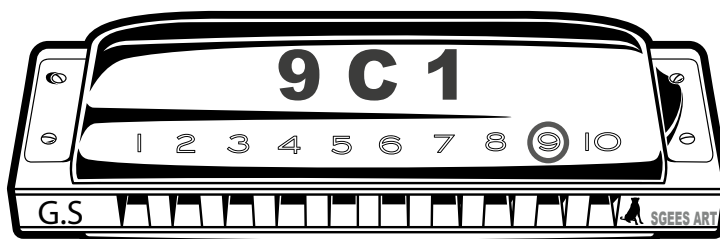
Exercise duration 11 minutes.

The colors used in this exercise are red and brown.

- **Red:** blow note
- **Brown:** blow note -1

Following the symbols descending on the harmonica diagram, the notes are played as soon as they touch the orange zone corresponding to the hole number and held for the entire time they are visible.

Enjoy your practice.



The musical notation for exercise 17 consists of two parts, A and B, written on a treble clef staff in 4/4 time. Part A starts with a metronome icon and a tempo marking of 100. It begins with a whole note G (hole 9, red), followed by a glissando (gliss.) to F# (hole 9, brown), then a gliss. back to G (hole 9, red). This sequence is repeated 4 times. Part B starts with a metronome icon and a tempo marking of 110, 120, 130, 140, 150, 160, 170, 180, 190, 200. It begins with a gliss. from F# (hole 9, brown) to G (hole 9, red), then a gliss. back to F# (hole 9, brown). This sequence is repeated 4 times. Both parts end with a series of 'x' marks on the staff, indicating a sequence of notes. A dashed line labeled '15ma' spans the first 15 measures of both parts. A note 'Start over from A 10 times' is written at the end of part B.

HOLE: 9

Harmonic Key: C

Note to obtain with bending: F# (-1)

Exercise goal: Master the exact intonation of the note F#, both by gradually bending the note and playing it directly.

The video sequence of the exercise consists of two parts **A** and **B**.

A) Starting from G, applying the glissando (gradual bending of the note), descend to F# and then return to G, always with a glissando effect. Followed by three direct notes F#, G, F#.

B) Starting from F#, applying the glissando (gradual bending of the note), ascend to G and then return to F#, always with a glissando effect. Followed by three direct notes G, F#, G.

The exercise begins at a metronomic speed of **100 BPM**, and increases gradually by **10 BPM** with each completed cycle.

Metronome changes 10 (100, 110, 120, 130, 140, 150, 160, 170, 180, 190, 200).

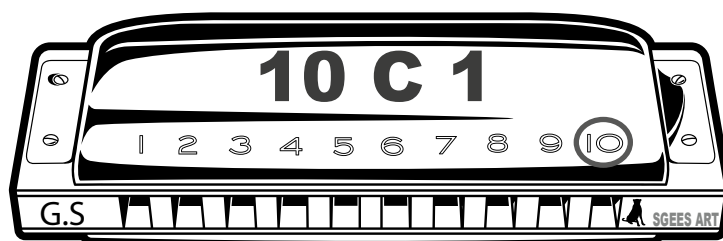
Exercise duration 11 minutes.

The colors used in this exercise are red and brown.

- **Red:** blow note
- **Brown:** blow note -1

Following the symbols descending on the harmonica diagram, the notes are played as soon as they touch the orange zone corresponding to the hole number and held for the entire time they are visible.

Enjoy your practice.



HOLE: 10

Harmonic Key: C

Notes to obtain with bending: B, A# (-1, -2)

Exercise goal: Master the exact intonation of the notes B and A#, both by gradually bending the notes and playing them directly.

The video sequence of the exercise consists of two parts A and B.

A) Starting from C, applying the glissando (gradual bending of the notes), descend to B and then to A# before returning first to B and then to C, always with a glissando effect. Followed by five direct notes C, B, A#, B, C.

B) Starting from A#, applying the glissando (gradual bending of the notes), ascend first to B and then to C, always with a glissando effect before returning first to B and then to A#, always with a glissando effect. Followed by five direct notes A#, B, C, B, A#.

The exercise begins at a metronomic speed of **120 BPM**, and increases gradually by **10 BPM** with each completed cycle.

Metronome changes 3 (120, 130, 140).

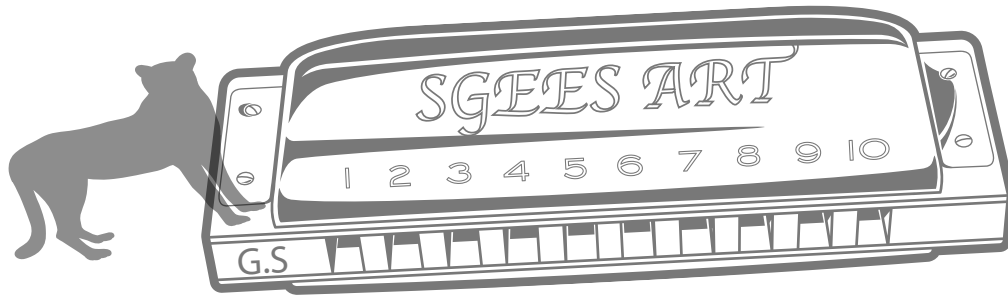
Exercise duration 4 minutes and 40 seconds.

The colors used in this exercise are red, brown, and blue.

- **Red:** blow note
- **Brown:** blow note -1
- **Blue:** blow note -2

Following the symbols descending on the harmonica diagram, the notes are played as soon as they touch the orange zone corresponding to the hole number and held for the entire time they are visible.

Enjoy your practice.



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