

1 Harmonica Bending Book Quick Reference

HBBQR

168 guides in all keys



SGEES ART

*To my beloved wife, Maddalena,
Thank you for your endless support and love.
Gerardo*

P R E F A C E

The objective of this guide is to continuously verify, in all keys, the exact audio reference for correct intonation using the bending technique.

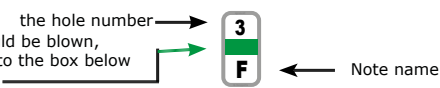
In this guide, there are short sheet music pieces, all supported by reference audio and video files. These exercises alternate between guiding the correct bending intonation and allowing the student to practice independently. This way, the user can continuously check and improve their intonation as if they were practicing alongside a teacher, playing together first and then attempting it alone as the exercise progresses.

The sheet music pieces are organized for each individual hole as follows, with reference audio and video files to support each exercise..

- HOLE **1** 12 short sheet music pieces. One for each key.
- HOLE **2** 36 short sheet music pieces. Three for each key.
- HOLE **3** 60 short sheet music pieces. Five for each key.
- HOLE **4** 12 short sheet music pieces. One for each key.
- HOLE **6** 12 short sheet music pieces. One for each key.
- HOLE **8** 12 short sheet music pieces. One for each key.
- HOLE **9** 12 short sheet music pieces. One for each key.
- HOLE **10** 12 short sheet music pieces. One for each key.

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.

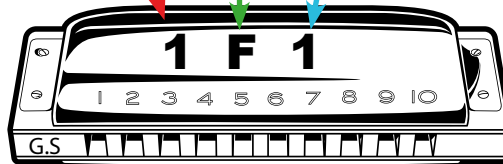
4 The QR code provides access to a 30-second video or audio demo simply by scanning the code with your camera or by clicking on it.

HOLE 1



The exercise title consists of 3 elements.

Hole number Harmonica Exercise number
key



The same reference will be valid for the audio files and the video files. In this case, the video file is named: **1 F 1.mp4** and the audio file is named: **1 F 1.mp3**

Initial metronome speed

Initial metronome speed $\text{♩} = 100$

4 times

Change metronome speed at the end of each B section

4 times

110,120,130,140,150,160,170,180,190,200.

Start over from **A** 10 times

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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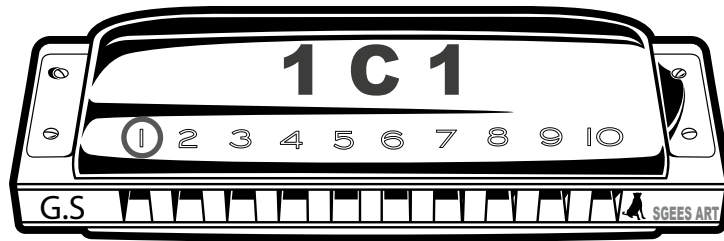
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HOLE 1



HOLE 1

**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.

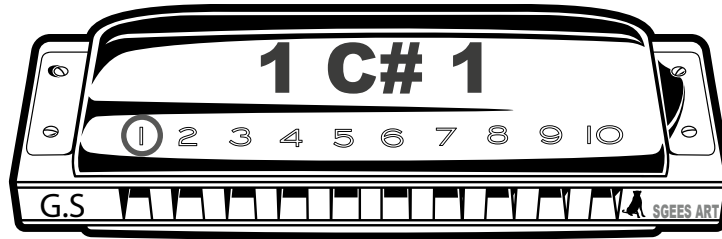
- **Green:** draw note
- **Yellow:** draw note -1

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 1

**HOLE: 1****Harmonic Key: C#****Note to obtain with bending: D****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 D#, applying the glissando (gradual bending of the note), descend to D, then return to D#, always with a glissando effect. Followed by three direct notes D, D#, D.

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

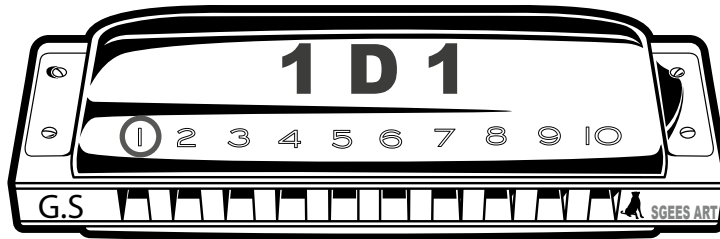
- **Green:** draw note
- **Yellow:** draw note -1

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 1

**HOLE: 1****Harmonic Key: D****Note to obtain with bending: D#**

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#, 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, 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 green and yellow.

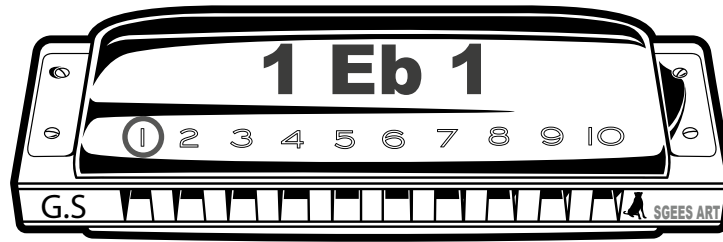
- **Green:** draw note
- **Yellow:** draw note -1

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 1

**HOLE: 1****Harmonic Key: Eb****Note to obtain with bending: E****Exercise goal:** Master the exact intonation of the note E, 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 F, applying the glissando (gradual bending of the note), descend to E, then return to F, always with a glissando effect. Followed by three direct notes E, F, E.

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

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.

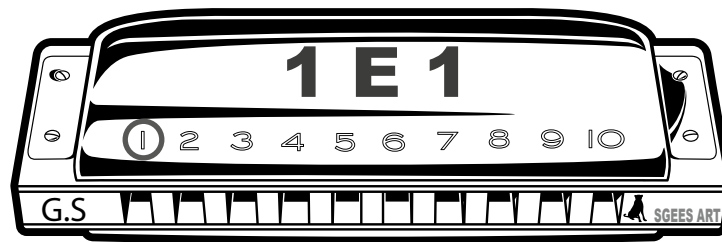
- **Green:** draw note
- **Yellow:** draw note -1

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 1

**HOLE: 1****Harmonic Key: E****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 F#, applying the glissando (gradual bending of the note), descend to F, then return to F#, always with a glissando effect. Followed by three direct notes F, F#, F.

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

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.

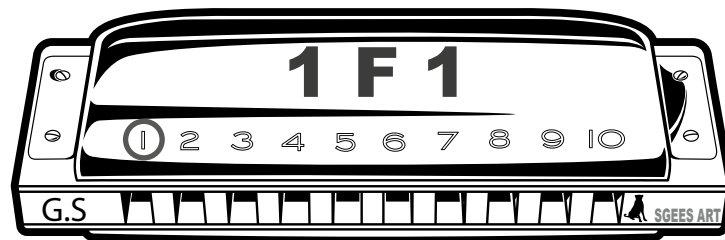
- **Green:** draw note
- **Yellow:** draw note -1

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 1



110,120,130,140,150,160,170,180,190,200.
 Start over from (A) 10 times

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.

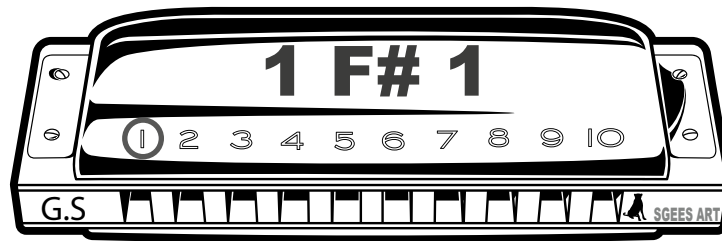
- **Green:** draw note
- **Yellow:** draw note -1

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.



HOLE 1

**HOLE: 1****Harmonic Key: F#****Note to obtain with bending: G****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 G#, applying the glissando (gradual bending of the note), descend to G, then return to G#, always with a glissando effect. Followed by three direct notes G, G#, G.

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

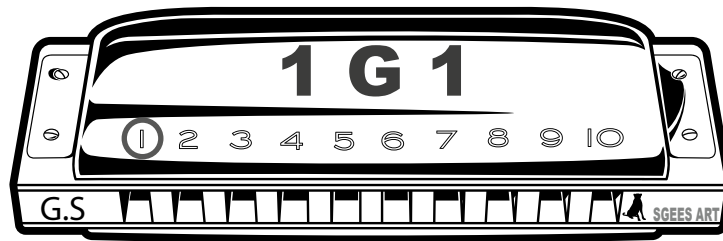
- **Green:** draw note
- **Yellow:** draw note -1

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.



HOLE 1


HOLE: 1**Harmonic Key: G****Note to obtain with bending: G#****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#, 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, 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.

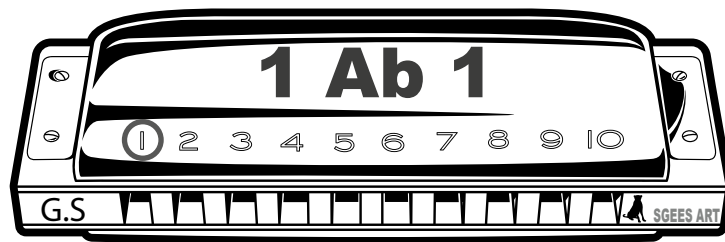
- **Green:** draw note
- **Yellow:** draw note -1

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.



HOLE 1

**HOLE: 1****Harmonic Key: Ab****Note to obtain with bending: A****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 A#, applying the glissando (gradual bending of the note), descend to A, then return to A#, always with a glissando effect. Followed by three direct notes A, A#, A.

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

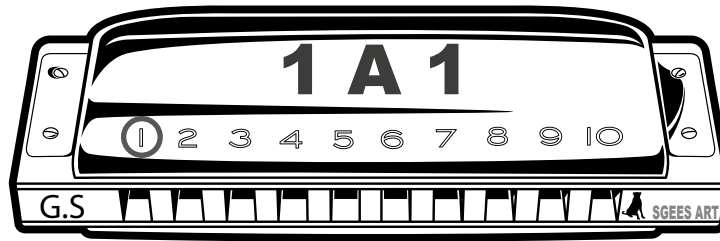
- **Green:** draw note
- **Yellow:** draw note -1

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.



HOLE 1



110,120,130,140,150,160,170,180,190,200.
Start over from (A) 10 times

HOLE: 1**Harmonic Key: A****Note to obtain with bending: A#****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#, 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, 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 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.

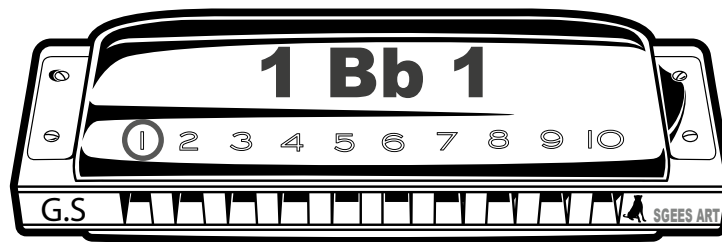
- **Green:** draw note
- **Yellow:** draw note -1

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 1


HOLE: 1**Harmonic Key: Bb****Note to obtain with bending: B****Exercise goal:** Master the exact intonation of the note B, 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 C, applying the glissando (gradual bending of the note), descend to B, then return to C, always with a glissando effect. Followed by three direct notes B, C, B.

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

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.

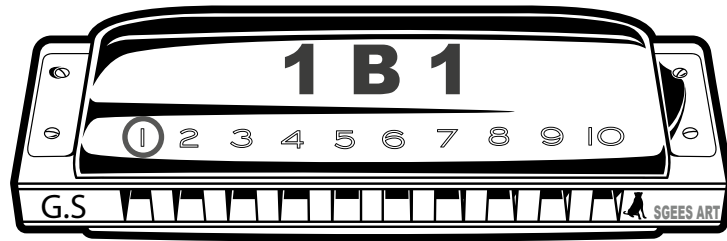
- **Green:** draw note
- **Yellow:** draw note -1

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 1


HOLE: 1**Harmonic Key:** B**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 C#, applying the glissando (gradual bending of the note), descend to C, then return to C#, always with a glissando effect. Followed by three direct notes C, C#, C.

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

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

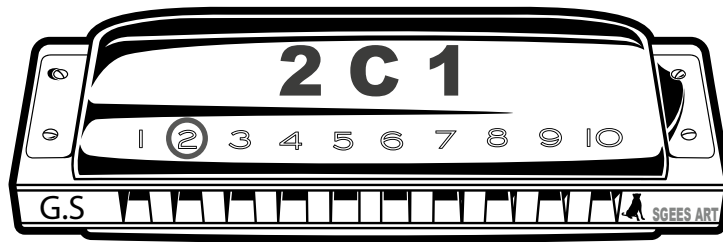
Following the symbols descending on the harmonica diagram, the notes are played as soon as they touch the orange zone corresponding to the hole number and held for the entire time they are visible.

Enjoy your practice.

HOLE 2



HOLE 2



A

B

110,120,130,140,150,
160,170,180,190,200.

Start over from **A**
10 times

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.

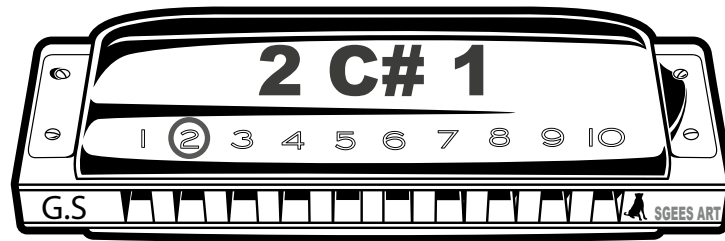
- **Green:** draw note
- **Yellow:** draw note -1

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

**HOLE: 2****Harmonic Key: C#****Note to obtain with bending: G****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 G#, applying the glissando (gradual bending of the note), descend to G and then return to G#, always with a glissando effect. Followed by three direct notes G, G#, G.

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

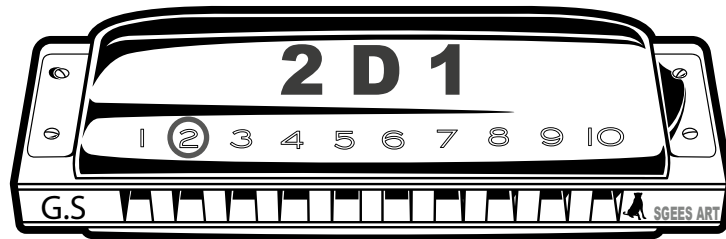
- **Green:** draw note
- **Yellow:** draw note -1

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

**HOLE: 2****Harmonic Key: D****Note to obtain with bending: G#**

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 10 minutes.

The colors used in this exercise are green and yellow.

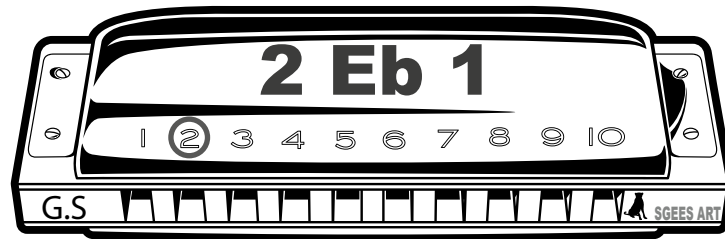
- **Green:** draw note
- **Yellow:** draw note -1

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

**HOLE: 2****Harmonic Key: Eb****Note to obtain with bending: A****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 A#, applying the glissando (gradual bending of the note), descend to A and then return to A#, always with a glissando effect. Followed by three direct notes A, A#, A.

B) Starting from A, applying the glissando (gradual bending of the note), ascend to A# and then return to A, always with a glissando effect. Followed by three direct notes A#, A, 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 10 minutes.

The colors used in this exercise are green and yellow.

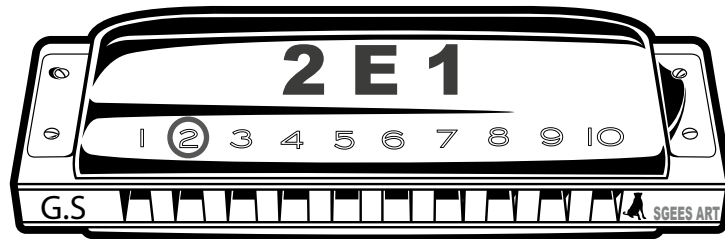
- **Green:** draw note
- **Yellow:** draw note -1

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



A

100

6 times

2 B

2 A#

2 B

2 A#

2 B

2 A#

B

6 times

110,120,130,140,150,
160,170,180,190,200.

Start over from **A**
10 times

2 A#

2 B

2 A#

2 B

2 A#

2 B

HOLE: 2**Harmonic Key: E****Note to obtain with bending: A#****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** 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.

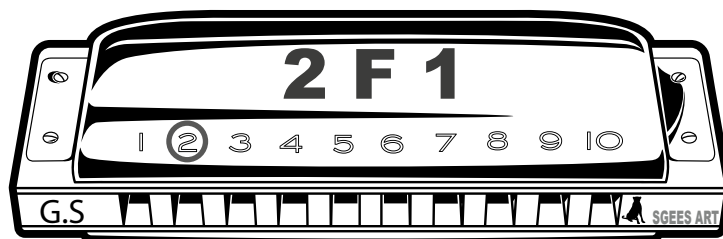
- **Green:** draw note
- **Yellow:** draw note -1

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



110,120,130,140,150,
 160,170,180,190,200.

Start over from **A**
10 times

HOLE: 2**Harmonic Key: F****Note to obtain with bending: B**

Exercise goal: Master the exact intonation of the note B, 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 C, applying the glissando (gradual bending of the note), descend to B and then return to C, always with a glissando effect. Followed by three direct notes B, C, B.

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

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.

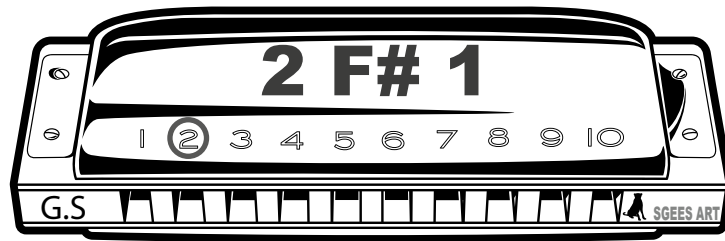
- **Green:** draw note
- **Yellow:** draw note -1

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



HOLE: 2

Harmonic Key: F#**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 C#, applying the glissando (gradual bending of the note), descend to C and then return to C#, always with a glissando effect. Followed by three direct notes C, C#, C.

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

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.

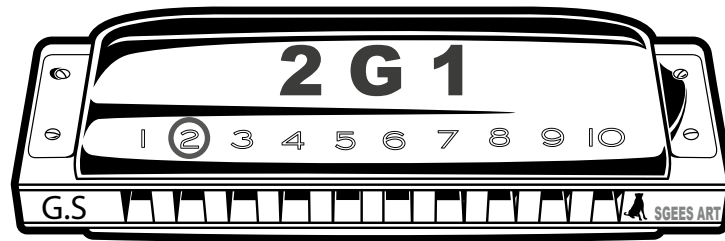
- **Green:** draw note
- **Yellow:** draw note -1

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



♩ = 100

A

6 times

2 D

2 C#

2 D

2 C#

2 D

2 C#

B

6 times

110,120,130,140,150,
160,170,180,190,200.

Start over from **A**
10 times

2 C#

2 D

2 C#

2 D

2 C#

2 D

HOLE: 2**Harmonic Key: G****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# 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** 10 minutes.

The colors used in this exercise are green and yellow.

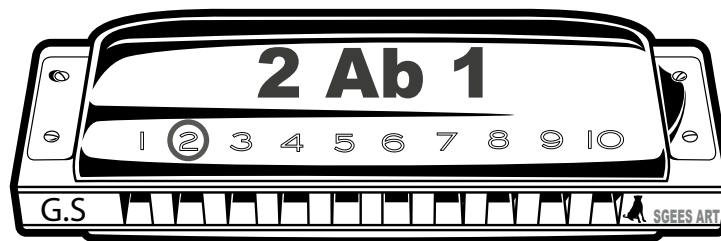
- **Green:** draw note
- **Yellow:** draw note -1

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



♩ = 100

A

6 times

B

6 times

110,120,130,140,150,
160,170,180,190,200.

Start over from **A**
10 times

HOLE: 2**Harmonic Key: Ab****Note to obtain with bending: D****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 D#, applying the glissando (gradual bending of the note), descend to D and then return to D#, always with a glissando effect. Followed by three direct notes D, D#, D.**B)** Starting from D, applying the glissando (gradual bending of the note), ascend to D# and then return to D, always with a glissando effect. Followed by three direct notes D#, D, 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** 10 minutes.

The colors used in this exercise are green and yellow.

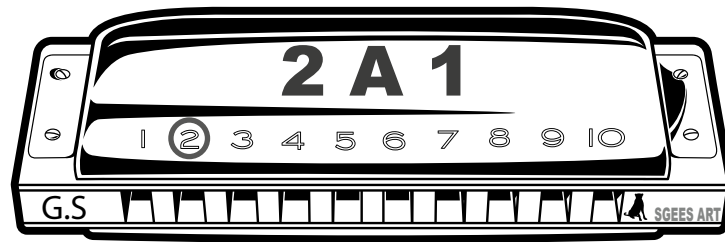
- **Green:** draw note
- **Yellow:** draw note -1

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

**HOLE: 2****Harmonic Key: A****Note to obtain with bending: D#****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 10 minutes.

The colors used in this exercise are green and yellow.

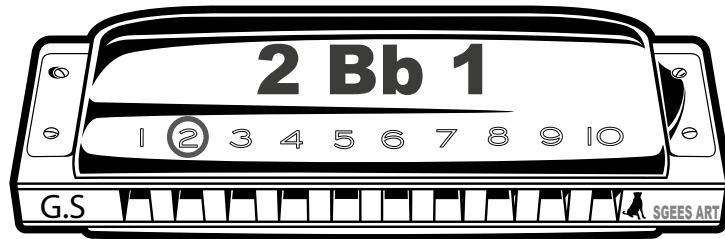
- **Green:** draw note
- **Yellow:** draw note -1

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



6 times

6 times

Start over from **A**
10 times

HOLE: 2**Harmonic Key: Bb****Note to obtain with bending: E****Exercise goal:** Master the exact intonation of the note E, 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 F, applying the glissando (gradual bending of the note), descend to E and then return to F, always with a glissando effect. Followed by three direct notes E, F, E.

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

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.

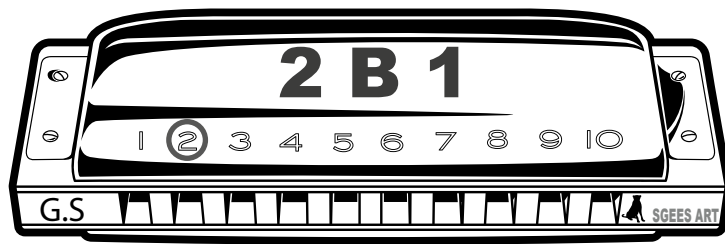
- **Green:** draw note
- **Yellow:** draw note -1

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

**HOLE: 2****Harmonic Key: B****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 F#, applying the glissando (gradual bending of the note), descend to F and then return to F#, always with a glissando effect. Followed by three direct notes F, F#, F.

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

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.

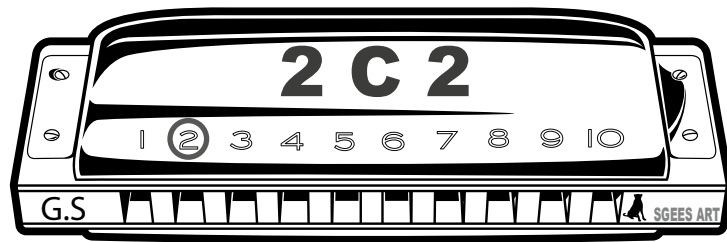
- **Green:** draw note
- **Yellow:** draw note -1

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



A

B

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.

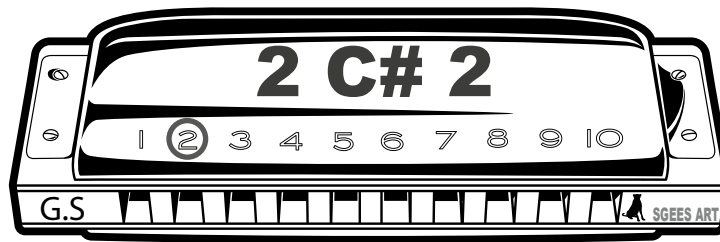
- **Green:** draw note
- **Yellow:** draw note -1
- **Turquoise:** draw note -2

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.



HOLE 2



A

♩ = 96

4 times

2 G# 2 G 2 F# 2 G 2 G# 2 G 2 F# 2 G 2 G#

B

4 times

96,106,116, 126,136,146.

Start over from **A** 6 times

2 F# 2 G 2 G# 2 G 2 F# 2 F# 2 G 2 G# 2 G 2 F#

HOLE: 2**Harmonic Key: C#****Notes to obtain with bending: G, F# (-1, -2)****Exercise goal:** Master the exact intonation of the notes G 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 G and then to F#, then return first to G and then to G#, always with a glissando effect. Followed by five direct notes G#, G, F#, G, G#.**B)** Starting from F#, applying the glissando (gradual bending of the notes), ascend first to G and then to G#, always with a glissando effect, then return first to G and then to F#, always with a glissando effect. Followed by five direct notes F#, G, G#, G, 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.

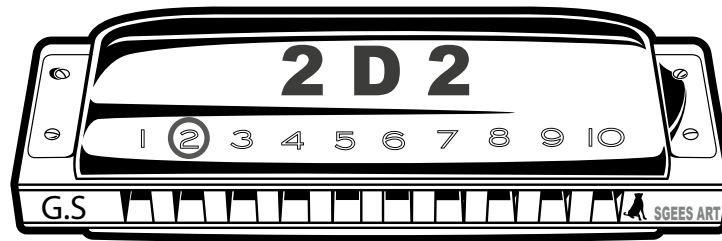
- **Green:** draw note
- **Yellow:** draw note -1
- **Turquoise:** draw note -2

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.



HOLE 2



A

♩ = 96

4 times

2 A
2 G#
2 G
2 G#
2 A
2 A
2 G#
2 G
2 G#
2 A

B

96, 106, 116, 126, 136, 146.

4 times

Start over from **A** 6 times

2 G
2 G#
2 A
2 G#
2 G
2 G
2 G#
2 A
2 G#
2 G

HOLE: 2**Harmonic Key: D****Notes to obtain with bending: G#, G (-1, -2)**

Exercise goal: Master the exact intonation of the notes G# 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 A, applying the glissando (gradual bending of the notes), descend to G# and then to G, then return first to G# and then to A, always with a glissando effect. Followed by five direct notes A, G#, G, G#, A.

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

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.

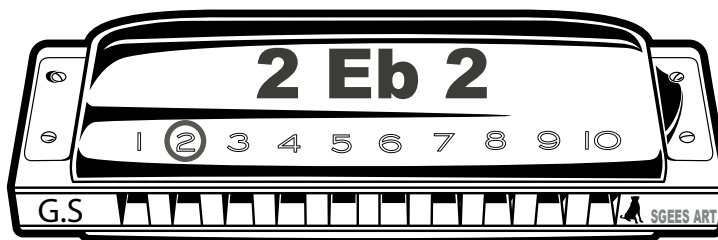
- **Green:** draw note
- **Yellow:** draw note -1
- **Turquoise:** draw note -2

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.



HOLE 2



A

4 times

B

4 times

Start over from **A** 6 times

HOLE: 2**Harmonic Key: Eb****Notes to obtain with bending: A, G# (-1, -2)**

Exercise goal: Master the exact intonation of the notes 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 A#, applying the glissando (gradual bending of the notes), descend to A and then to G#, then return first to A and then to A#, always with a glissando effect. Followed by five direct notes A#, A, G#, A, A#.

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

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.

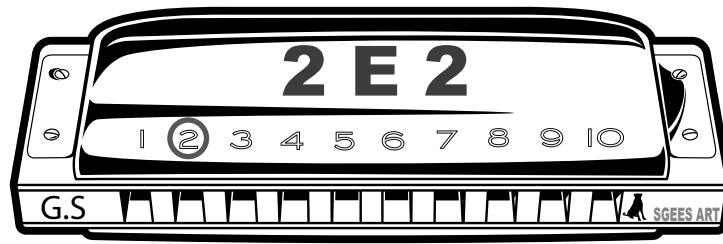
- **Green:** draw note
- **Yellow:** draw note -1
- **Turquoise:** draw note -2

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.



HOLE 2

**HOLE: 2****Harmonic Key: E****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, then return first to A# and then 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 first to A# and then to B, always with a glissando effect, then return first to A# and then 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 5 (96, 106, 116, 126, 136, 146).

Exercise duration 10 minutes.

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

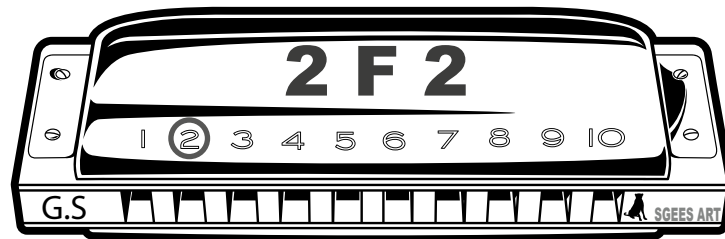
- **Green:** draw note
- **Yellow:** draw note -1
- **Turquoise:** draw note -2

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.



HOLE 2

**HOLE: 2****Harmonic Key: F****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#, then return 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, then return 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 **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.

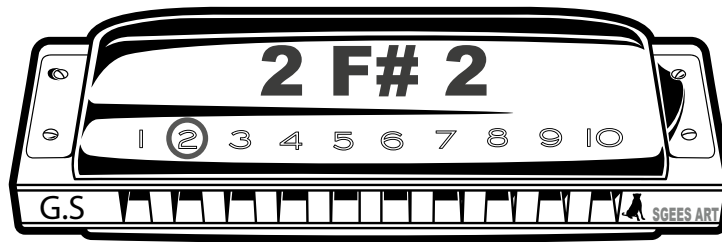
- **Green:** draw note
- **Yellow:** draw note -1
- **Turquoise:** draw note -2

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.



HOLE 2

**HOLE: 2****Harmonic Key: F#****Notes to obtain with bending: C, B (-1, -2)****Exercise goal:** Master the exact intonation of the notes C and B, 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 C and then to B, then return first to C and then to C#, always with a glissando effect. Followed by five direct notes C#, C, B, C, C#.

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

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.

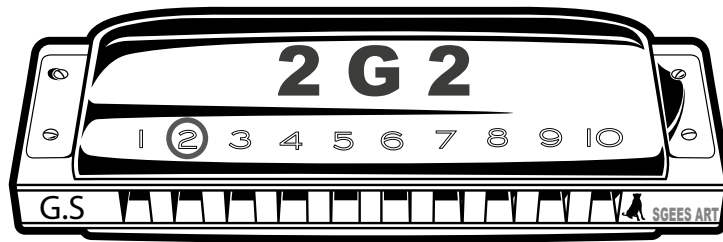
- **Green:** draw note
- **Yellow:** draw note -1
- **Turquoise:** draw note -2

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.



HOLE 2

**HOLE: 2****Harmonic Key: G****Notes to obtain with bending: C#, C (-1, -2)**

Exercise goal: Master the exact intonation of the notes C# and C, 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 D, applying the glissando (gradual bending of the notes), descend to C# and then to C, then return first to C# and then to D, always with a glissando effect. Followed by five direct notes D, C#, C, C#, D.

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

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.

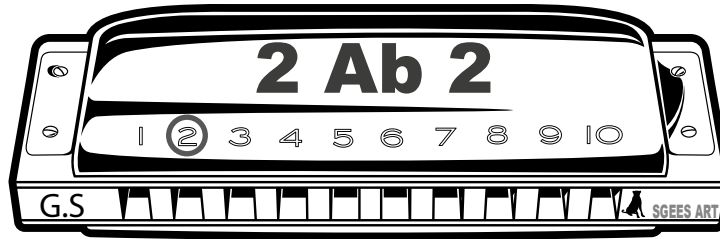
- **Green:** draw note
- **Yellow:** draw note -1
- **Turquoise:** draw note -2

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.



HOLE 2

**HOLE: 2****Harmonic Key: Ab****Notes to obtain with bending: D, C# (-1, -2)**

Exercise goal: Master the exact intonation of the notes D and C#, 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 D#, applying the glissando (gradual bending of the notes), descend to D and then to C#, then return first to D and then to D#, always with a glissando effect. Followed by five direct notes D#, D, C#, D, D#.

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

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.

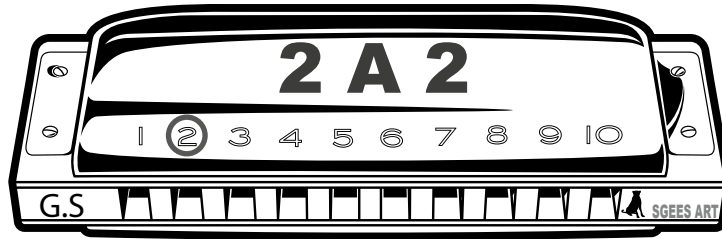
- **Green:** draw note
- **Yellow:** draw note -1
- **Turquoise:** draw note -2

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.



HOLE 2



A $\text{♩} = 96$ 4 times

2 E 2 D# 2 D 2 D# 2 E

B 4 times 96,106,116, 126,136,146. Start over from **A** 6 times

2 D 2 D# 2 E 2 D# 2 D 2 D 2 D# 2 E 2 D# 2 D

HOLE: 2**Harmonic Key: A****Notes to obtain with bending: D#, D (-1, -2)**

Exercise goal: Master the exact intonation of the notes D# and D, 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 E, applying the glissando (gradual bending of the notes), descend to D# and then to D, then return first to D# and then to E, always with a glissando effect. Followed by five direct notes E, D#, D, D#, E.

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

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.

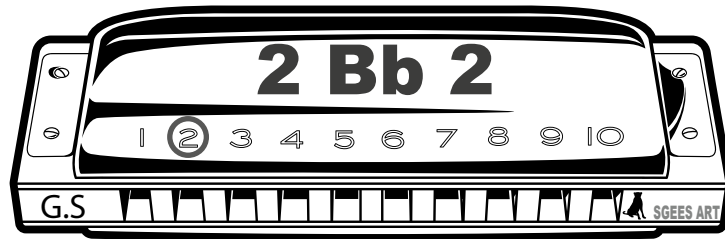
- **Green:** draw note
- **Yellow:** draw note -1
- **Turquoise:** draw note -2

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.



HOLE 2

**HOLE: 2****Harmonic Key: Bb****Notes to obtain with bending: E, D# (-1, -2)**

Exercise goal: Master the exact intonation of the notes E and D#, 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 F, applying the glissando (gradual bending of the notes), descend to E and then to D#, then return first to E and then to F, always with a glissando effect. Followed by five direct notes F, E, D#, E, F.

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

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.

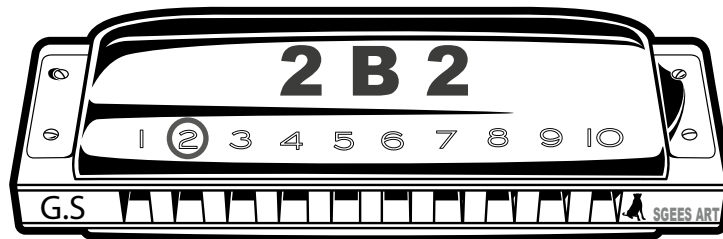
- **Green:** draw note
- **Yellow:** draw note -1
- **Turquoise:** draw note -2

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.



HOLE 2

**HOLE: 2****Harmonic Key: B****Notes to obtain with bending: F, E (-1, -2)**

Exercise goal: Master the exact intonation of the notes F and E, 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 F#, applying the glissando (gradual bending of the notes), descend to F and then to E, then return first to F and then to F#, always with a glissando effect. Followed by five direct notes F#, F, E, F, F#.

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

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.

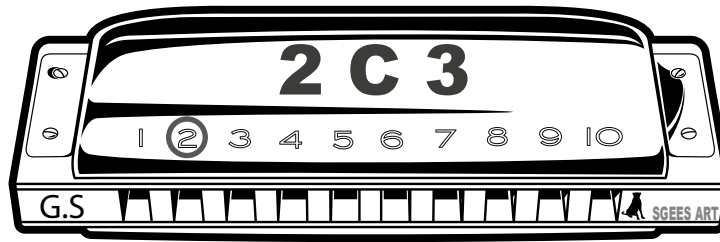
- **Green:** draw note
- **Yellow:** draw note -1
- **Turquoise:** draw note -2

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.



HOLE 2

**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.

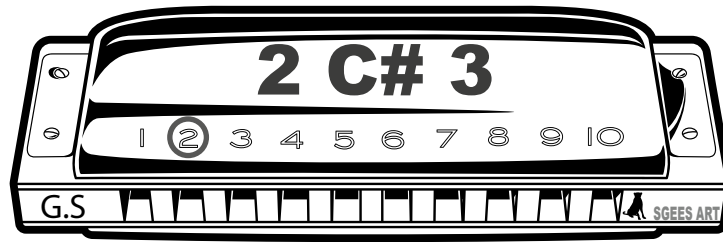
- **Green:** draw note
- **Turquoise:** draw note -2

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 2

**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.

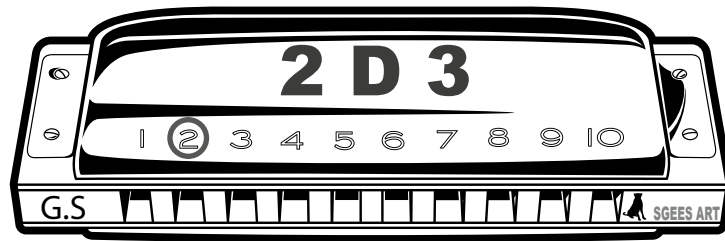
- **Green:** draw note
- **Turquoise:** draw note -2

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 2

**HOLE: 2****Harmonic Key: D****Note to obtain with bending: G (-2)****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, 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, 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 10 minutes.

The colors used in this exercise are green and turquoise.

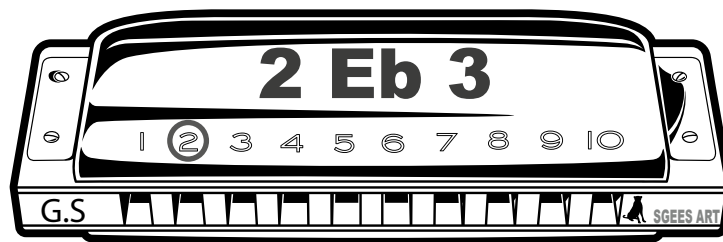
- **Green:** draw note
- **Turquoise:** draw note -2

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 2



A

$\text{♩} = 100$

6 times

gliss. *gliss.*

2 A# 2 G# 2 A# 2 G# 2 A# 2 G#

B

6 times

gliss. *gliss.*

100,110,120,130,140.

Start over from **A** 5 times

HOLE: 2**Harmonic Key: Eb****Note to obtain with bending: G# (-2)****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#, 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#, 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 10 minutes.

The colors used in this exercise are green and turquoise.

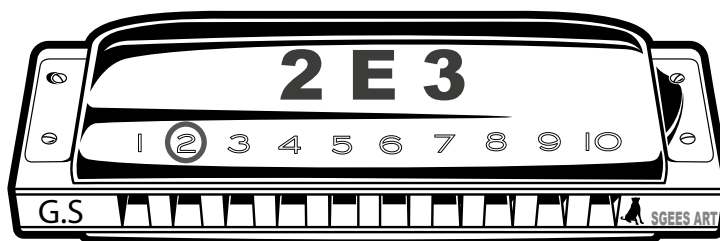
- **Green:** draw note
- **Turquoise:** draw note -2

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 2



6 times 100,110,120,130,140.
 Da ripete 5 volte

HOLE: 2**Harmonic Key: E****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, 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, 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 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.

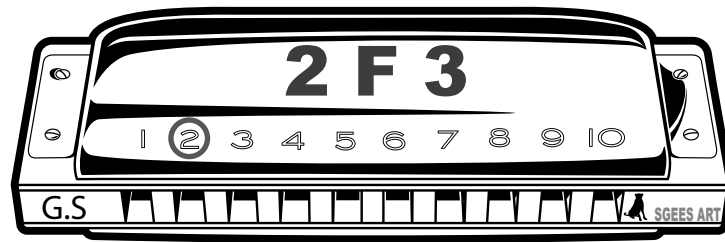
- **Green:** draw note
- **Turquoise:** draw note -2

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 2

**HOLE: 2****Harmonic Key: F****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 C, applying the glissando (gradual bending of the note), descend to A#, then return to C, always with a glissando effect. Followed by three direct notes A#, C, A#.

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

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.

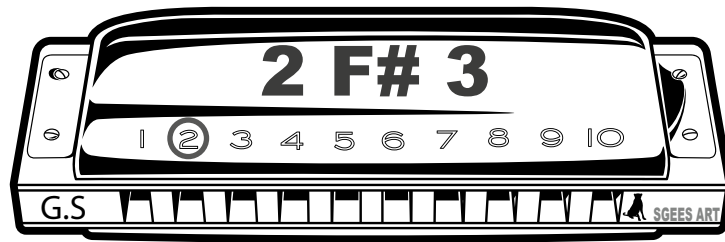
- **Green:** draw note
- **Turquoise:** draw note -2

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 2


HOLE: 2**Harmonic Key: F#****Note to obtain with bending: B (-2)****Exercise goal:** Master the exact intonation of the note B, 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 C#, applying the glissando (gradual bending of the note), descend to B, then return to C#, always with a glissando effect. Followed by three direct notes B, C#, B.**B)** Starting from B, applying the glissando (gradual bending of the note), ascend to C#, then return to B, always with a glissando effect. Followed by three direct notes C#, B, C#.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.

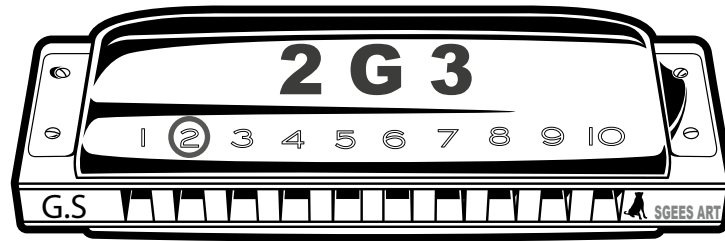
- **Green:** draw note
- **Turquoise:** draw note -2

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 2

**HOLE: 2****Harmonic Key: G****Note to obtain with bending: C (-2)****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 10 minutes.

The colors used in this exercise are green and turquoise.

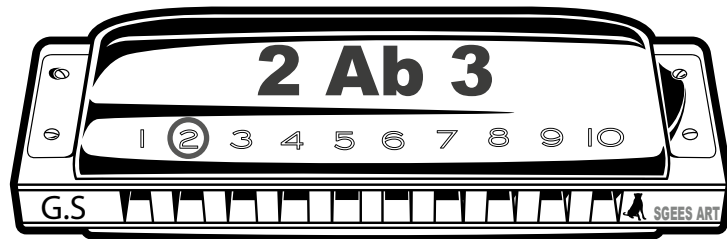
- **Green:** draw note
- **Turquoise:** draw note -2

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 2

**HOLE: 2****Harmonic Key: Ab****Note to obtain with bending: C# (-2)****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 10 minutes.

The colors used in this exercise are green and turquoise.

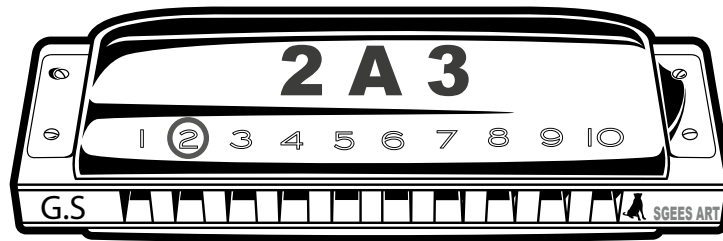
- **Green:** draw note
- **Turquoise:** draw note -2

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 2

**HOLE: 2****Harmonic Key: A****Note to obtain with bending: D (-2)****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, 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, 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 10 minutes.

The colors used in this exercise are green and turquoise.

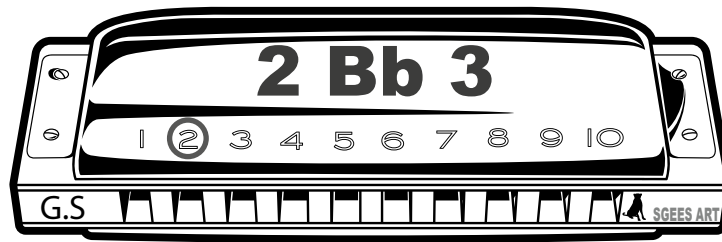
- **Green:** draw note
- **Turquoise:** draw note -2

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 2



Metronome icon, $\text{♩} = 100$, (A)

(B)

HOLE: 2**Harmonic Key: Bb****Note to obtain with bending: D# (-2)****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 F, applying the glissando (gradual bending of the note), descend to D#, then return to F, always with a glissando effect. Followed by three direct notes D#, F, D#.**B)** Starting from D#, applying the glissando (gradual bending of the note), ascend to F, then return to D#, always with a glissando effect. Followed by three direct notes F, D#, F.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.

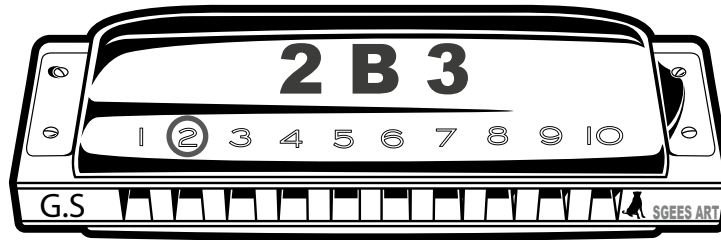
- **Green:** draw note
- **Turquoise:** draw note -2

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 2



Metronome icon, ♩ = 100

A

6 times

gliss. gliss.

2 F# 2 E 2 F# 2 E 2 F# 2 E

B

6 times

gliss. gliss.

2 E 2 F# 2 E 2 F# 2 E 2 F#

100,110,120,130,140.

Start over from **A** 5 times

HOLE: 2**Harmonic Key: B****Note to obtain with bending: E (-2)****Exercise goal:** Master the exact intonation of the note E, 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 F#, applying the glissando (gradual bending of the note), descend to E, then return to F#, always with a glissando effect. Followed by three direct notes E, F#, E.**B)** Starting from E, applying the glissando (gradual bending of the note), ascend to F#, then return to E, always with a glissando effect. Followed by three direct notes F#, E, F#.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

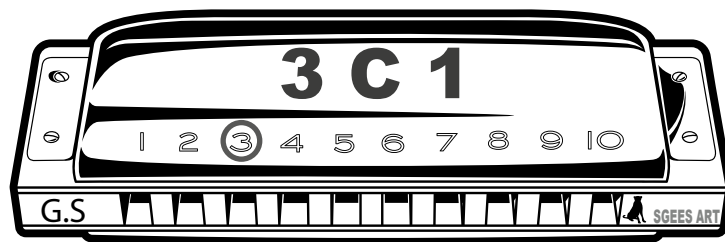
Following the symbols descending on the harmonica diagram, the notes are played as soon as they touch the orange zone corresponding to the hole number and held for the entire time they are visible.

Enjoy your practice.

HOLE 3



HOLE 3



Part A: $\text{♩} = 100$. Notes: B (green), A# (yellow), B (green), A# (yellow), B (green), A# (yellow). Glissando markings: *gliss.* (B to A#), *gliss.* (A# to B). Repeated 6 times.

Part B: Notes: A# (yellow), B (green), A# (yellow), B (green), A# (yellow), B (green). Glissando markings: *gliss.* (A# to B), *gliss.* (B to A#). Repeated 6 times. Tempo changes: 100, 110, 120. Instruction: Start over from A 3 times.

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.

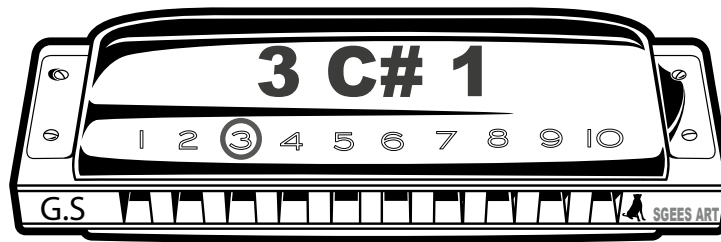
- **Green:** draw note
- **Yellow:** draw note -1

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



Musical notation for the exercise, showing two parts (A and B) with fingerings and glissando markings.

Part A: Starts with a treble clef, 4/4 time signature, and a tempo marking of ♩ = 100. The first measure contains a whole note C. The second measure contains a whole note B, marked with a circled 'A' and 'gliss.'. The third measure contains a whole note C, marked with a circled 'A' and 'gliss.'. The fourth measure contains a whole rest. The fifth measure contains a quarter note B, marked with a circled 'A'. The sixth measure contains a quarter note C, marked with a circled 'A'. The seventh measure contains a quarter note B, marked with a circled 'A'. The eighth measure contains a whole rest. The ninth measure contains a whole note C, marked with a circled 'A'. The tenth measure contains a whole note B, marked with a circled 'A'. The eleventh measure contains a whole note C, marked with a circled 'A'. The twelfth measure contains a whole note B, marked with a circled 'A'. The thirteenth measure contains a whole note C, marked with a circled 'A'. The fourteenth measure contains a whole note B, marked with a circled 'A'. The fifteenth measure contains a whole note C, marked with a circled 'A'. The sixteenth measure contains a whole note B, marked with a circled 'A'. The piece ends with a double bar line and a '6 times' marking.

Part B: Starts with a treble clef, 4/4 time signature, and a tempo marking of ♩ = 100, 110, 120. The first measure contains a whole note B, marked with a circled 'B' and 'gliss.'. The second measure contains a whole note C, marked with a circled 'B' and 'gliss.'. The third measure contains a whole note B, marked with a circled 'B'. The fourth measure contains a whole rest. The fifth measure contains a quarter note C, marked with a circled 'B'. The sixth measure contains a quarter note B, marked with a circled 'B'. The seventh measure contains a quarter note C, marked with a circled 'B'. The eighth measure contains a whole rest. The ninth measure contains a whole note C, marked with a circled 'B'. The tenth measure contains a whole note B, marked with a circled 'B'. The eleventh measure contains a whole note C, marked with a circled 'B'. The twelfth measure contains a whole note B, marked with a circled 'B'. The thirteenth measure contains a whole note C, marked with a circled 'B'. The fourteenth measure contains a whole note B, marked with a circled 'B'. The piece ends with a double bar line and a '6 times' marking. Below the notation, it says 'Start over from A 3 times'.

HOLE: 3**Harmonic Key: C#****Note to obtain with bending: B (-1)****Exercise goal:** Master the exact intonation of the note B, 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 C, applying the glissando (gradual bending of the note), descend to B and then return to C, always with a glissando effect. Followed by three direct notes B, C, B.

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

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.

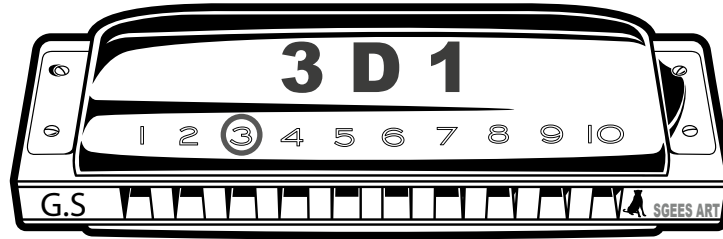
- **Green:** draw note
- **Yellow:** draw note -1

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



Part A musical notation: Treble clef, 4/4 time, tempo = 100. The exercise starts with a rest, followed by a glissando from C# to C and back to C#. This is followed by three direct notes: C (yellow), C# (green), and C (yellow). The sequence is repeated 6 times.

Part B musical notation: Treble clef, 4/4 time, tempo = 100, 110, 120. The exercise starts with a rest, followed by a glissando from C to C# and back to C. This is followed by three direct notes: C# (green), C (yellow), and C# (green). The sequence is repeated 6 times, then followed by a rest and a 'Start over from A 3 times' instruction.

HOLE: 3**Harmonic Key: D****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 C#, applying the glissando (gradual bending of the note), descend to C and then return to C#, always with a glissando effect. Followed by three direct notes C, C#, C.**B)** Starting from C, applying the glissando (gradual bending of the note), ascend to C# and then return to C, always with a glissando effect. Followed by three direct notes C#, C, C#.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.

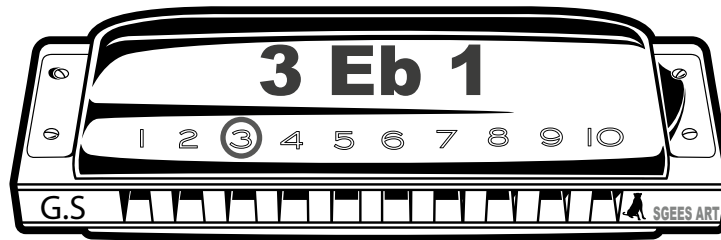
- **Green:** draw note
- **Yellow:** draw note -1

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



Metronome icon, ♩ = 100

A *gliss.* *gliss.* 6 times

3 D
3 C#
3 D
3 C# D
3 C#

B *gliss.* *gliss.* 6 times 100,110,120

3 C#
3 D
3 C#
3 D
3 C#
3 D

Start over from **A**
3 times

HOLE: 3**Harmonic Key: Eb****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 3 (100, 110, 120).**Exercise duration** 5 minutes and 40 seconds.

The colors used in this exercise are green and yellow.

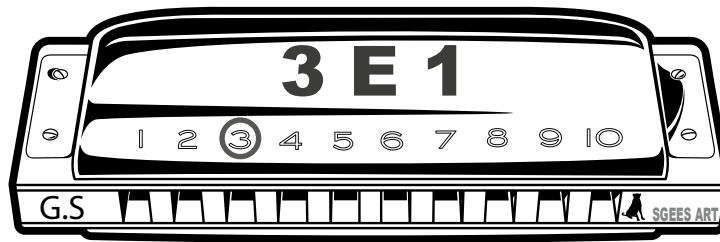
- **Green:** draw note
- **Yellow:** draw note -1

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

**HOLE: 3****Harmonic Key: E****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 D#, applying the glissando (gradual bending of the note), descend to D and then return to D#, always with a glissando effect. Followed by three direct notes D, D#, D.

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

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.

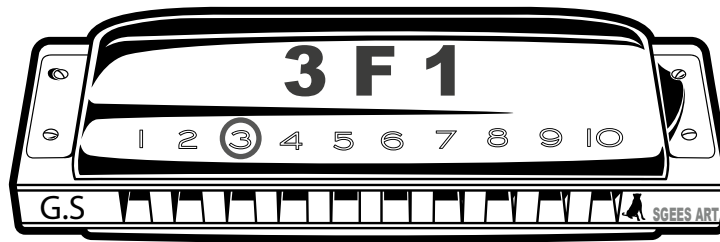
- **Green:** draw note
- **Yellow:** draw note -1

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



A

♩ = 100

gliss. gliss.

6 times

3 E 3 D# 3 E 3 D# 3 E 3 D#

B

gliss. gliss.

6 times

100, 110, 120

3 D# 3 E 3 D# 3 E 3 D# 3 E

Start over from **A** 3 times

HOLE: 3**Harmonic Key: F****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** 3 (100, 110, 120).**Exercise duration** 5 minutes and 40 seconds.

The colors used in this exercise are green and yellow.

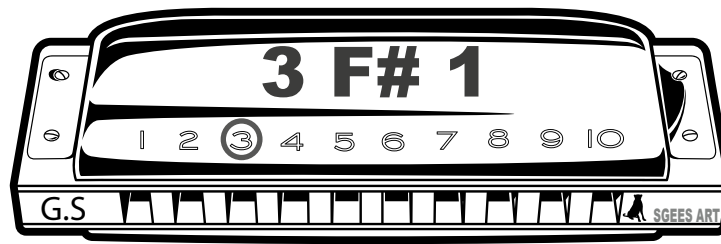
- **Green:** draw note
- **Yellow:** draw note -1

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

**HOLE: 3****Harmonic Key: F#****Note to obtain with bending: E (-1)****Exercise goal:** Master the exact intonation of the note E, 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 F, applying the glissando (gradual bending of the note), descend to E and then return to F, always with a glissando effect. Followed by three direct notes E, F, E.

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

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.

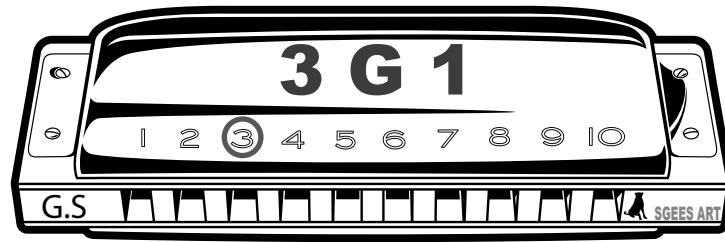
- **Green:** draw note
- **Yellow:** draw note -1

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



A

♩ = 100

6 times

3 F#

3 F

3 F#

3 F

3 F#

3 F

B

6 times

100,110,120

Start over from **A** 3 times

3 F

3 F#

3 F

3 F#

3 F

3 F#

HOLE: 3**Harmonic Key: G****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 F#, applying the glissando (gradual bending of the note), descend to F and then return to F#, always with a glissando effect. Followed by three direct notes F, F#, F.

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

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.

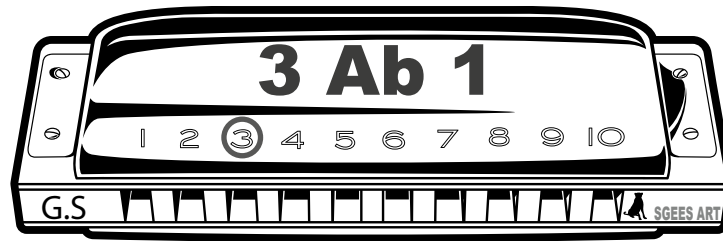
- **Green:** draw note
- **Yellow:** draw note -1

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



Start over from **A**
3 times

HOLE: 3**Harmonic Key: Ab**

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 3 (100, 110, 120).

Exercise duration 5 minutes and 40 seconds.

The colors used in this exercise are green and yellow.

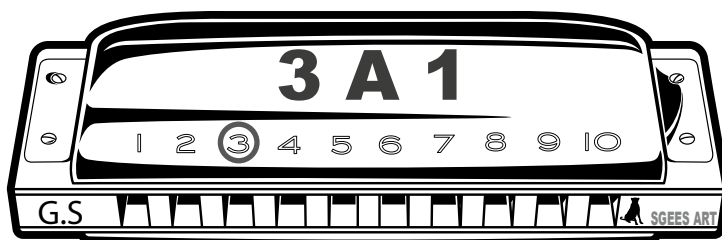
- **Green:** draw note
- **Yellow:** draw note -1

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


HOLE: 3**Harmonic Key: A****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 G#, applying the glissando (gradual bending of the note), descend to G and then return to G#, always with a glissando effect. Followed by three direct notes G, G#, G.**B)** Starting from G, applying the glissando (gradual bending of the note), ascend to G# and then return to G, always with a glissando effect. Followed by three direct notes G#, G, G#.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.

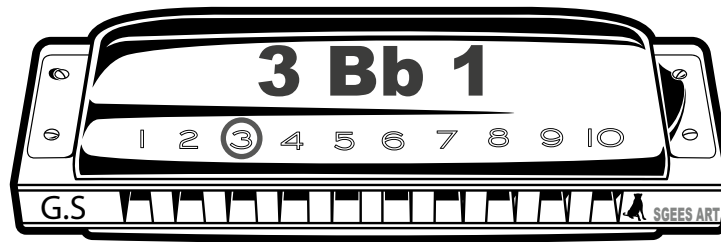
- **Green:** draw note
- **Yellow:** draw note -1

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



Start over from **A** 3 times

HOLE: 3**Harmonic Key: Bb****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 3 (100, 110, 120).

Exercise duration 5 minutes and 40 seconds.

The colors used in this exercise are green and yellow.

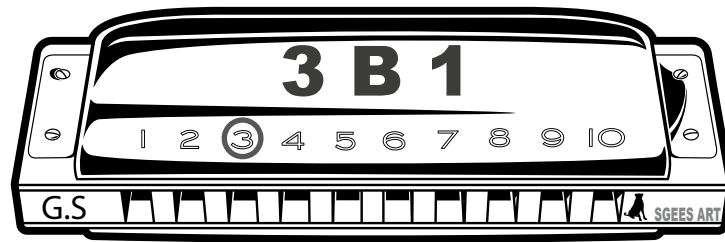
- **Green:** draw note
- **Yellow:** draw note -1

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



Part A: Musical notation for Hole 3, Part A. The exercise starts with a treble clef, a 4/4 time signature, and a tempo of 100 BPM. It features a key signature of one sharp (F#). The notation includes a repeat sign with a first ending. The notes are: A# (green), A (yellow), A# (green), A (yellow), A# (green), A (yellow). Each note is preceded by a '3' in a box, indicating a triplet. The notes are marked with 'gliss.' and 'gliss.' above them. The exercise is repeated 6 times.

Part B: Musical notation for Hole 3, Part B. The exercise starts with a treble clef, a 4/4 time signature, and a tempo of 100, 110, 120 BPM. It features a key signature of one sharp (F#). The notation includes a repeat sign with a first ending. The notes are: A (yellow), A# (green), A (yellow), A# (green), A (yellow), A# (green). Each note is preceded by a '3' in a box, indicating a triplet. The notes are marked with 'gliss.' and 'gliss.' above them. The exercise is repeated 6 times. A trill-like figure is shown at the end, marked 'Start over from A 3 times'.

HOLE: 3**Harmonic Key: B**

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

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

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).

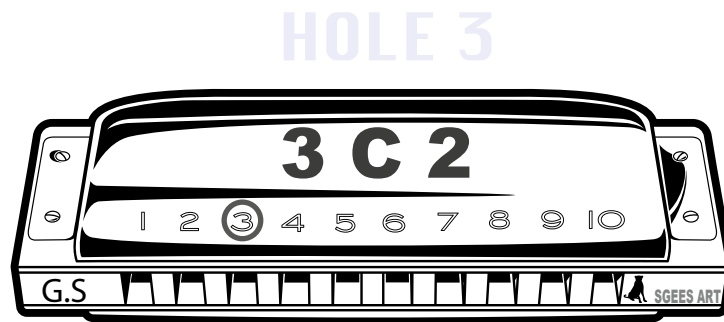
Exercise duration 5 minutes and 40 seconds.

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.



A

gliss. *gliss.* 6 times

B

gliss. *gliss.* 6 times 100,110,120

Start over from **A** 3 times

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.

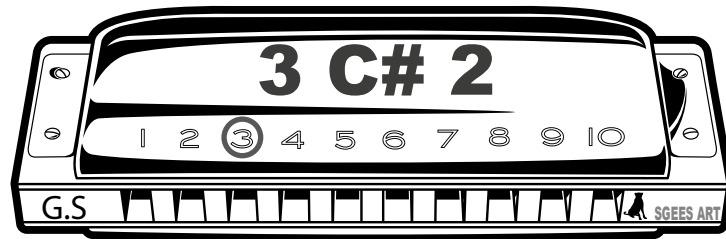
- **Green:** draw note
- **Turquoise:** draw note -2

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



A

B

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

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

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.

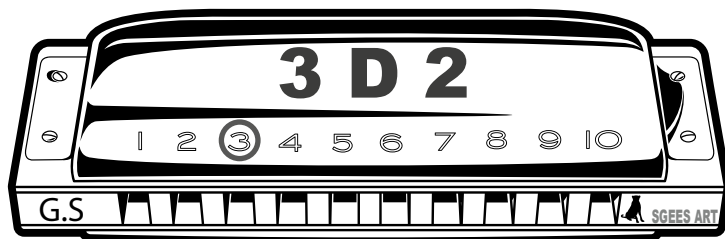
- **Green:** draw note
- **Turquoise:** draw note -2

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



A

100

gliss. gliss.

6 times

3 C#

3 B

3 C#

3 B

3 C#

3 B

B

100,110,120

gliss. gliss.

6 times

3 B

3 C#

3 B

3 C#

3 B

3 C#

Start over from A 3 times

HOLE: 3**Harmonic Key: D****Note to obtain with bending: B (-2)****Exercise goal:** Master the exact intonation of the note B, 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 C#, applying the glissando (gradual bending of the note), descend to B and then return to C#, always with a glissando effect. Followed by three direct notes B, C#, B.

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

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.

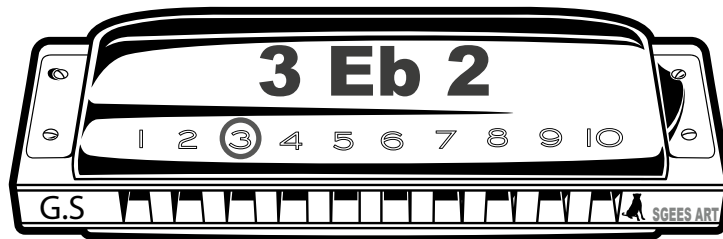
- **Green:** draw note
- **Turquoise:** draw note -2

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

**HOLE: 3****Harmonic Key: Eb****Note to obtain with bending: C (-2)****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 3 (100, 110, 120).**Exercise duration** 5 minutes and 40 seconds.

The colors used in this exercise are green and turquoise.

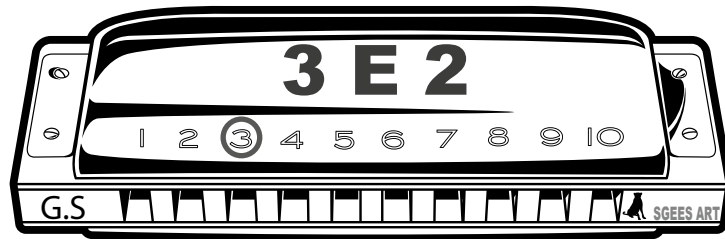
- **Green:** draw note
- **Turquoise:** draw note -2

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


HOLE: 3**Harmonic Key: E****Note to obtain with bending: C# (-2)****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 3 (100, 110, 120).

Exercise duration 5 minutes and 40 seconds.

The colors used in this exercise are green and turquoise.

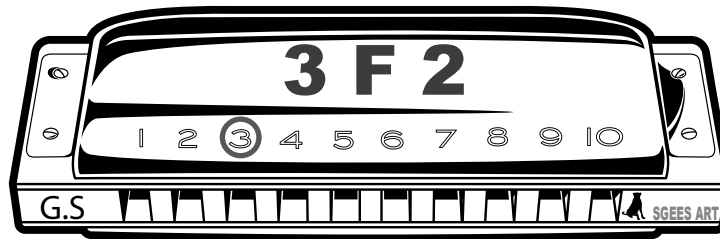
- **Green:** draw note
- **Turquoise:** draw note -2

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


HOLE: 3**Harmonic Key: F****Note to obtain with bending: D (-2)****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** 3 (100, 110, 120).**Exercise duration** 5 minutes and 40 seconds.

The colors used in this exercise are green and turquoise.

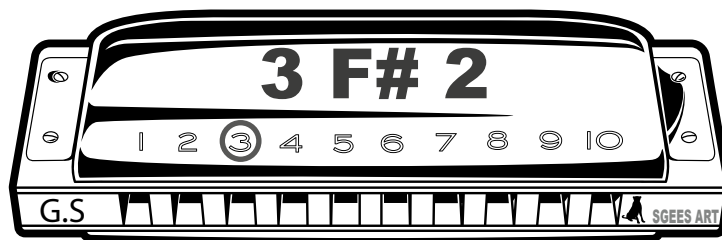
- **Green:** draw note
- **Turquoise:** draw note -2

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

**HOLE: 3****Harmonic Key: F#****Note to obtain with bending: D# (-2)****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 F, applying the glissando (gradual bending of the note), descend to D# and then return to F, always with a glissando effect. Followed by three direct notes D#, F, D#.

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

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.

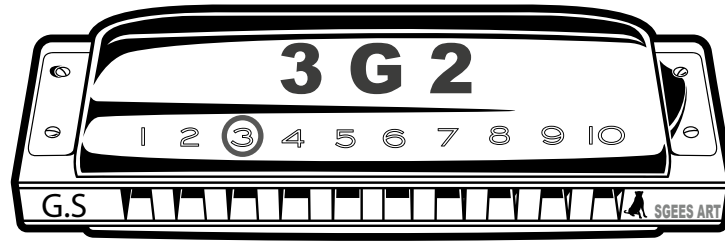
- **Green:** draw note
- **Turquoise:** draw note -2

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



A

$\text{♩} = 100$

6 times

3 F# 3 E 3 F# 3 E 3 F# 3 E

B

6 times

100, 110, 120

Start over from **A** 3 times

3 E 3 F# 3 E 3 F# 3 E 3 F#

HOLE: 3**Harmonic Key: G****Note to obtain with bending: E (-2)****Exercise goal:** Master the exact intonation of the note E, 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 F#, applying the glissando (gradual bending of the note), descend to E and then return to F#, always with a glissando effect. Followed by three direct notes E, F#, E.

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

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.

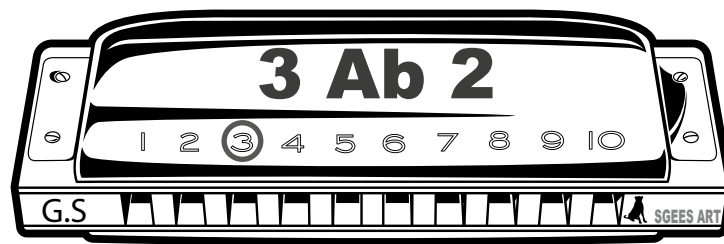
- **Green:** draw note
- **Turquoise:** draw note -2

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



A

♩ = 100

6 times

3 G

3 F

3 G

3 F

3 G

3 F

B

6 times

100, 110, 120

3 F

3 G

3 F

3 G

3 F

3 G

Start over from 3 times **A**

HOLE: 3**Harmonic Key: Ab****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 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 3 (100, 110, 120).****Exercise duration 5 minutes and 40 seconds.**

The colors used in this exercise are green and turquoise.

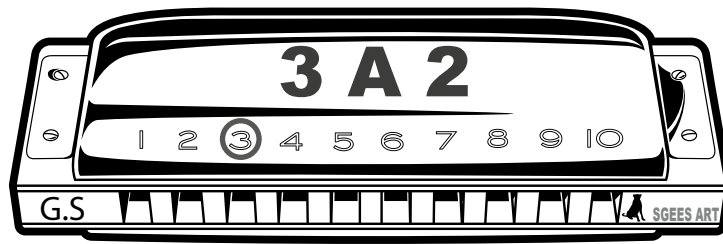
- **Green:** draw note
- **Turquoise:** draw note -2

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



A

B

HOLE: 3**Harmonic Key: A****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# 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** 3 (100, 110, 120).**Exercise duration** 5 minutes and 40 seconds.

The colors used in this exercise are green and turquoise.

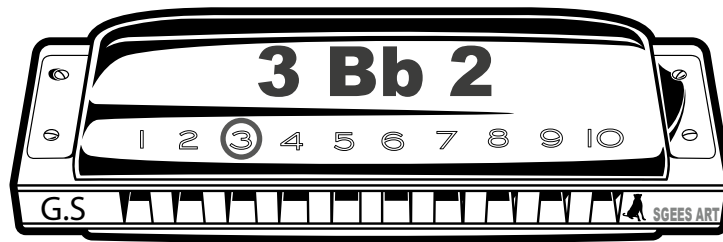
- **Green:** draw note
- **Turquoise:** draw note -2

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



Part A: Musical notation for Hole 3, starting with a treble clef, 4/4 time signature, and a tempo of 100 BPM. The exercise is marked '6 times'. The notation includes a glissando effect (gliss.) and a trill. Below the staff, there are six boxes, each containing a '3' and a note: A (green), G (turquoise), A (green), G (turquoise), A (green), G (turquoise).

Part B: Musical notation for Hole 3, starting with a treble clef, 4/4 time signature, and a tempo of 100, 110, 120 BPM. The exercise is marked '6 times'. The notation includes a glissando effect (gliss.) and a trill. Below the staff, there are six boxes, each containing a '3' and a note: G (turquoise), A (green), G (turquoise), A (green), G (turquoise), A (green). The notation ends with a double bar line and the instruction 'Start over from A 3 times'.

HOLE: 3**Harmonic Key: Bb****Note to obtain with bending: G (-2)****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 3 (100, 110, 120).

Exercise duration 5 minutes and 40 seconds.

The colors used in this exercise are green and turquoise.

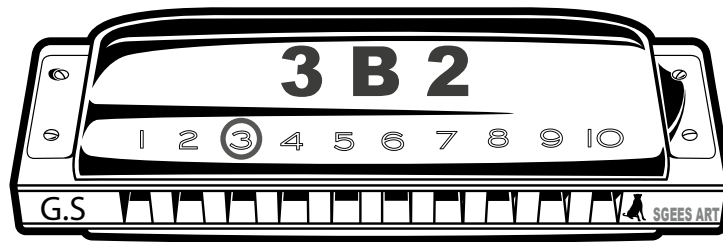
- **Green:** draw note
- **Turquoise:** draw note -2

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

**HOLE: 3****Harmonic Key: B****Note to obtain with bending: G# (-2)****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 3 (100, 110, 120).

Exercise duration 5 minutes and 40 seconds.

The colors used in this exercise are green and turquoise.

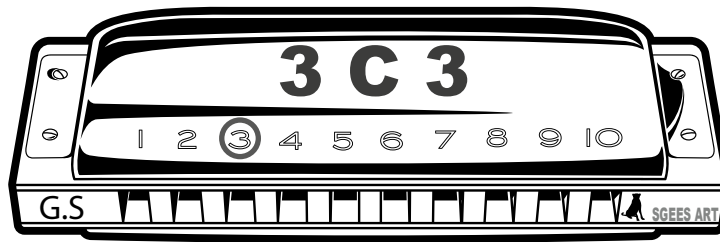
- **Green:** draw note
- **Turquoise:** draw note -2

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



A

$\text{♩} = 100$

6 times

B

6 times

100, 110, 120

Start over from **A**
3 times

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.

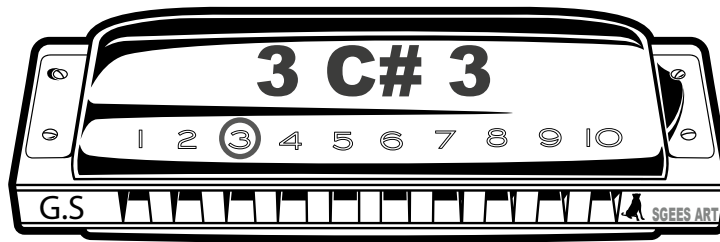
- **Green:** draw note
- **Orange:** draw note -3

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



Start over from **A** 3 times

HOLE: 3**Harmonic Key: C#****Note to obtain with bending: A (-3)****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 C, applying the glissando (gradual bending of the note), descend to A and then return to C, always with a glissando effect. Followed by three direct notes A, C, A.**B)** Starting from A, applying the glissando (gradual bending of the note), ascend to C and then return to A, always with a glissando effect. Followed by three direct notes C, A, C.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.

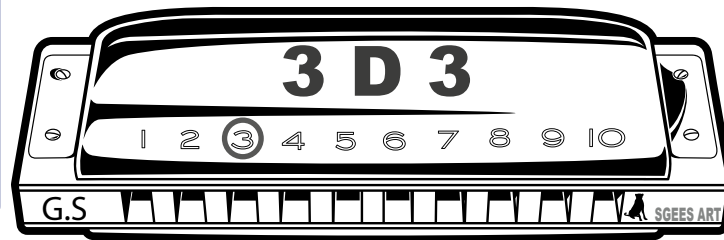
- **Green:** draw note
- **Orange:** draw note -3

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

**HOLE: 3****Harmonic Key: D****Note to obtain with bending: A# (-3)****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 C#, applying the glissando (gradual bending of the note), descend to A# and then return to C#, always with a glissando effect. Followed by three direct notes A#, C#, A#.

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

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.

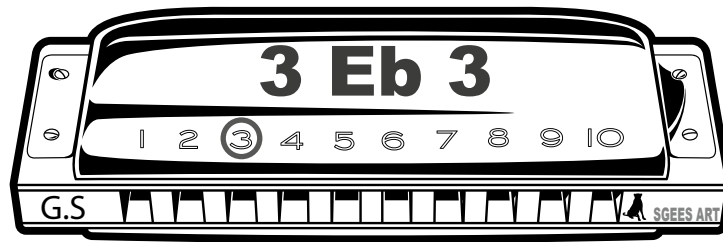
- **Green:** draw note
- **Orange:** draw note -3

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

**HOLE: 3****Harmonic Key: Eb****Note to obtain with bending: B (-3)****Exercise goal:** Master the exact intonation of the note B, 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 B and then return to D, always with a glissando effect. Followed by three direct notes B, D, B.

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

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.

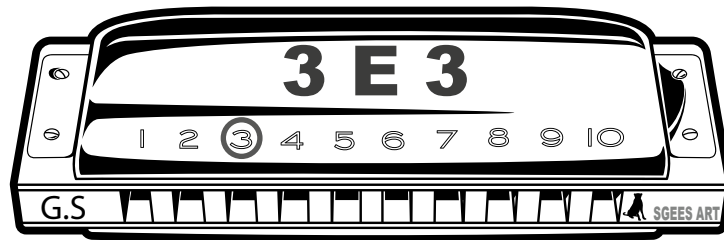
- **Green:** draw note
- **Orange:** draw note -3

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


HOLE: 3**Harmonic Key: E****Note to obtain with bending: C (-3)****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 3** (100, 110, 120).**Exercise duration** 5 minutes and 40 seconds.

The colors used in this exercise are green and orange.

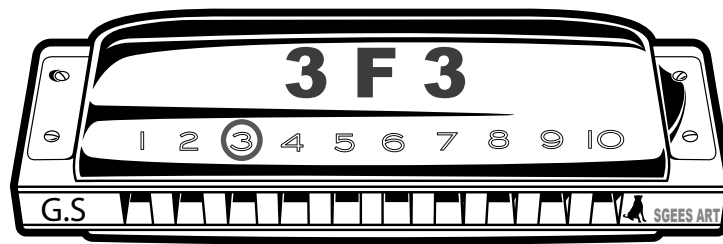
- **Green:** draw note
- **Orange:** draw note -3

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



A

100

gliss.

gliss.

6 times

3 E

3 C#

3 E

3 C#

3 E

3 C#

B

100

gliss.

gliss.

6 times

100, 110, 120

3 C#

3 E

3 C#

3 E

3 C#

3 E

Start over from **A**
3 times

OLE: 3**Harmonic Key: F****Note to obtain with bending: C# (-3)**

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

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

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.

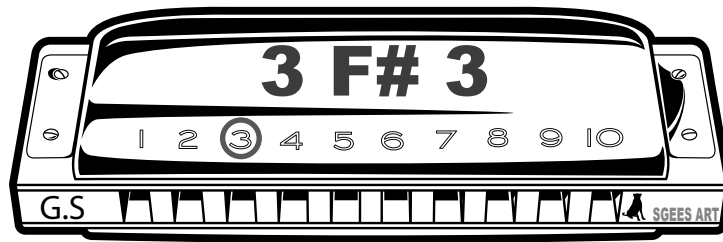
- **Green:** draw note
- **Orange:** draw note -3

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

**HOLE: 3****Harmonic Key: F#****Note to obtain with bending: D (-3)****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 F, applying the glissando (gradual bending of the note), descend to D and then return to F, always with a glissando effect. Followed by three direct notes D, F, D.

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

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.

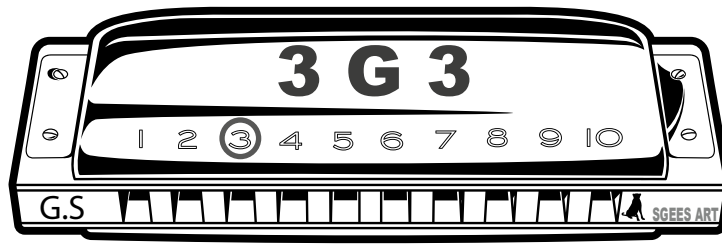
- **Green:** draw note
- **Orange:** draw note -3

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

**HOLE: 3****Harmonic Key: G****Note to obtain with bending: D# (-3)****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 F#, applying the glissando (gradual bending of the note), descend to D# and then return to F#, always with a glissando effect. Followed by three direct notes D#, F#, D#.

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

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.

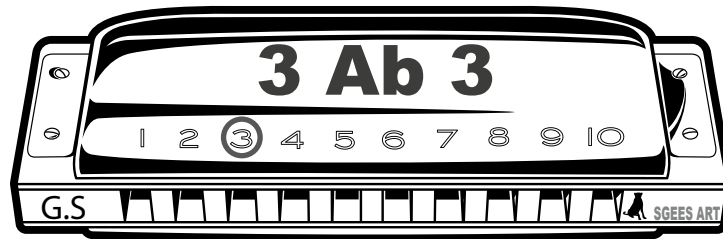
- **Green:** draw note
- **Orange:** draw note -3

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

**HOLE: 3****Harmonic Key: Ab****Note to obtain with bending: E (-3)****Exercise goal:** Master the exact intonation of the note E, 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 E and then return to G, always with a glissando effect. Followed by three direct notes E, G, E.

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

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.

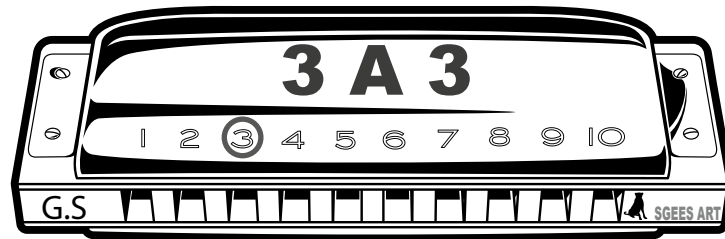
- **Green:** draw note
- **Orange:** draw note -3

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

**HOLE: 3****Harmonic Key: A****Note to obtain with bending: F (-3)**

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 3 (100, 110, 120).

Exercise duration 5 minutes and 40 seconds.

The colors used in this exercise are green and orange.

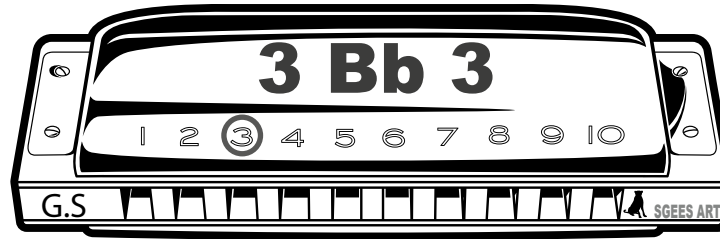
- **Green:** draw note
- **Orange:** draw note -3

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

**HOLE: 3****Harmonic Key: Bb****Note to obtain with bending: F# (-3)****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 A, applying the glissando (gradual bending of the note), descend to F# and then return to A, always with a glissando effect. Followed by three direct notes F#, A, F#.

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

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.

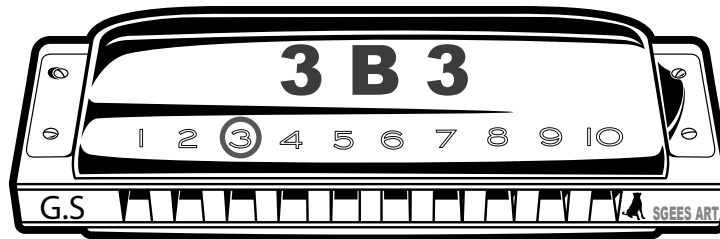
- **Green:** draw note
- **Orange:** draw note -3

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



Part A: Musical notation for exercise A. It starts with a treble clef, a 4/4 time signature, and a tempo marking of ♩ = 100. The notation includes a circled 'A' above the staff, a treble clef, and a key signature of one sharp (F#). The first measure is a whole note A# with a glissando effect. The second measure is a whole note G with a glissando effect. The third measure is a whole note A# with a glissando effect. The fourth measure is a whole rest. The fifth measure is a quarter note G, followed by a quarter note A#, and a quarter note G. The sixth measure is a whole rest. The seventh measure is a quarter note G, followed by a quarter note A#, and a quarter note G. The eighth measure is a whole rest. The exercise is repeated 6 times. Below the staff are six boxes, each containing a '3' and a note: A# (green), G (orange), A# (green), G (orange), A# (green), G (orange).

Part B: Musical notation for exercise B. It starts with a treble clef, a 4/4 time signature, and a tempo marking of ♩ = 100, 110, 120. The notation includes a circled 'B' above the staff, a treble clef, and a key signature of one sharp (F#). The first measure is a whole note G with a glissando effect. The second measure is a whole note A# with a glissando effect. The third measure is a whole note G with a glissando effect. The fourth measure is a whole rest. The fifth measure is a quarter note A#, followed by a quarter note G, and a quarter note A#. The sixth measure is a whole rest. The seventh measure is a quarter note A#, followed by a quarter note G, and a quarter note A#. The eighth measure is a whole rest. The exercise is repeated 6 times. Below the staff are six boxes, each containing a '3' and a note: G (orange), A# (green), G (orange), A# (green), G (orange), A# (green). The text 'Start over from A 3 times' is written below the staff.

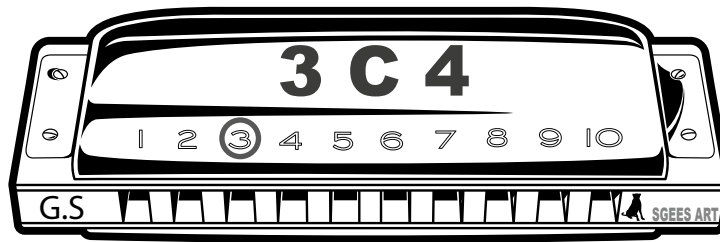
HOLE: 3**Harmonic Key: B****Note to obtain with bending: G (-3)****Exercise goal:** Master the exact intonation of the note G, both by gradually bending the note and playing it directly.The video sequence of the exercise consists of two parts **A** and **B**.**A)** Starting from A#, applying the glissando (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 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.



A

♩ = 120

4 times

B

4 times

120, 130, 140

Start over from **A** 3 times

HOLE: 3

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#, and then return to B and finally 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 to B and then to C, and then return to B and finally 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 **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.

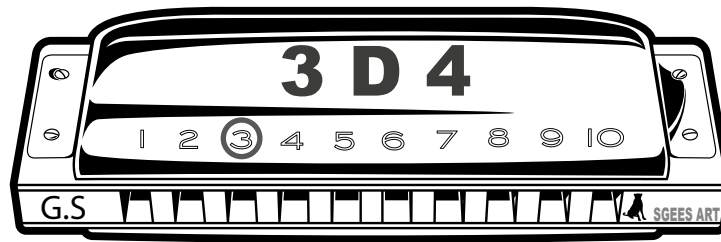
- **Green:** draw note
- **Yellow:** draw note -1
- **Turquoise:** draw note -2

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.



HOLE 3



A

3 C# 3 C 3 B 3 C 3 C# 3 C 3 B 3 C 3 C#

B

3 B 3 C 3 C# 3 C 3 B 3 B 3 C 3 C# 3 C 3 B

Start over from **A** 3 times

HOLE: 3**Harmonic Key: D****Notes to obtain with bending: C B (-1, -2)**

Exercise goal: Master the exact intonation of the notes C and B, 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 C and then to B, and then return to C and finally to C#, always with a glissando effect. Followed by five direct notes C#, C, B, C, C#.

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

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.

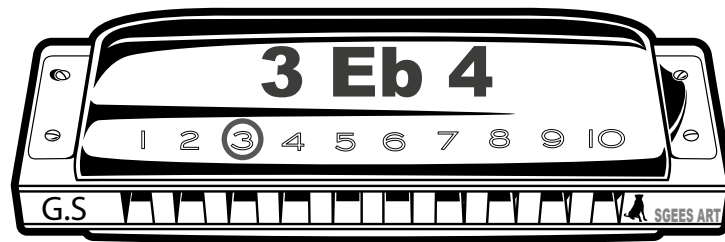
- **Green:** draw note
- **Yellow:** draw note -1
- **Turquoise:** draw note -2

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.



HOLE 3



A

$\text{♩} = 120$

gliss. *gliss.* *gliss.* *gliss.*

4 times

B

gliss. *gliss.* *gliss.*

4 times

120, 130, 140

Start over from **A**
3 times

HOLE: 3**Harmonic Key: Eb****Notes to obtain with bending: C# C (-1, -2)****Exercise goal:** Master the exact intonation of the notes C# and C, 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 D, applying the glissando (gradual bending of the notes), descend to C# and then to C, and then return to C# and finally to D, always with a glissando effect. Followed by five direct notes D, C#, C, C#, D.**B)** Starting from C, applying the glissando (gradual bending of the notes), ascend to C# and then to D, and then return to C# and finally to C, always with a glissando effect. Followed by five direct notes C, C#, D, C#, C.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.

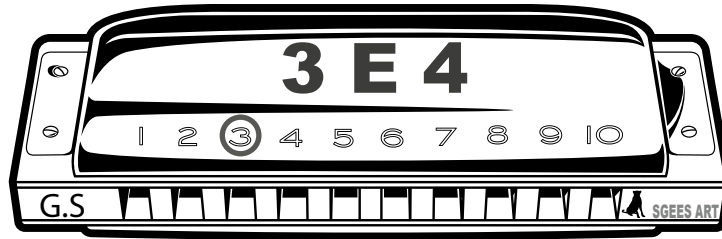
- **Green:** draw note
- **Yellow:** draw note -1
- **Turquoise:** draw note -2

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.



HOLE 3



A $\text{♩} = 120$ *gliss.* *gliss.* *gliss.* 4 times

B *gliss.* *gliss.* *gliss.* *gliss.* 4 times $\text{♩} = 120, 130, 140$

Start over from **A** 3 times

HOLE: 3**Harmonic Key: E****Notes to obtain with bending: D C# (-1, -2)****Exercise goal:** Master the exact intonation of the notes D and C#, 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 D#, applying the glissando (gradual bending of the notes), descend to D and then to C#, and then return to D and finally to D#, always with a glissando effect. Followed by five direct notes D#, D, C#, D, D#.**B)** Starting from C#, applying the glissando (gradual bending of the notes), ascend to D and then to D#, and then return to D and finally to C#, always with a glissando effect. Followed by five direct notes C#, D, D#, D, C#.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.

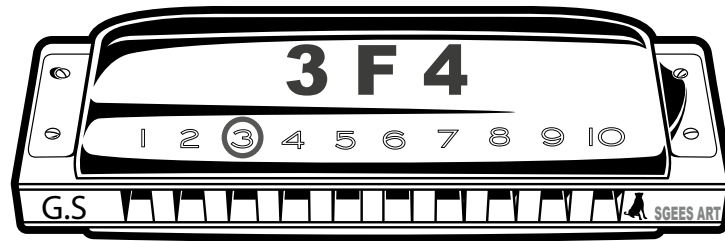
- **Green:** draw note
- **Yellow:** draw note -1
- **Turquoise:** draw note -2

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.



HOLE 3



A *gliss. gliss. gliss. gliss.* $\text{♩} = 120$ 4 times

B *gliss. gliss. gliss.* 4 times $120, 130, 140$

Start over from **A** 3 times

HOLE: 3**Harmonic Key: F****Notes to obtain with bending: D# D (-1, -2)**

Exercise goal: Master the exact intonation of the notes D# and D, 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 E, applying the glissando (gradual bending of the notes), descend to D# and then to D, and then return to D# and finally to E, always with a glissando effect. Followed by five direct notes E, D#, D, D#, E.

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

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.

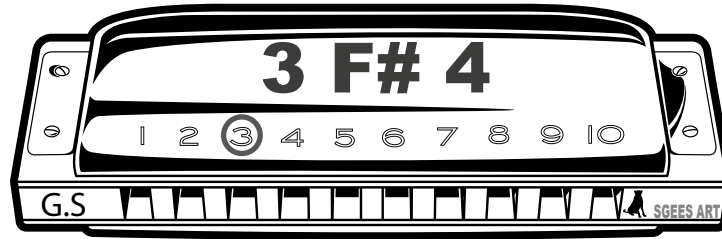
- **Green:** draw note
- **Yellow:** draw note -1
- **Turquoise:** draw note -2

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.



HOLE 3



A

gliss. gliss. gliss. gliss.

$\text{♩} = 120$

4 times

B

gliss. gliss. gliss. gliss.

4 times

120, 130, 140

Start over from **A** 3 times

HOLE: 3**Harmonic Key: F#****Notes to obtain with bending: E D# (-1, -2)****Exercise goal:** Master the exact intonation of the notes E and D#, 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 F, applying the glissando (gradual bending of the notes), descend to E and then to D#, and then return to E and finally to F, always with a glissando effect. Followed by five direct notes F, E, D#, E, F.**B)** Starting from D#, applying the glissando (gradual bending of the notes), ascend to E and then to F, and then return to E and finally to D#, always with a glissando effect. Followed by five direct notes D#, E, F, E, D#.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.

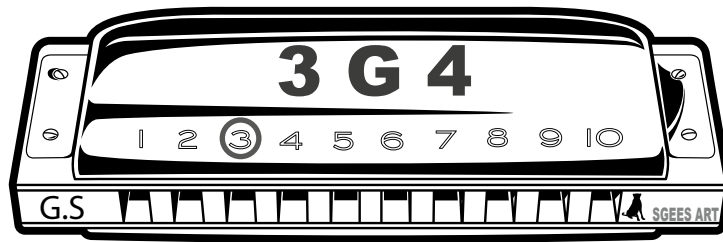
- **Green:** draw note
- **Yellow:** draw note -1
- **Turquoise:** draw note -2

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.



HOLE 3



A

3 F# 3 F 3 E 3 F 3 F# 3 F 3 E 3 F 3 F#

B

3 E 3 F 3 F# 3 F 3 E 3 E 3 F 3 F# 3 F 3 E

Start over from **A** 3 times

HOLE: 3**Harmonic Key: G****Notes to obtain with bending: F E (-1, -2)**

Exercise goal: Master the exact intonation of the notes F and E, 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 F#, applying the glissando (gradual bending of the notes), descend to F and then to E, and then return to F and finally to F#, always with a glissando effect. Followed by five direct notes F#, F, E, F, F#.

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

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.

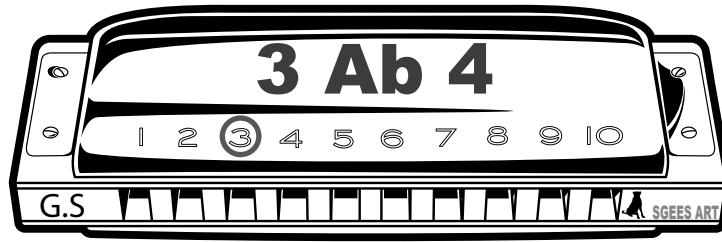
- **Green:** draw note
- **Yellow:** draw note -1
- **Turquoise:** draw note -2

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.



HOLE 3



A

♩ = 120

4 times

gliss.

3 G, 3 F#, 3 F, 3 F#, 3 G, 3 G, 3 F#, 3 F, 3 F#, 3 G

B

4 times

120, 130, 140

gliss.

3 F, 3 F#, 3 G, 3 F#, 3 F, 3 F, 3 F#, 3 G, 3 F#, 3 F

Start over from **A** 3 times

HOLE: 3**Harmonic Key: Ab****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, and then return to F# and finally 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 to F# and then to G, and then return to F# and finally 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 3** (120, 130, 140).**Exercise duration** 5 minutes.

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

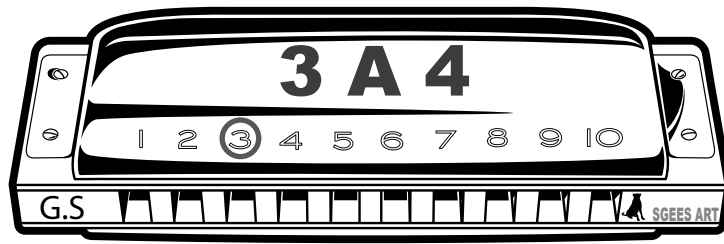
- **Green:** draw note
- **Yellow:** draw note -1
- **Turquoise:** draw note -2

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.



HOLE 3



A

3 G# 3 G 3 F# 3 G 3 G# 3 G# 3 G 3 F# 3 G 3 G#

B

3 F# 3 G 3 G# 3 G 3 F# 3 F# 3 G 3 G# 3 G 3 F#

Start over from **A** 3 times

HOLE: 3**Harmonic Key: A****Notes to obtain with bending: G F# (-1, -2)****Exercise goal:** Master the exact intonation of the notes G 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 G and then to F#, and then return to G and finally to G#, always with a glissando effect. Followed by five direct notes G#, G, F#, G, G#.**B)** Starting from F#, applying the glissando (gradual bending of the notes), ascend to G and then to G#, and then return to G and finally to F#, always with a glissando effect. Followed by five direct notes F#, G, G#, G, F#.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.

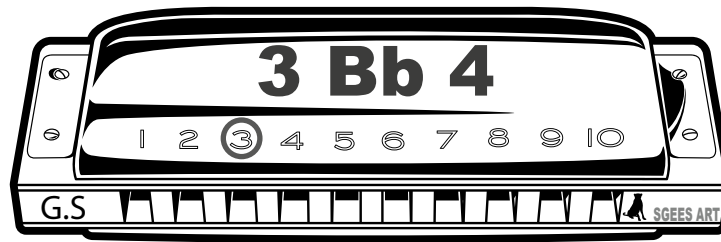
- **Green:** draw note
- **Yellow:** draw note -1
- **Turquoise:** draw note -2

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.



HOLE 3



A

B

HOLE: 3**Harmonic Key: Bb****Notes to obtain with bending: G# G (-1, -2)****Exercise goal:** Master the exact intonation of the notes G# 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 A, applying the glissando (gradual bending of the notes), descend to G# and then to G, and then return to G# and finally to A, always with a glissando effect. Followed by five direct notes A, G#, G, G#, A.**B)** Starting from G, applying the glissando (gradual bending of the notes), ascend to G# and then to A, and then return to G# and finally to G, always with a glissando effect. Followed by five direct notes G, G#, A, G#, G.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.

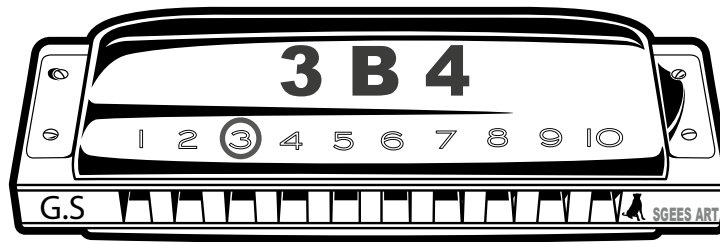
- **Green:** draw note
- **Yellow:** draw note -1
- **Turquoise:** draw note -2

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.



HOLE 3



A

B

HOLE: 3**Harmonic Key: B****Notes to obtain with bending: A G# (-1, -2)**

Exercise goal: Master the exact intonation of the notes 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 A#, applying the glissando (gradual bending of the notes), descend to A and then to G#, and then return to A and finally to A#, always with a glissando effect. Followed by five direct notes A#, A, G#, A, A#.

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

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.

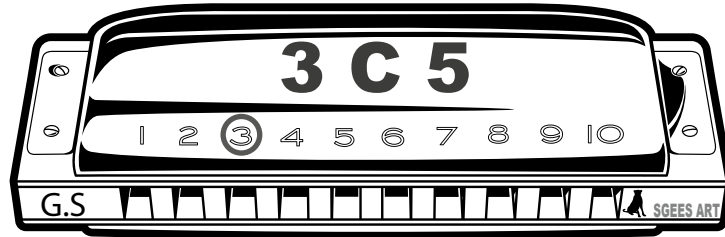
- **Green:** draw note
- **Yellow:** draw note -1
- **Turquoise:** draw note -2

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.



HOLE 3



A

♩ = 150

4 times

B

4 times

150, 140, 130

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.

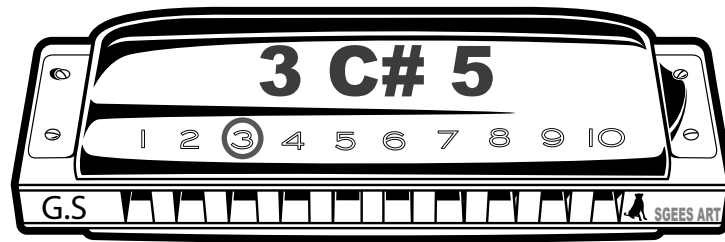
- **Green:** draw note
- **Yellow:** draw note -1
- **Turquoise:** draw note -2
- **Orange:** draw note -3

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.



HOLE 3



A

B

HOLE: 3**Harmonic Key: C#****Notes to obtain with bending: B A# A (-1, -2, -3)****Exercise goal:** Master the exact intonation of the notes B, 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 C, applying the glissando (gradual bending of the notes), descend to B, then to A#, and then to A, and then return to A#, B, and finally to C, always with a glissando effect. Followed by seven direct notes C, B, A#, A, A#, B, C.**B)** Starting from A, applying the glissando (gradual bending of the notes), ascend to A#, then to B, and then to C, always with a glissando effect, and then return to B, A#, and finally to A, always with a glissando effect. Followed by seven direct notes A, A#, B, C, B, A#, A.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.

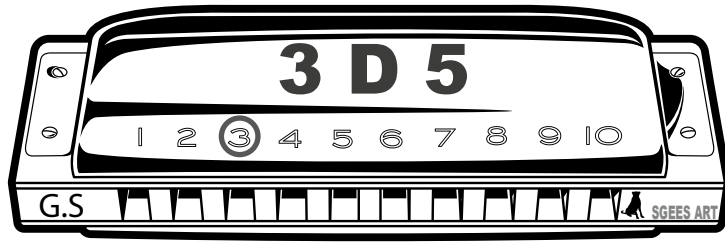
- **Green:** draw note
- **Yellow:** draw note -1
- **Turquoise:** draw note -2
- **Orange:** draw note -3

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.



HOLE 3



A

♩ = 150

4 times

B

4 times

150, 140, 130

Start over from **A** 3 times

HOLE: 3**Harmonic Key: D****Notes to obtain with bending: C B A# (-1, -2, -3)****Exercise goal:** Master the exact intonation of the notes C, 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 C, then to B, and then to A#, and then return to B, C, and finally to C#, always with a glissando effect. Followed by seven direct notes C#, C, B, A#, B, C, C#.**B)** Starting from A#, applying the glissando (gradual bending of the notes), ascend to B, then to C, and then to C#, always with a glissando effect, and then return to C, B, and finally to A#, always with a glissando effect. Followed by seven direct notes A#, B, C, C#, C, B, A#.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.

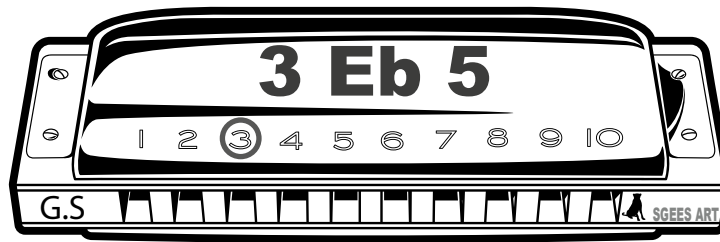
- **Green:** draw note
- **Yellow:** draw note -1
- **Turquoise:** draw note -2
- **Orange:** draw note -3

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.



HOLE 3



A

♩ = 150

4 times

B

4 times

150, 140, 130

Start over from **A** 3 times

HOLE: 3**Harmonic Key: Eb****Notes to obtain with bending: C# C B (-1, -2, -3)**

Exercise goal: Master the exact intonation of the notes C#, C, and B, 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 D, applying the glissando (gradual bending of the notes), descend to C#, then to C, and then to B, and then return to C, C#, and finally to D, always with a glissando effect. Followed by seven direct notes D, C#, C, B, C, C#, D.

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

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.

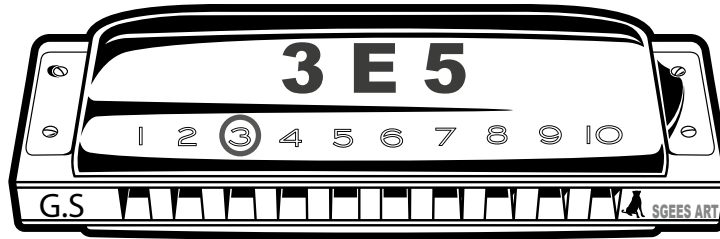
- **Green:** draw note
- **Yellow:** draw note -1
- **Turquoise:** draw note -2
- **Orange:** draw note -3

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.



HOLE 3



A

$\text{♩} = 150$

4 times

B

4 times

150, 140, 130

Start over from **A** 3 times

HOLE: 3**Harmonic Key: E****Notes to obtain with bending: D C# C (-1, -2, -3)****Exercise goal:** Master the exact intonation of the notes D, C#, and C, 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 D#, applying the glissando (gradual bending of the notes), descend to D, then to C#, and then to C, and then return to C#, D, and finally to D#, always with a glissando effect. Followed by seven direct notes D#, D, C#, C, C#, D, D#.**B)** Starting from C, applying the glissando (gradual bending of the notes), ascend to C#, then to D, and then to D#, always with a glissando effect, and then return to D, C#, and finally to C, always with a glissando effect. Followed by seven direct notes C, C#, D, D#, D, C#, C.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.

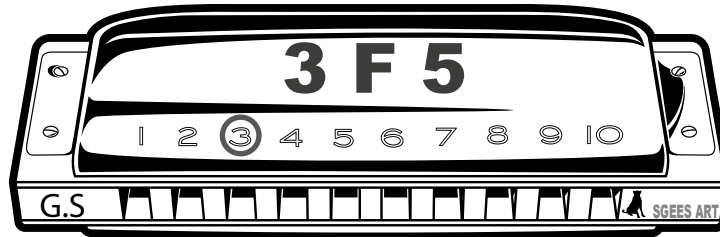
- **Green:** draw note
- **Yellow:** draw note -1
- **Turquoise:** draw note -2
- **Orange:** draw note -3

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.



HOLE 3



Start over from **A** 3 times

HOLE: 3**Harmonic Key: F****Notes to obtain with bending: D# D C# (-1, -2, -3)**

Exercise goal: Master the exact intonation of the notes D#, D, and C#, 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 E, applying the glissando (gradual bending of the notes), descend to D#, then to D, and then to C#, and then return to D, D#, and finally to E, always with a glissando effect. Followed by seven direct notes E, D#, D, C#, D, D#, E.

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

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.

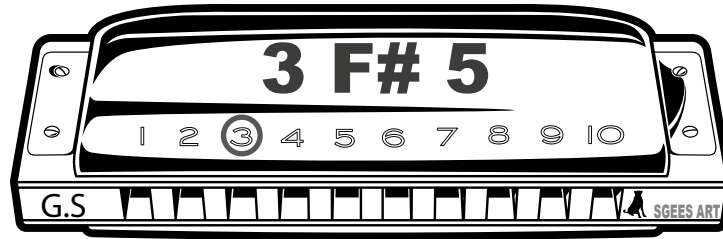
- **Green:** draw note
- **Yellow:** draw note -1
- **Turquoise:** draw note -2
- **Orange:** draw note -3

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.



HOLE 3



A

♩ = 150

4 times

B

4 times

150,140,130

Start over from **A** 3 times

HOLE: 3**Harmonic Key: F#****Notes to obtain with bending: E D# D (-1, -2, -3)****Exercise goal:** Master the exact intonation of the notes E, D#, and D, 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 F, applying the glissando (gradual bending of the notes), descend to E, then to D#, and then to D, and then return to D#, E, and finally to F, always with a glissando effect. Followed by seven direct notes F, E, D#, D, D#, E, F.**B)** Starting from D, applying the glissando (gradual bending of the notes), ascend to D#, then to E, and then to F, always with a glissando effect, and then return to E, D#, and finally to D, always with a glissando effect. Followed by seven direct notes D, D#, E, F, E, D#, D.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.

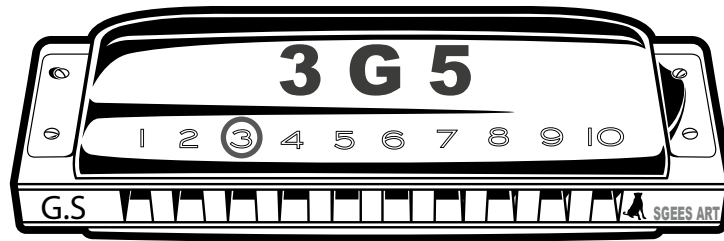
- **Green:** draw note
- **Yellow:** draw note -1
- **Turquoise:** draw note -2
- **Orange:** draw note -3

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.



HOLE 3



A

B

HOLE: 3**Harmonic Key: G****Notes to obtain with bending: F E D# (-1, -2, -3)****Exercise goal:** Master the exact intonation of the notes F, E, and D#, 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 F#, applying the glissando (gradual bending of the notes), descend to F, then to E, and then to D#, and then return to E, F, and finally to F#, always with a glissando effect. Followed by seven direct notes F#, F, E, D#, E, F, F#.**B)** Starting from D#, applying the glissando (gradual bending of the notes), ascend to E, then to F, and then to F#, always with a glissando effect, and then return to F, E, and finally to D#, always with a glissando effect. Followed by seven direct notes D#, E, F, F#, F, E, D#.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.

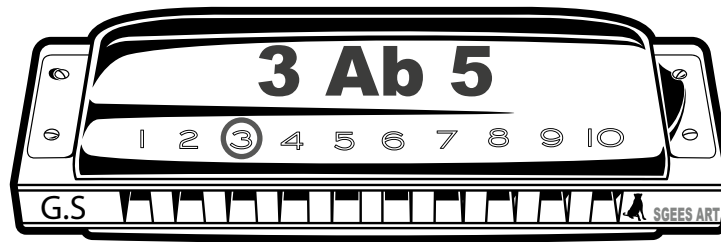
- **Green:** draw note
- **Yellow:** draw note -1
- **Turquoise:** draw note -2
- **Orange:** draw note -3

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.



HOLE 3



A

♩ = 150

4 times

B

4 times

150, 140, 130

Start over from **A** 3 times

HOLE: 3**Harmonic Key: Ab****Notes to obtain with bending: F# F E (-1, -2, -3)**

Exercise goal: Master the exact intonation of the notes F#, F, and E, 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#, then to F, and then to E, and then return to F, F#, and finally to G, always with a glissando effect. Followed by seven direct notes G, F#, F, E, F, F#, G.

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

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.

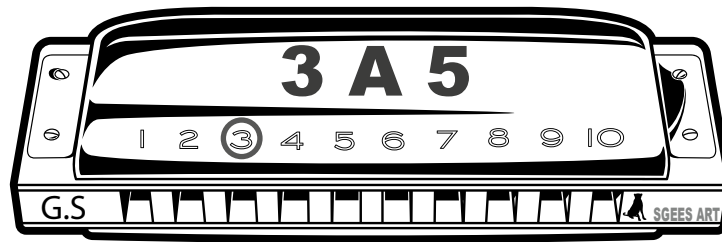
- **Green:** draw note
- **Yellow:** draw note -1
- **Turquoise:** draw note -2
- **Orange:** draw note -3

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.



HOLE 3



A

♩ = 150

4 times

3 G# 3 G 3 F# 3 F 3 F# 3 G 3 G# 3 G# 3 G 3 F# 3 F 3 F# 3 G 3 G#

B

4 times

150,140,130

Start over from **A** 3 times

3 F 3 F# 3 G 3 G# 3 G 3 F# 3 F 3 F 3 F# 3 G 3 G# 3 G 3 F# 3 F

HOLE: 3**Harmonic Key: A****Notes to obtain with bending: G F# F (-1, -2, -3)**

Exercise goal: Master the exact intonation of the notes G, 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 G, then to F#, and then to F, and then return to F#, G, and finally to G#, always with a glissando effect. Followed by seven direct notes G#, G, F#, F, F#, G, G#.

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

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.

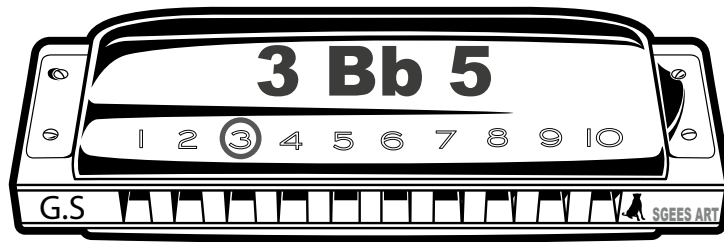
- **Green:** draw note
- **Yellow:** draw note -1
- **Turquoise:** draw note -2
- **Orange:** draw note -3

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.



HOLE 3



A

♩ = 150

4 times

3 A
3 G#
3 G
3 F#
3 G
3 G#
3 A
3 A
3 G#
3 G
3 F#
3 G
3 G#
3 A

B

4 times

150, 140, 130

Start over from **A** 3 times

3 F#
3 G
3 G#
3 A
3 G#
3 G
3 F#
3 F#
3 G
3 G#
3 A
3 G#
3 G
3 F#

HOLE: 3**Harmonic Key: Bb****Notes to obtain with bending: G# G F# (-1, -2, -3)****Exercise goal:** Master the exact intonation of the notes G#, G, 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 A, applying the glissando (gradual bending of the notes), descend to G#, then to G, and then to F#, and then return to G, G#, and finally to A, always with a glissando effect. Followed by seven direct notes A, G#, G, F#, G, G#, A.**B)** Starting from F#, applying the glissando (gradual bending of the notes), ascend to G, then to G#, and then to A, always with a glissando effect, and then return to G#, G, and finally to F#, always with a glissando effect. Followed by seven direct notes F#, G, G#, A, G#, G, F#.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.

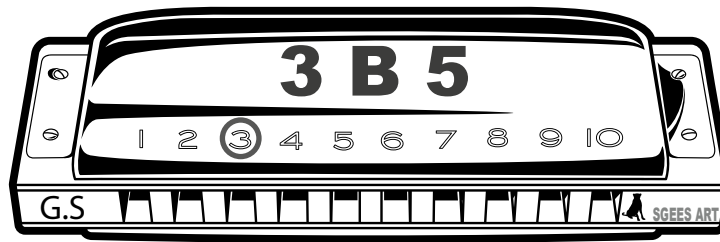
- **Green:** draw note
- **Yellow:** draw note -1
- **Turquoise:** draw note -2
- **Orange:** draw note -3

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.



HOLE 3



A

$\text{♩} = 150$

B

4 times $\text{♩} = 150, 140, 130$

HOLE: 3**Harmonic Key: B****Notes to obtain with bending: A G# G (-1, -2, -3)**

Exercise goal: Master the exact intonation of the notes A, G#, 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 A#, applying the glissando (gradual bending of the notes), descend to A, then to G#, and then to G, and then return to G#, A, and finally to A#, always with a glissando effect. Followed by seven direct notes A#, A, G#, G, G#, A, A#.

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

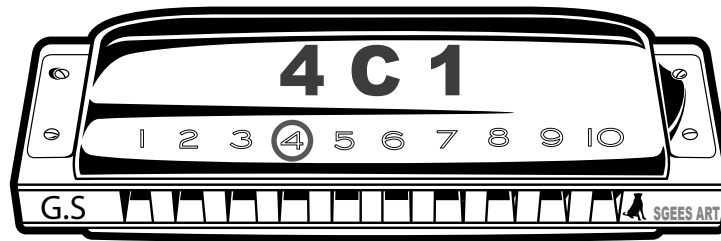
Following the symbols descending on the harmonica diagram, the notes are played as soon as they touch the orange zone corresponding to the hole number and held for the entire time they are visible.

Enjoy your practice.

HOLE 4



HOLE 4

**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.

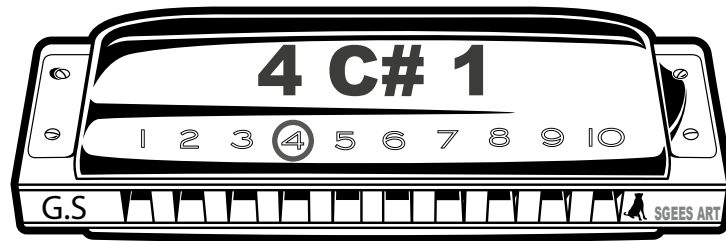
The colors used in this exercise are green and yellow.

- **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.

HOLE 4



A

♩ = 100

gliss. *gliss.* 4 times

4 D# 4 D 4 D# 4 D 4 D# 4 D

B

gliss. *gliss.* 4 times

110,120,130,140,150,160,170,180,190,200.

Start over from **A** 10 times

4 D 4 D# 4 D 4 D# 4 D 4 D#

HOLE: 4**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 D#, applying the glissando (gradual bending of the note), descend to D and then return to D#, always with a glissando effect. Followed by three direct notes D, D#, D.**B)** Starting from D, applying the glissando (gradual bending of the note), ascend to D# and then return to D, always with a glissando effect. Followed by three direct notes D#, D, 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.

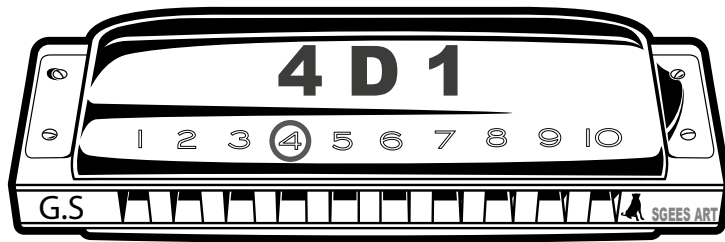
- **Green:** draw note
- **Yellow:** draw note -1

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 4



A

$\text{♩} = 100$

gliss. *gliss.* 4 times

B

gliss. *gliss.* 4 times

110,120,130,140,150,160,170,180,190,200.

Start over from **A** 10 times

HOLE: 4**Harmonic Key: D****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 green and yellow.

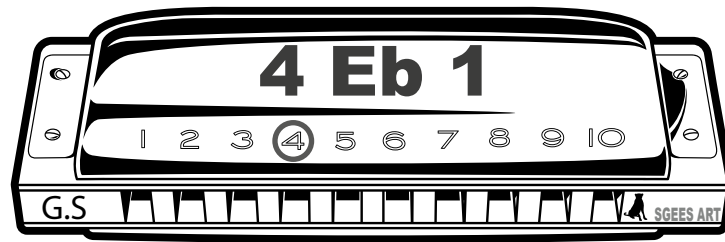
- **Green:** draw note
- **Yellow:** draw note -1

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 4

**HOLE: 4****Harmonic Key: Eb****Note to obtain with bending: E (-1)****Exercise goal:** Master the exact intonation of the note E, 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 F, applying the glissando (gradual bending of the note), descend to E and then return to F, always with a glissando effect. Followed by three direct notes E, F, E.

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

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.

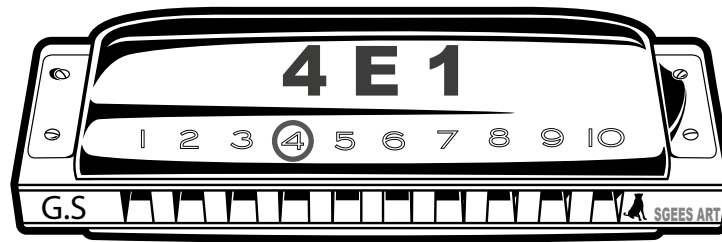
- **Green:** draw note
- **Yellow:** draw note -1

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 4



A

gliss. *gliss.* 4 times

4 F# 4 F 4 F# 4 F 4 F# 4 F

B

gliss. *gliss.* 4 times

4 F 4 F# 4 F 4 F# 4 F 4 F#

110,120,130,140,150,160,170,180,190,200.

Start over from **A** 10 times

HOLE: 4**Harmonic Key: E****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 F#, applying the glissando (gradual bending of the note), descend to F and then return to F#, always with a glissando effect. Followed by three direct notes F, F#, F.**B)** Starting from F, applying the glissando (gradual bending of the note), ascend to F# and then return to F, always with a glissando effect. Followed by three direct notes F#, F, F#.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.

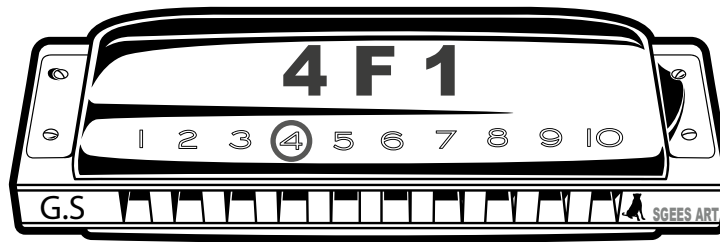
- **Green:** draw note
- **Yellow:** draw note -1

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 4



A

gliss. *gliss.* 4 times

♩ = 100

4 G 4 F# 4 G 4 F# 4 G 4 F#

B

gliss. *gliss.* 4 times

110,120,130,140,150,160,170,180,190,200.

Start over from **A** 10 times

4 F# 4 G 4 F# 4 G 4 F# 4 G

HOLE: 4**Harmonic Key: F****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 green and yellow.

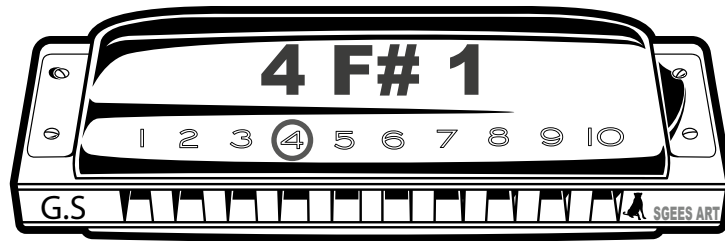
- **Green:** draw note
- **Yellow:** draw note -1

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 4


HOLE: 4**Harmonic Key: F#****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 G#, applying the glissando (gradual bending of the note), descend to G and then return to G#, always with a glissando effect. Followed by three direct notes G, G#, G.**B)** Starting from G, applying the glissando (gradual bending of the note), ascend to G# and then return to G, always with a glissando effect. Followed by three direct notes G#, G, 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.

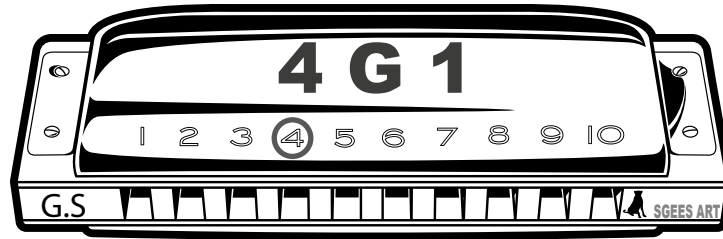
- **Green:** draw note
- **Yellow:** draw note -1

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.



HOLE 4



A

$\text{♩} = 100$

4 times

gliss. *gliss.*

4
A

4
G#

4
A

4
G#

4
A

4
G#

B

4 times

gliss. *gliss.*

110,120,130,140,150,160,170,180,190,200.

4
G#

4
A

4
G#

4
A

4
G#

4
A

Start over from **A** 10 times

HOLE: 4**Harmonic Key: G****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.

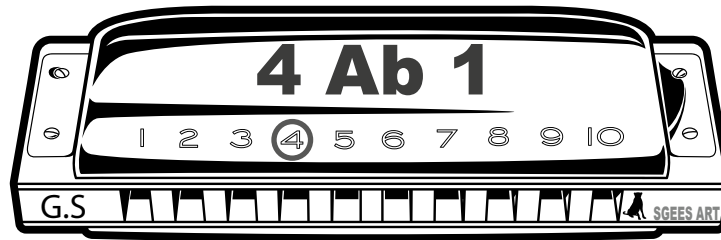
- **Green:** draw note
- **Yellow:** draw note -1

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.



HOLE 4



110,120,130,140,150,160,170,180,190,200.
Start over from **A** 10 times

HOLE: 4**Harmonic Key: Ab****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 A#, applying the glissando (gradual bending of the note), descend to A and then return to A#, always with a glissando effect. Followed by three direct notes A, A#, A.**B)** Starting from A, applying the glissando (gradual bending of the note), ascend to A# and then return to A, always with a glissando effect. Followed by three direct notes A#, A, 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.

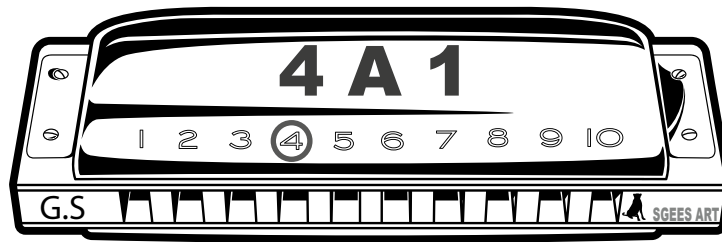
- **Green:** draw note
- **Yellow:** draw note -1

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.



HOLE 4



110,120,130,140,150,160,170,180,190,200.
 Start over from **A** 10 times

HOLE: 4**Harmonic Key: A****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 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.

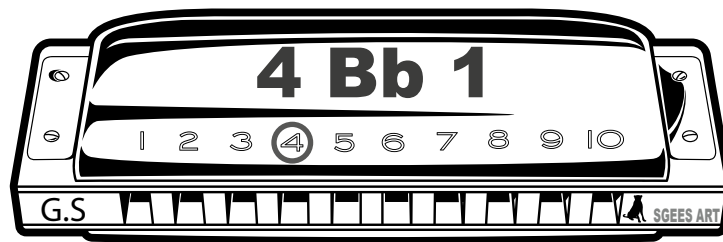
- **Green:** draw note
- **Yellow:** draw note -1

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 4



A

$\text{♩} = 100$

gliss. *gliss.* 4 times

B

gliss. *gliss.* 4 times

110, 120, 130, 140, 150, 160, 170, 180, 190, 200.

Start over from **A** 10 times

HOLE: 4**Harmonic Key: Bb****Note to obtain with bending: B (-1)****Exercise goal:** Master the exact intonation of the note B, 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 C, applying the glissando (gradual bending of the note), descend to B and then return to C, always with a glissando effect. Followed by three direct notes B, C, B.**B)** Starting from B, applying the glissando (gradual bending of the note), ascend to C and then return to B, always with a glissando effect. Followed by three direct notes C, B, C.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.

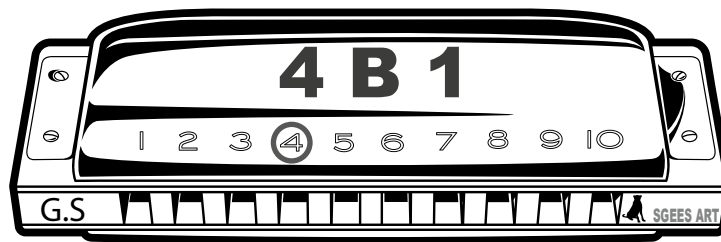
- **Green:** draw note
- **Yellow:** draw note -1

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 4

**HOLE: 4****Harmonic Key: B****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 C#, applying the glissando (gradual bending of the note), descend to C and then return to C#, always with a glissando effect. Followed by three direct notes C, C#, C.

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

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

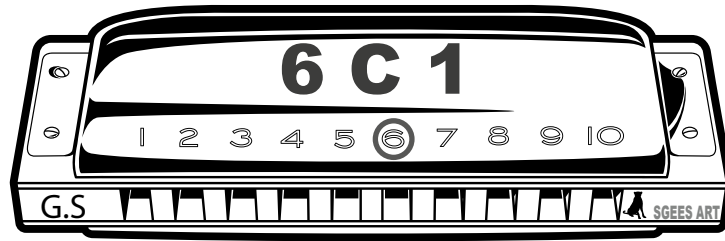
Following the symbols descending on the harmonica diagram, the notes are played as soon as they touch the orange zone corresponding to the hole number and held for the entire time they are visible.

Enjoy your practice.

HOLE 6



HOLE 6



8va

A

gliss. *gliss.*

4 times

6
A

6
G#

6
A

6
G#

6
A

6
G#

8va

B

gliss. *gliss.*

4 times

110,120,130,140,150,160,170,180,190,200.

Start over from **A** 10 times

6
G#

6
A

6
G#

6
A

6
G#

6
A

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.

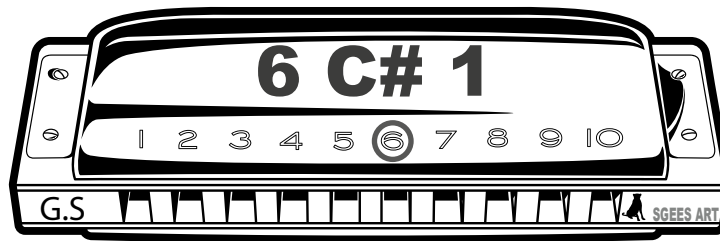
- **Green:** draw note
- **Yellow:** draw note -1

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.



HOLE 6



8va

♩ = 100

4 times

6 A#

6 A

6 A#

6 A

6 A#

6 A

8va

4 times

110,120,130,140,150,160,170,180,190,200.

Start over from A 10 times

6 A

6 A#

6 A

6 A#

6 A

6 A#

Musical notation for Exercise A and B, including fingerings and glissando markings.

HOLE: 6**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 A#, applying the glissando (gradual bending of the note), descend to A and then return to A#, always with a glissando effect. Followed by three direct notes A, A#, A.**B)** Starting from A, applying the glissando (gradual bending of the note), ascend to A# and then return to A, always with a glissando effect. Followed by three direct notes A#, A, 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.

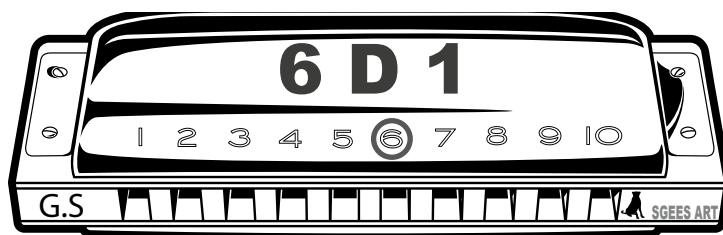
- **Green:** draw note
- **Yellow:** draw note -1

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.



HOLE 6



8va

gliss.

4 times

6 B

6 A#

6 B

6 A# B

6 A#

8va

gliss.

4 times

6 A#

6 B

6 A#

6 B

6 A# B

110,120,130,140,150,160,170,180,190,200.

Start over from A 10 times

HOLE: 6**Harmonic Key: D****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 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.

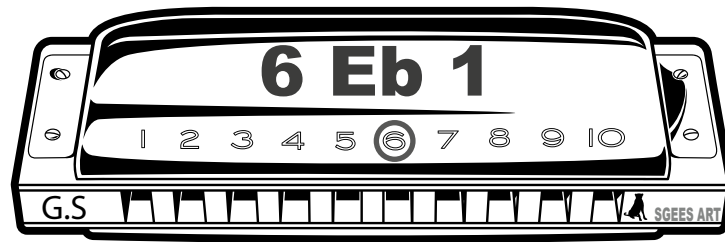
- **Green:** draw note
- **Yellow:** draw note -1

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 6



8va

♩ = 100

A

gliss. *gliss.*

4 times

6
C

6
B

6
C

6
B

6
C

6
B

8va

B

gliss. *gliss.*

4 times

110,120,130,140,150,160,170,180,190,200.

Start over from **A** 10 times

HOLE: 6**Harmonic Key: Eb****Note to obtain with bending: B (-1)****Exercise goal:** Master the exact intonation of the note B, 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 C, applying the glissando (gradual bending of the note), descend to B and then return to C, always with a glissando effect. Followed by three direct notes B, C, B.**B)** Starting from B, applying the glissando (gradual bending of the note), ascend to C and then return to B, always with a glissando effect. Followed by three direct notes C, B, C.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.

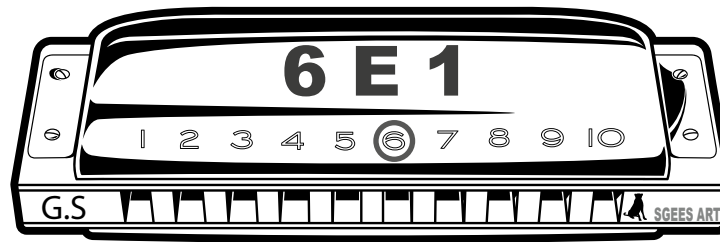
- **Green:** draw note
- **Yellow:** draw note -1

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 6



8^{va}-----

A *gliss.* *gliss.* 4 times

6
C#

6
C

6
C#

6
C

6
C#

6
C

8^{va}-----

B *gliss.* *gliss.* 4 times

6
C

6
C#

6
C

6
C#

6
C

6
C#

110,120,130,140,150,160,170,180,190,200.

Start over from **A** 10 times

HOLE: 6**Harmonic Key: E****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 C#, applying the glissando (gradual bending of the note), descend to C and then return to C#, always with a glissando effect. Followed by three direct notes C, C#, C.**B)** Starting from C, applying the glissando (gradual bending of the note), ascend to C# and then return to C, always with a glissando effect. Followed by three direct notes C#, C, C#.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.

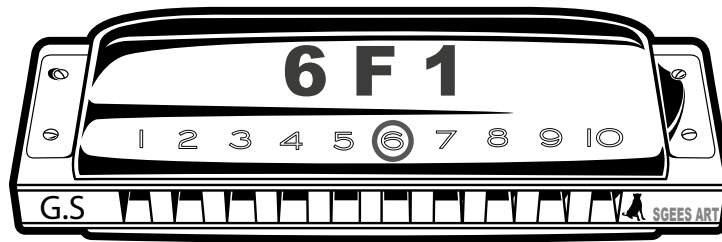
- **Green:** draw note
- **Yellow:** draw note -1

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 6



8^{va} $\text{♩} = 100$

A *gliss.* *gliss.* 4 times

6 D 6 C# 6 D 6 C# 6 D 6 C#

8^{va} 4 times

B *gliss.* *gliss.* 110,120,130,140,150,160,170,180,190,200.

Start over from **A** 10 times

6 C# 6 D 6 C# 6 D 6 C# 6 D

HOLE: 6**Harmonic Key: F****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.

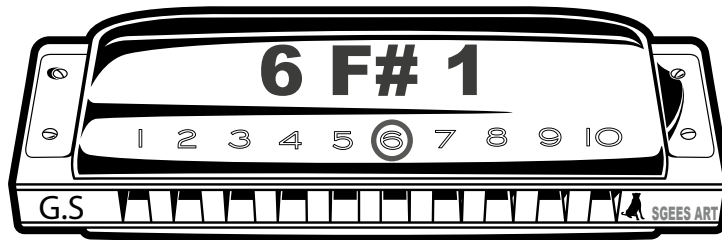
- **Green:** draw note
- **Yellow:** draw note -1

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.



HOLE 6



8va $\text{♩} = 100$ 4 times

A gliss. gliss. 4 times

6 D# 6 D 6 D# 6 D 6 D# 6 D

8va **B** gliss. gliss. 4 times

6 D 6 D# 6 D 6 D# 6 D 6 D#

110,120,130,140,150,160,170,180,190,200.
Start over from **A** 10 times

HOLE: 6**Harmonic Key: F#****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 D#, applying the glissando (gradual bending of the note), descend to D and then return to D#, always with a glissando effect. Followed by three direct notes D, D#, D.**B)** Starting from D, applying the glissando (gradual bending of the note), ascend to D# and then return to D, always with a glissando effect. Followed by three direct notes D#, D, 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.

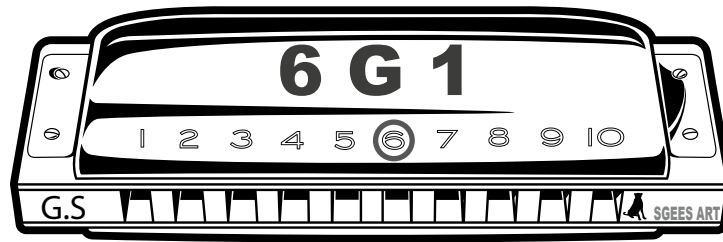
- **Green:** draw note
- **Yellow:** draw note -1

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 6

**HOLE: 6****Harmonic Key: G****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 green and yellow.

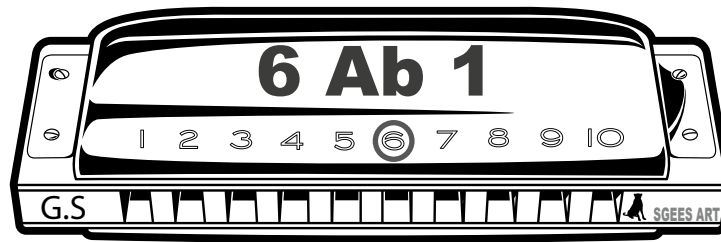
- **Green:** draw note
- **Yellow:** draw note -1

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 6



Exercise A: Musical notation for Hole 6. The exercise starts with a treble clef, a 4/4 time signature, and a metronome icon. The tempo is marked as ♩ = 100. The exercise begins with a series of rests (X's) on the staff. The first part, labeled 'A', consists of a glissando from F to E and back to F, followed by three direct notes: E, F, E. This sequence is repeated 4 times. The notes are indicated by a box with '6' and the note name (F or E) in green or yellow.

Exercise B: Musical notation for Hole 6. The exercise starts with a treble clef, a 4/4 time signature, and a metronome icon. The tempo is marked as ♩ = 100. The exercise begins with a series of rests (X's) on the staff. The first part, labeled 'B', consists of a glissando from E to F and back to E, followed by three direct notes: F, E, F. This sequence is repeated 4 times. The notes are indicated by a box with '6' and the note name (E or F) in yellow or green. The exercise ends with a series of rests (X's) on the staff, with a metronome icon and the tempo markings 110, 120, 130, 140, 150, 160, 170, 180, 190, 200. Below the rests, it says 'Start over from A 10 times'.

HOLE: 6**Harmonic Key: Ab****Note to obtain with bending: E (-1)****Exercise goal:** Master the exact intonation of the note E, 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 F, applying the glissando (gradual bending of the note), descend to E and then return to F, always with a glissando effect. Followed by three direct notes E, F, E.**B)** Starting from E, applying the glissando (gradual bending of the note), ascend to F and then return to E, always with a glissando effect. Followed by three direct notes F, E, F.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.

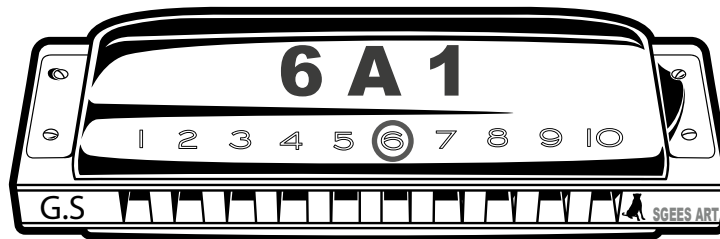
- **Green:** draw note
- **Yellow:** draw note -1

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 6

**HOLE: 6****Harmonic Key: A****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 F#, applying the glissando (gradual bending of the note), descend to F and then return to F#, always with a glissando effect. Followed by three direct notes F, F#, F.

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

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.

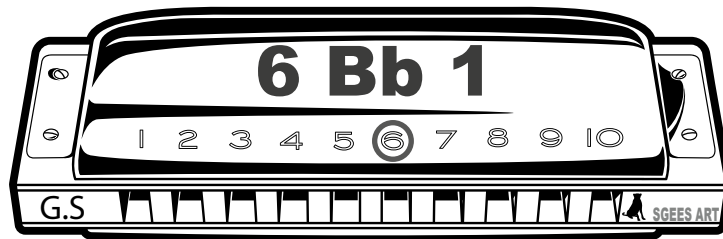
- **Green:** draw note
- **Yellow:** draw note -1

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 6

**HOLE: 6****Harmonic Key: Bb1****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 green and yellow.

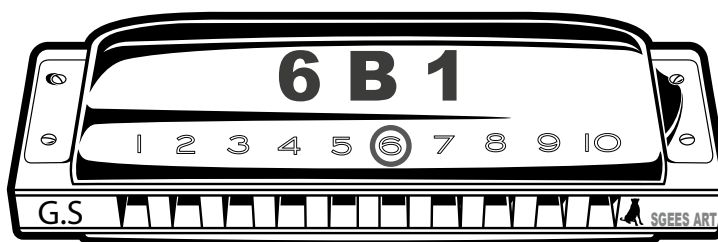
- **Green:** draw note
- **Yellow:** draw note -1

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 6

**HOLE: 6****Harmonic Key: B****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 G#, applying the glissando (gradual bending of the note), descend to G and then return to G#, always with a glissando effect. Followed by three direct notes G, G#, G.

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

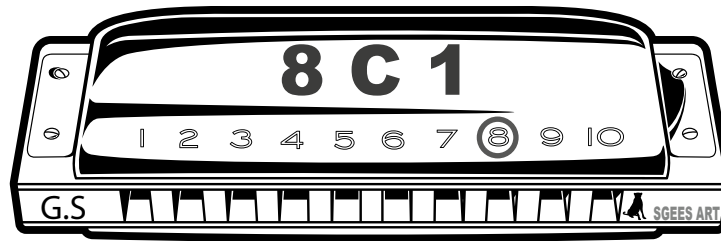
Following the symbols descending on the harmonica diagram, the notes are played as soon as they touch the orange zone corresponding to the hole number and held for the entire time they are visible.

Enjoy your practice.

HOLE 8



HOLE 8

**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.

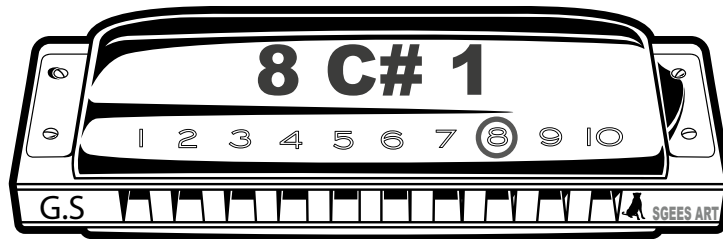
The colors used in this exercise are red and brown.

- **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.

HOLE 8



A *8^{va}* *gliss. gliss.* 4 times

8 F 8 E 8 F 8 E 8 F 8 E

B *8^{va}* *gliss. gliss.* 4 times

8 E 8 F 8 E 8 F 8 E 8 F

110,120,130,140,150,160,170,180,190,200.
Start over from **A** 10 times

HOLE: 8

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

Exercise goal: Master the exact intonation of the note E, 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 F, applying the glissando (gradual bending of the note), descend to E and then return to F, always with a glissando effect. Followed by three direct notes E, F, E.

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

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.

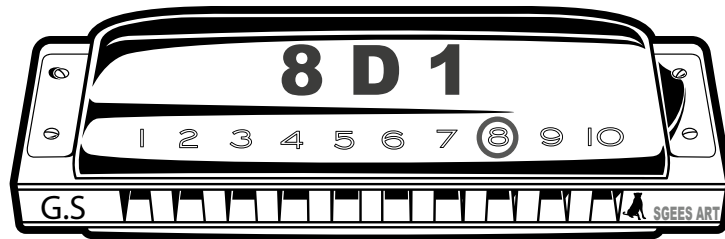
- **Red:** blow note
- **Brown:** blow note -1

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 8



A *8va* *gliss.* *gliss.* 4 times

B *8va* *gliss.* *gliss.* 4 times

110,120,130,140,150,160,170,180,190,200.
Start over from **A** 10 times

HOLE: 8**Harmonic Key: D****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 F#, applying the glissando (gradual bending of the note), descend to F and then return to F#, always with a glissando effect. Followed by three direct notes F, F#, F.

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

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.

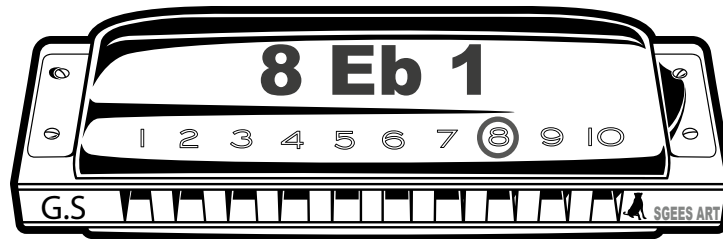
- **Red:** blow note
- **Brown:** blow note -1

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 8



A *8va* *gliss.* *gliss.* 4 times

B *8va* *gliss.* *gliss.* 4 times

Start over from **A** 10 times

HOLE: 8**Harmonic Key: Eb****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 8

**HOLE: 8****Harmonic Key: E****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 G#, applying the glissando (gradual bending of the note), descend to G and then return to G#, always with a glissando effect. Followed by three direct notes G, G#, G.

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

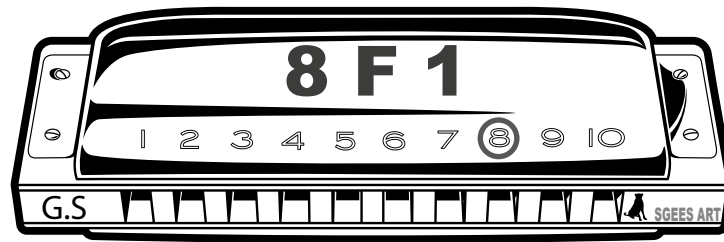
- **Red:** blow note
- **Brown:** blow note -1

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 8



A *8^{va} gliss. gliss.* $\text{♩} = 100$ 4 times

B *8^{va} gliss. gliss.* 4 times 110,120,130,140,150,160,170,180,190,200.

Start over from **A** 10 times

HOLE: 8**Harmonic Key:****F 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 red and brown.

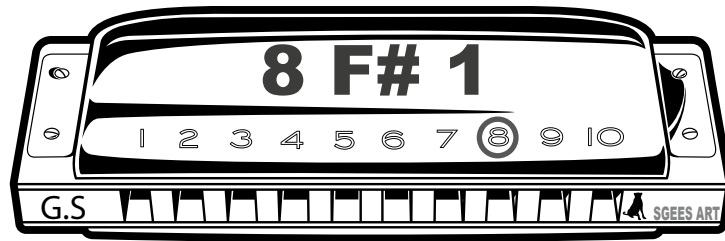
- **Red:** blow note
- **Brown:** blow note -1

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 8

**HOLE: 8****Harmonic Key: F#****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 A#, applying the glissando (gradual bending of the note), descend to A and then return to A#, always with a glissando effect. Followed by three direct notes A, A#, A.

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

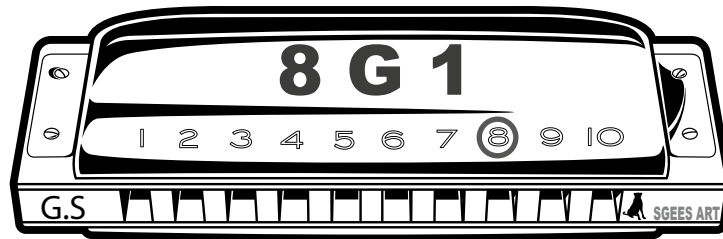
- **Red:** blow note
- **Brown:** blow note -1

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 8



8va

gliss.

gliss.

4 times

8

B

8

A#

8

B

8

A#

8

B

8

A#

8va

gliss.

gliss.

4 times

8

A#

8

B

8

A#

8

B

8

B

110,120,130,140,150,160,170,180,190,200.

Start over from A 10 times

HOLE: 8**Harmonic Key: G****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** 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.

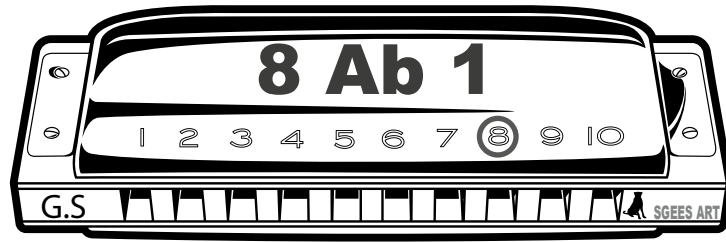
- **Red:** blow note
- **Brown:** blow note -1

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.



FORO 8

**HOLE: 8****Harmonic Key: Ab****Note to obtain with bending: B (-1)****Exercise goal:** Master the exact intonation of the note B, 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 C, applying the glissando (gradual bending of the note), descend to B and then return to C, always with a glissando effect. Followed by three direct notes B, C, B.

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

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.

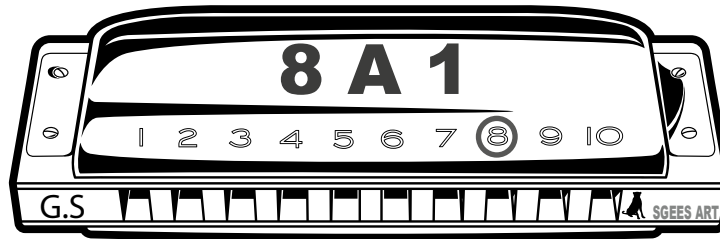
- **Red:** blow note
- **Brown:** blow note -1

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.



FORO 8

**HOLE: 8****Harmonic Key: A****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 C#, applying the glissando (gradual bending of the note), descend to C and then return to C#, always with a glissando effect. Followed by three direct notes C, C#, C.

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

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.

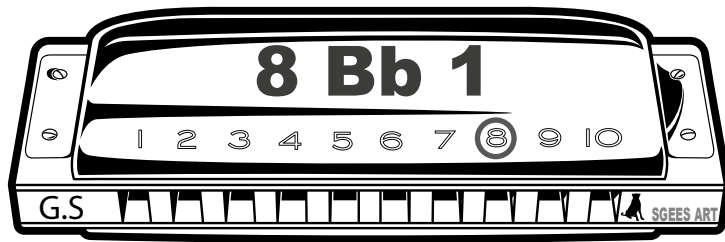
- **Red:** blow note
- **Brown:** blow note -1

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 8



110, 120, 130, 140, 150, 160, 170, 180, 190, 200.
 Start over from **A** 10 times

HOLE: 8**Harmonic Key: Bb****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 red and brown.

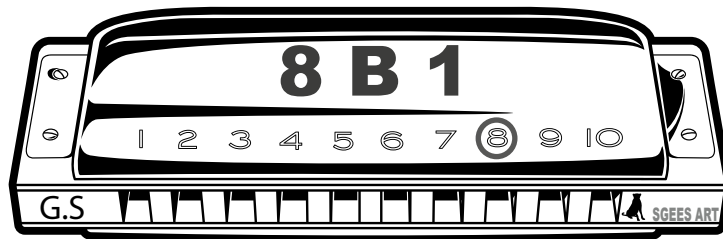
- **Red:** blow note
- **Brown:** blow note -1

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 8



110,120,130,140,150,160,170,180,190,200.
Start over from **A** 10 times

HOLE: 8**Harmonic Key: B****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 D#, applying the glissando (gradual bending of the note), descend to D and then return to D#, always with a glissando effect. Followed by three direct notes D, D#, D.

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

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

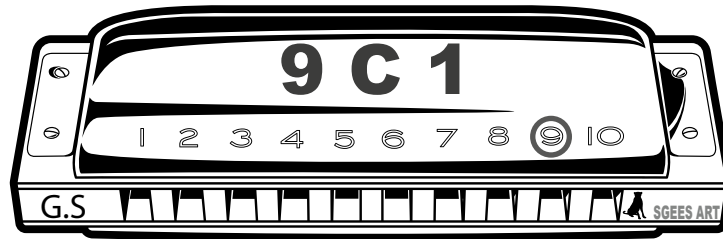
Following the symbols descending on the harmonica diagram, the notes are played as soon as they touch the orange zone corresponding to the hole number and held for the entire time they are visible.

Enjoy your practice.

HOLE 9



HOLE 9



15^{ma} **A** $\text{♩} = 100$ 4 times

15^{ma} **B** 4 times 110,120,130,140,150,160,170,180,190,200.

Start over from **A** 10 times

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.

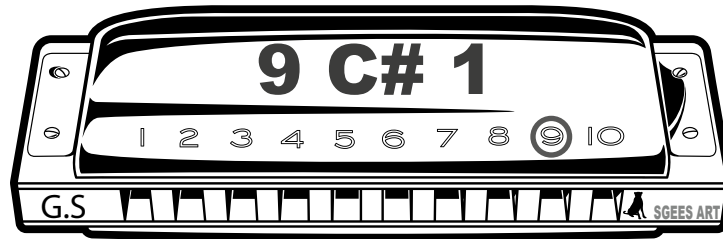
- **Red:** blow note
- **Brown:** blow note -1

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 9



15^{ma} $\text{♩} = 100$ **A** *gliss.* *gliss.* *gliss.* *gliss.* *gliss.* *gliss.* 4 times

B 15^{ma} *gliss.* *gliss.* *gliss.* *gliss.* *gliss.* *gliss.* 4 times 110,120,130,140,150,160,170,180,190,200. Start over from **A** 10 times

9 G# 9 G 9 G# 9 G 9 G# 9 G

9 G 9 G# 9 G 9 G# 9 G

HOLE: 9**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 G#, applying the glissando (gradual bending of the note), descend to G and then return to G#, always with a glissando effect. Followed by three direct notes G, G#, G.**B)** Starting from G, applying the glissando (gradual bending of the note), ascend to G# and then return to G, always with a glissando effect. Followed by three direct notes G#, G, 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.

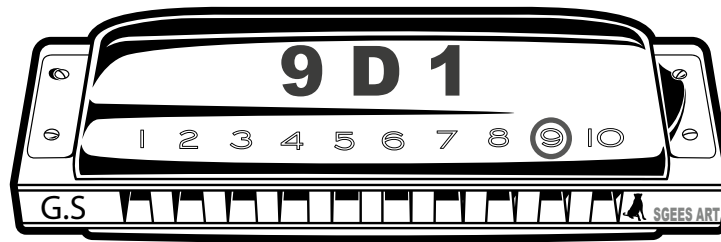
- **Red:** blow note
- **Brown:** blow note -1

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 9



15^{ma}

♩ = 100

A

4 times

9 A

9 G#

9 A

9 G#

9 A

9 G#

15^{ma}

B

4 times

110,120,130,140,150,160,170,180,190,200.

Start over from A 10 times

9 G#

9 A

9 G#

9 A

9 G#

9 A

HOLE: 9**Harmonic Key: D****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 red and brown.

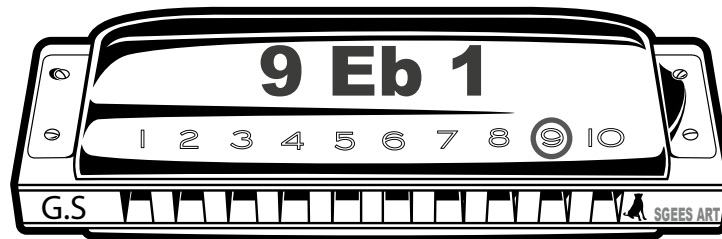
- **Red:** blow note
- **Brown:** blow note -1

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 9



15^{ma} **A** *gliss.* *gliss.* 4 times

15^{ma} **B** *gliss.* *gliss.* 4 times 110,120,130,140,150,160,170,180,190,200.

Start over from **A** 10 times

HOLE: 9**Harmonic Key: Eb****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 A#, applying the glissando (gradual bending of the note), descend to A and then return to A#, always with a glissando effect. Followed by three direct notes A, A#, A.**B)** Starting from A, applying the glissando (gradual bending of the note), ascend to A# and then return to A, always with a glissando effect. Followed by three direct notes A#, A, 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 red and brown.

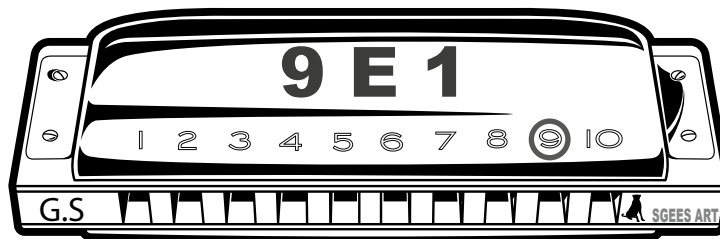
- **Red:** blow note
- **Brown:** blow note -1

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 9



15ma

A *gliss.* *gliss.* 4 times

9 B 9 A# 9 B 9 A# 9 B 9 A#

B 15ma *gliss.* *gliss.* 4 times

9 A# 9 B 9 A# 9 B 9 A# 9 B

110,120,130,140,150,160,170,180,190,200.

Start over from **A** 10 times

HOLE: 9**Harmonic Key: E****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** 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.

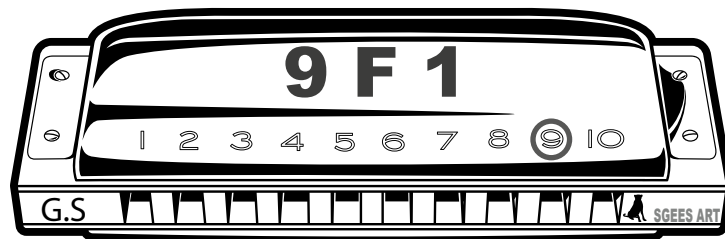
- **Red:** blow note
- **Brown:** blow note -1

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 9



15^{ma} gliss. gliss. 4 times

15^{ma} gliss. gliss. 4 times 110,120,130,140,150,160,170,180,190,200.

Start over from **A** 10 times

HOLE: 9**Harmonic Key: F****Note to obtain with bending: B (-1)****Exercise goal:** Master the exact intonation of the note B, 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 C, applying the glissando (gradual bending of the note), descend to B and then return to C, always with a glissando effect. Followed by three direct notes B, C, B.**B)** Starting from B, applying the glissando (gradual bending of the note), ascend to C and then return to B, always with a glissando effect. Followed by three direct notes C, B, C.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.

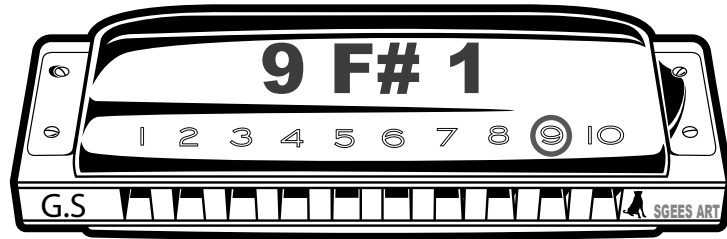
- **Red:** blow note
- **Brown:** blow note -1

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 9



15^{ma} **A** *gliss.* *gliss.* 4 times

9 C# 9 C 9 C# 9 C 9 C# 9 C

15^{ma} **B** *gliss.* *gliss.* 4 times 110,120,130,140,150,160,170,180,190,200.

9 C 9 C# 9 C 9 C# 9 C 9 C#

Start over from **A** 10 times

HOLE: 9**Harmonic Key: F#****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 C#, applying the glissando (gradual bending of the note), descend to C and then return to C#, always with a glissando effect. Followed by three direct notes C, C#, C.**B)** Starting from C, applying the glissando (gradual bending of the note), ascend to C# and then return to C, always with a glissando effect. Followed by three direct notes C#, C, C#.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.

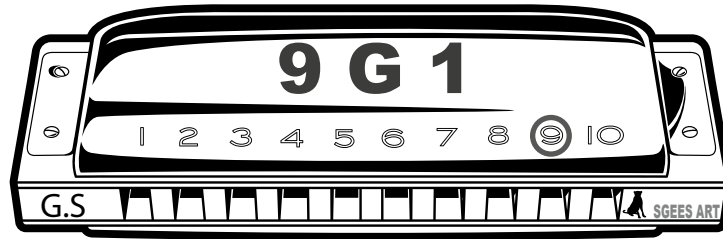
- **Red:** blow note
- **Brown:** blow note -1

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 9



8va

A gliss. gliss. 4 times

8va

B gliss. gliss. 4 times

110,120,130,140,150,160,170,180,190,200.

Start over from **A** 10 times

HOLE: 9**Harmonic Key: G****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 red and brown.

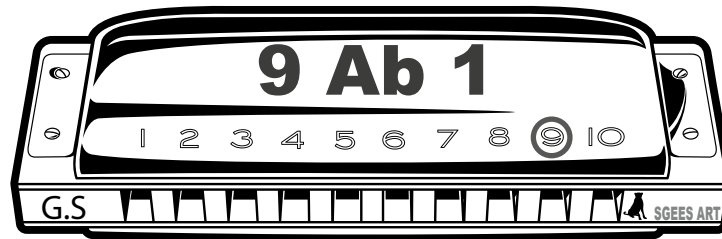
- **Red:** blow note
- **Brown:** blow note -1

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 9



8va

♩ = 100

A gliss. gliss. 4 times

8va

B gliss. gliss. 4 times

110,120,130,140,150,160,170,180,190,200.

Start over from **A** 10 times

HOLE: 9**Harmonic Key: Ab****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 D#, applying the glissando (gradual bending of the note), descend to D and then return to D#, always with a glissando effect. Followed by three direct notes D, D#, D.**B)** Starting from D, applying the glissando (gradual bending of the note), ascend to D# and then return to D, always with a glissando effect. Followed by three direct notes D#, D, 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 red and brown.

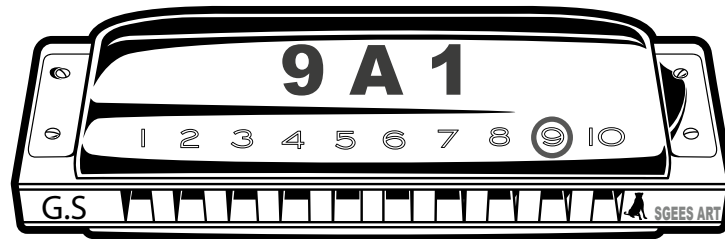
- **Red:** blow note
- **Brown:** blow note -1

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 9



8va

gliss. gliss.

4 times

♩ = 100

9 E

9 D#

9 E

9 D#

9 E

9 D#

8va

gliss. gliss.

4 times

110,120,130,140,150,160,170,180,190,200.

Start over from A 10 times

9 D#

9 E

9 D#

9 E

9 D#

9 E

HOLE: 9**Harmonic Key: A****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.

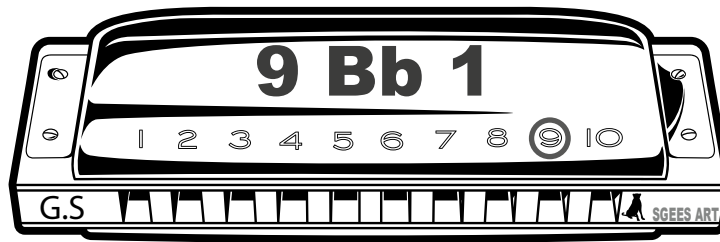
- **Red:** blow note
- **Brown:** blow note -1

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.



HOLE 9



110,120,130,140,150,160,170,180,190,200.
Start over from **A** 10 times

HOLE: 9**Harmonic Key: Bb****Note to obtain with bending: E (-1)****Exercise goal:** Master the exact intonation of the note E, 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 F, applying the glissando (gradual bending of the note), descend to E and then return to F, always with a glissando effect. Followed by three direct notes E, F, E.**B)** Starting from E, applying the glissando (gradual bending of the note), ascend to F and then return to E, always with a glissando effect. Followed by three direct notes F, E, F.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.

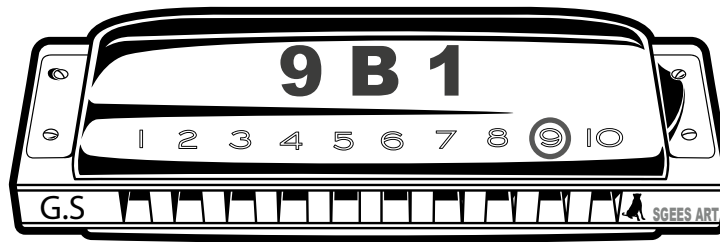
- **Red:** blow note
- **Brown:** blow note -1
-

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 9



8va
♩ = 100
A
gliss. gliss. 4 times

9 F# 9 F 9 F# 9 F 9 F

8va
B
gliss. gliss. 4 times

9 F 9 F# 9 F 9 F# 9 F#

110,120,130,140,150,160,170,180,190,200.
Start over from A 10 times

HOLE: 9**Harmonic Key: B****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 F#, applying the glissando (gradual bending of the note), descend to F and then return to F#, always with a glissando effect. Followed by three direct notes F, F#, F.**B)** Starting from F, applying the glissando (gradual bending of the note), ascend to F# and then return to F, always with a glissando effect. Followed by three direct notes F#, F, F#.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

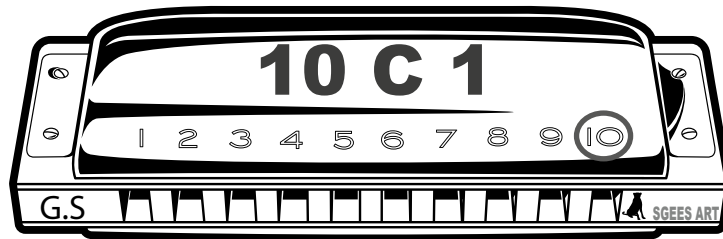
Following the symbols descending on the harmonica diagram, the notes are played as soon as they touch the orange zone corresponding to the hole number and held for the entire time they are visible.

Enjoy your practice.

HOLE 10



HOLE 10



15^{ma} $\text{♩} = 120$ **A** *gliss.* *gliss.* *gliss.* *gliss.* 4 times

10 C 10 B 10 A# 10 B 10 C 10 B 10 A# 10 B 10 C

15^{ma} **B** *gliss.* *gliss.* *gliss.* *gliss.* 4 times 120, 130, 140

10 A# 10 B 10 C 10 B 10 A# 10 A# 10 B 10 C 10 B 10 A#

Start over from **A** 3 times

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.

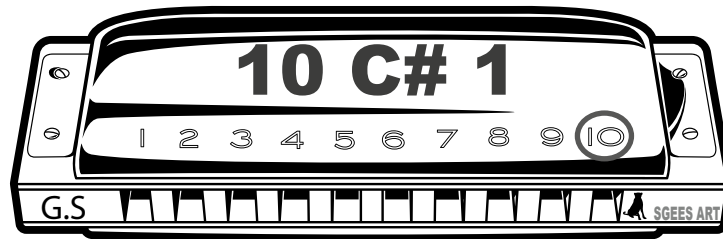
- **Red:** blow note
- **Brown:** blow note -1
- **Blue:** blow note -2

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.



HOLE 10



15^{ma} **A** *gliss.* *gliss.* *gliss.* *gliss.* 4 times

10 C# 10 C 10 B 10 C 10 C# 10 C# 10 C 10 B 10 C 10 C#

15^{ma} **B** *gliss.* *gliss.* *gliss.* 4 times 120,130,140

10 B 10 C 10 C# 10 C 10 B 10 B 10 C 10 C# 10 C 10 B

Start over from **A** 3 times

HOLE: 10**Harmonic Key: C#****Notes to obtain with bending: C, B (-1, -2)****Exercise goal:** Master the exact intonation of the notes C and B, 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 C and then to B before returning first to C and then to C#, always with a glissando effect. Followed by five direct notes C#, C, B, C, C#.**B)** Starting from B, applying the glissando (gradual bending of the notes), ascend first to C and then to C#, always with a glissando effect before returning first to C and then to B, always with a glissando effect. Followed by five direct notes B, C, C#, C, B.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.

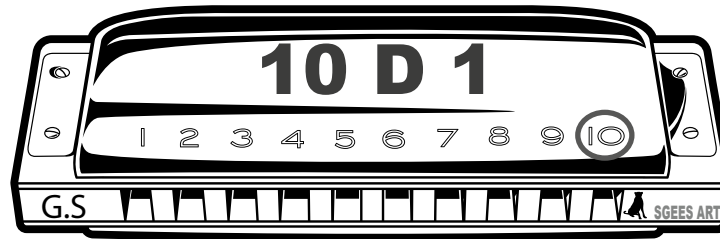
- **Red:** blow note
- **Brown:** blow note -1
- **Blue:** blow note -2

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.



HOLE 10



15^{ma} $\text{♩} = 120$ **A** *gliss.* *gliss.* *gliss.* *gliss.* 4 times

15^{ma} **B** *gliss.* *gliss.* *gliss.* *gliss.* 4 times $\text{♩} = 120, 130, 140$

Start over from **A** 3 times

HOLE: 10**Harmonic Key: D****Notes to obtain with bending: C#, C (-1, -2)**

Exercise goal: Master the exact intonation of the notes C# and C, 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 D, applying the glissando (gradual bending of the notes), descend to C# and then to C before returning first to C# and then to D, always with a glissando effect. Followed by five direct notes D, C#, C, C#, D.

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

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.

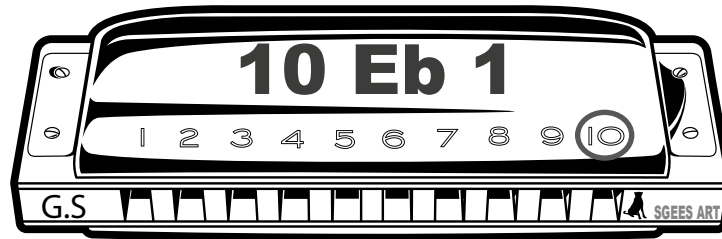
- **Red:** blow note
- **Brown:** blow note -1
- **Blue:** blow note -2

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.



HOLE 10



15^{ma} $\text{♩} = 120$ *gliss.* *gliss.* *gliss.* *gliss.* 4 times

10 D# 10 D 10 C# 10 D 10 D# 10 D 10 C# 10 D 10 D#

15^{ma} *gliss.* *gliss.* *gliss.* 4 times $\text{♩} = 120, 130, 140$

10 C# 10 D 10 D# 10 D 10 C# 10 C# 10 D 10 D# 10 D 10 C#

Start over from A 3 times

HOLE: 10**Harmonic Key: Eb****Notes to obtain with bending: D, C# (-1, -2)****Exercise goal:** Master the exact intonation of the notes D and C#, 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 D#, applying the glissando (gradual bending of the notes), descend to D and then to C# before returning first to D and then to D#, always with a glissando effect. Followed by five direct notes D#, D, C#, D, D#.

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

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.

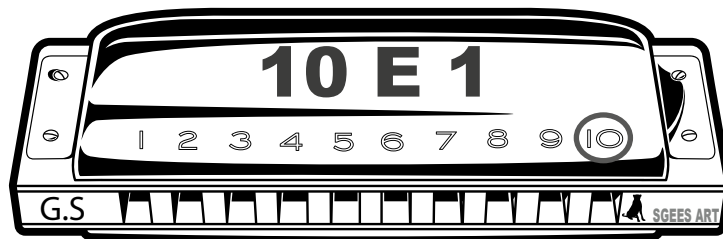
- **Red:** blow note
- **Brown:** blow note -1
- **Blue:** blow note -2

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.



HOLE 10



15^{ma} $\text{♩} = 120$

gliss. *gliss.* *gliss.* *gliss.* 4 times

10 E 10 D# 10 D 10 D# 10 E 10 E 10 D# 10 D 10 D# 10 E

15^{ma}

gliss. *gliss.* *gliss.* *gliss.* 4 times

10 D 10 D# 10 E 10 D# 10 D 10 D 10 D# 10 E 10 D# 10 D

120, 130, 140
Start over from A 3 times

HOLE: 10**Harmonic Key: E****Notes to obtain with bending: D#, D (-1, -2)****Exercise goal:** Master the exact intonation of the notes D# and D, 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 E, applying the glissando (gradual bending of the notes), descend to D# and then to D before returning first to D# and then to E, always with a glissando effect. Followed by five direct notes E, D#, D, D#, E.

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

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.

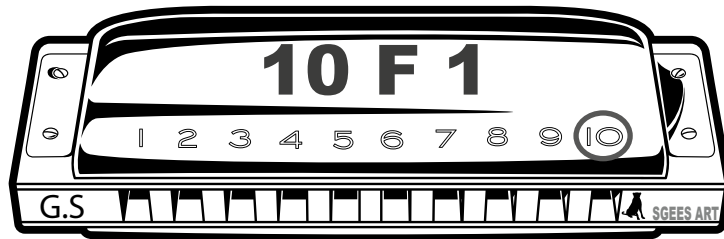
- **Red:** blow note
- **Brown:** blow note -1
- **Blue:** blow note -2

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.



HOLE 10



15^{ma} $\text{♩} = 120$ *gliss.* *gliss.* *gliss.* *gliss.* 4 times

10 F 10 E 10 D# 10 E 10 F 10 F 10 E 10 D# 10 E 10 F

15^{ma} *gliss.* *gliss.* *gliss.* *gliss.* 4 times 120,130,140

10 D# 10 E 10 F 10 E 10 D# 10 D# 10 E 10 F 10 E 10 D#

Start over from A 3 times

HOLE: 10**Harmonic Key: F****Notes to obtain with bending: E, D# (-1, -2)****Exercise goal:** Master the exact intonation of the notes E and D#, 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 F, applying the glissando (gradual bending of the notes), descend to E and then to D# before returning first to E and then to F, always with a glissando effect. Followed by five direct notes F, E, D#, E, F.

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

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.

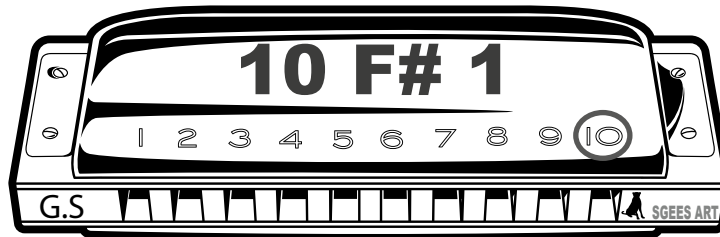
- **Red:** blow note
- **Brown:** blow note -1
- **Blue:** blow note -2

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.



HOLE 10



15^{ma}

gliss. gliss. gliss. gliss. 4 times

10 F# 10 F 10 E 10 F 10 F# 10 F 10 E 10 F 10 F#

15^{ma}

gliss. gliss. gliss. 4 times 120,130,140

10 E 10 F 10 F# 10 F 10 E 10 E 10 F 10 F# 10 F 10 E

Start over from A 3 times

HOLE: 10**Harmonic Key: F#****Notes to obtain with bending: F, E (-1, -2)**

Exercise goal: Master the exact intonation of the notes F and E, 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 F#, applying the glissando (gradual bending of the notes), descend to F and then to E before returning first to F and then to F#, always with a glissando effect. Followed by five direct notes F#, F, E, F, F#.

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

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.

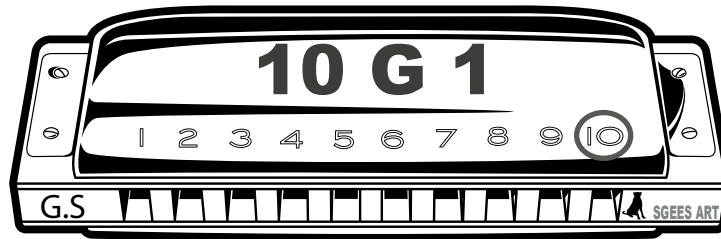
- **Red:** blow note
- **Brown:** blow note -1
- **Blue:** blow note -2

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.



HOLE 10


HOLE: 10**Harmonic Key: G****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 before returning 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 before returning 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 **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.

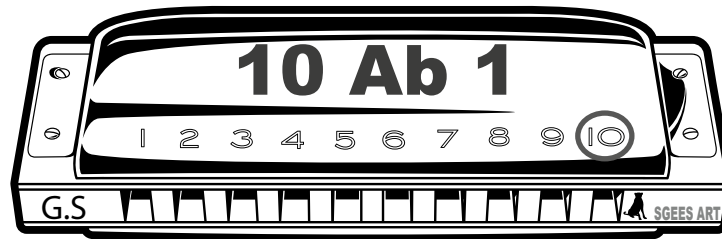
- **Red:** blow note
- **Brown:** blow note -1
- **Blue:** blow note -2

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.



HOLE 10



15^{ma}

gliss. *gliss.* *gliss.* *gliss.* 4 times

10 G# 10 G 10 F# 10 G 10 G# 10 G# 10 G 10 F# 10 G 10 G#

15^{ma}

gliss. *gliss.* *gliss.* 4 times 120,130,140

10 F# 10 G 10 G# 10 G 10 F# 10 F# 10 G 10 G# 10 G 10 F#

Start over from A 3 times

HOLE: 10**Harmonic Key: Ab****Notes to obtain with bending: G, F# (-1, -2)****Exercise goal:** Master the exact intonation of the notes G 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 Ab, applying the glissando (gradual bending of the notes), descend to G and then to F# before returning first to G and then to Ab, always with a glissando effect. Followed by five direct notes Ab, G, F#, G, Ab.

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

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.

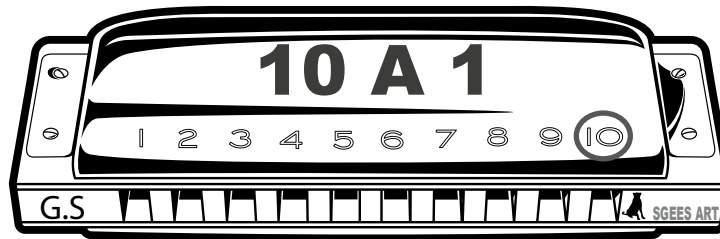
- **Red:** blow note
- **Brown:** blow note -1
- **Blue:** blow note -2

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.



HOLE 10



15^{ma}

$\text{♩} = 120$

A

gliss. *gliss.* *gliss.* *gliss.*

4 times

15^{ma}

B

gliss. *gliss.* *gliss.* *gliss.*

4 times

120,130,140

Start over from **A** 3 times

HOLE: 10**Harmonic Key: A****Notes to obtain with bending: G#, G (-1, -2)**

Exercise goal: Master the exact intonation of the notes G# 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 A, applying the glissando (gradual bending of the notes), descend to G# and then to G before returning first to G# and then to A, always with a glissando effect. Followed by five direct notes A, G#, G, G#, A.

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

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.

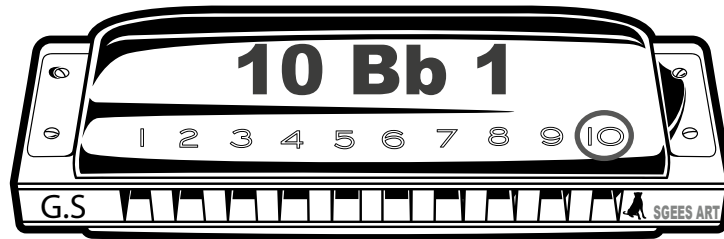
- **Red:** blow note
- **Brown:** blow note -1
- **Blue:** blow note -2

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.



HOLE 10



15^{ma} $\text{♩} = 120$ **A** *gliss.* *gliss.* *gliss.* *gliss.* 4 times

10 A# 10 A 10 G# 10 A 10 A# 10 A 10 G# 10 A 10 A#

15^{ma} **B** *gliss.* *gliss.* *gliss.* 4 times 120,130,140

10 G# 10 A 10 A# 10 A 10 G# 10 G# 10 A 10 A# 10 A 10 G#

Start over from **A** 3 times

HOLE: 10**Harmonic Key: Bb****Notes to obtain with bending: A, G# (-1, -2)**

Exercise goal: Master the exact intonation of the notes 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 Bb, applying the glissando (gradual bending of the notes), descend to A and then to G# before returning first to A and then to Bb, always with a glissando effect. Followed by five direct notes Bb, A, G#, A, Bb.

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

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.

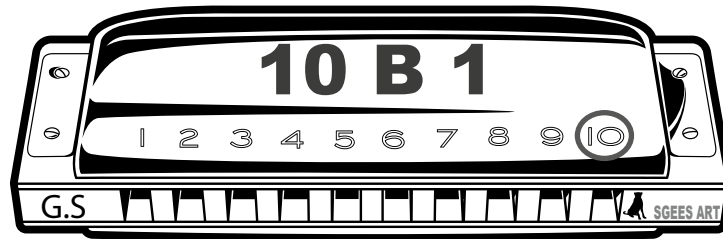
- **Red:** blow note
- **Brown:** blow note -1
- **Blue:** blow note -2

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.



HOLE 10



Exercise A: $\text{♩} = 120$ **A** 15^{ma} *gliss.* *gliss.* *gliss.* *gliss.* 4 times

Exercise B: 15^{ma} **B** *gliss.* *gliss.* *gliss.* *gliss.* 4 times $120, 130, 140$

Start over from **A** 3 times

HOLE: 10**Harmonic Key: B****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 before returning first to A# and then 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 first to A# and then to B, always with a glissando effect before returning first to A# and then 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 **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.

HBBQR

HARMONICA BENDING QUICK REFERENCE

<https://hbbqr.com>



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