

Harmonica Bending Book Quick Reference

HBBQR

14 Bending Guides



SGEES ART

P R E F A C E

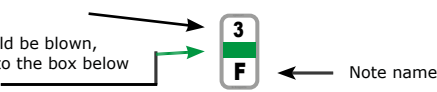
The aim of this guide is to continuously verify, using a diatonic harmonica in the key of
C
the exact audio reference for correct intonation using the bending technique.

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

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

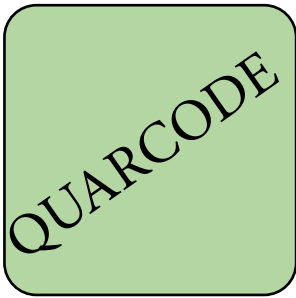
To facilitate understanding even for those who cannot read music, these short scores use some simplifications. The key signature, typically indicated by sharps (#) or flats (b) at the beginning of the staff, is not shown. Instead, only sharp (#) symbols are used when necessary. Below each note, there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

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

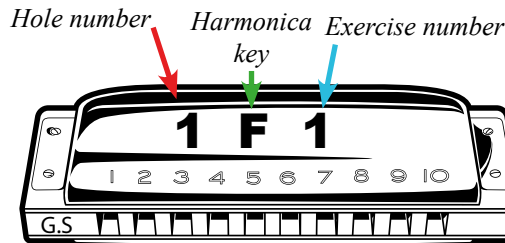


RED	BLOW	All 10 holes
GREEN	DRAW	All 10 holes
YELLOW	DRAW bending - 1	Holes 1,2,3,4,6
TURQUOISE	DRAW bending - 2	Holes 2,3
ORANGE	DRAW bending - 3	Holes 3
BROWN	BLOW bending - 1	Holes 8,9,10
BLUE	BLOW bending - 2	Holes 10

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



The exercise title consists of 3 elements.



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

Initial metronome speed

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

A

gliss. *gliss.* 4 times

1 G 1 F# 1 G 1 F# 1 G 1 F#

Change metronome speed at the end of each B section

B

gliss. *gliss.* 4 times

1 F# 1 G 1 F# 1 G 1 F# 1 G

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.

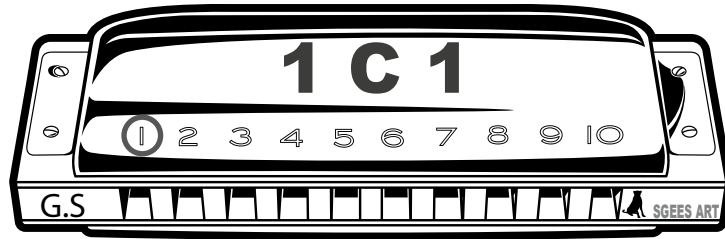
- Green: draw note
- Yellow: draw note -1

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.

TABLE OF CONTENTS

1	1 C 1	exercise goal: C# (bending -1)		page 5	
2	2 C 1	exercise goal: F# (bending -1)		page 6	
3	2 C 2	exercise goal: F#,F (bending -1, -2)	 	page 7	
4	2 C 3	exercise goal: F (bending -2)		page 8	
5	3 C 1	exercise goal: A# (bending -1)		page 9	
6	3 C 2	exercise goal: A (bending -2)		page 10	
7	3 C 3	exercise goal: G# (bending -3)		page 11	
8	3 C 4	exercise goal: A#,A (bending -1, -2)	 	page 12	
9	3 C 5	exercise goal: A#,A,G# (bending -1, -2, -3)	  	page 13	
10	4 C 1	exercise goal: C# (bending -1)		page 14	
11	6 C 1	exercise goal: G# (bending -1)		page 15	
12	8 C 1	exercise goal: D# (bending -1)		page 16	
13	9 C 1	exercise goal: F# (bending -1)		page 17	
14	10 C 1	exercise goal: B,A# (bending -1, -2)	 	page 18	



G.S. suonosubito.com

A

♩ = 100

4 times

gliss. *gliss.*

1 D 1 C# 1 D 1 C# 1 D 1 C#

B

4 times

gliss. *gliss.*

1 C# 1 D 1 C# 1 D 1 C# 1 D

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

Start over from **A** 10 times

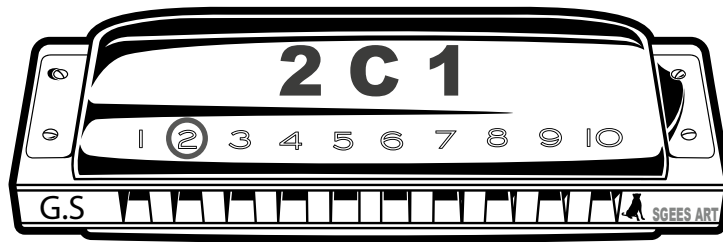
HOLE: 1**Harmonic Key: C****Note to obtain with bending: C#****Exercise goal:** Master the exact intonation of the note C#, both by gradually bending the note and playing it directly.The video sequence of the exercise consists of two parts **A** and **B**.**A)** Starting from D, applying the glissando (gradual bending of the note), descend to C#, then return to D, always with a glissando effect. Followed by three direct notes C#, D, C#.**B)** Starting from C#, applying the glissando (gradual bending of the note), ascend to D, then return to C#, always with a glissando effect. Followed by three direct notes D, C#, D.The exercise begins at a metronomic speed of **100 BPM**, and increases gradually by **10 BPM** with each completed cycle.**Metronome changes** 10 (100, 110, 120, 130, 140, 150, 160, 170, 180, 190, 200).**Exercise duration** 11 minutes.

The colors used in this exercise are green and yellow.

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

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

Enjoy your practice.



A

6 times

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

B

6 times

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

Start over from **A**
10 times

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

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).

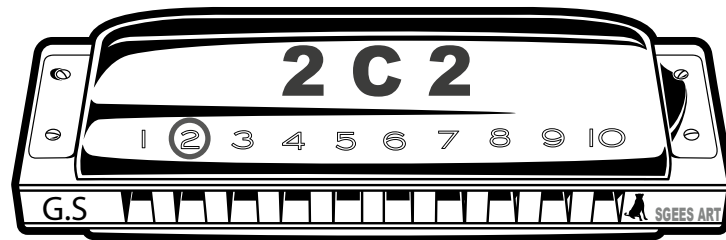
Exercise duration 10 minutes.

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.



A

96

4 times

2 G

2 F#

2 F

2 F#

2 G

2 G

2 F#

2 F

2 F#

2 G

B

96, 106, 116, 126, 136, 146

4 times

2 F

2 F#

2 G

2 F#

2 F

2 F

2 F#

2 G

2 F#

2 F

Start over from **A** 6 times

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).

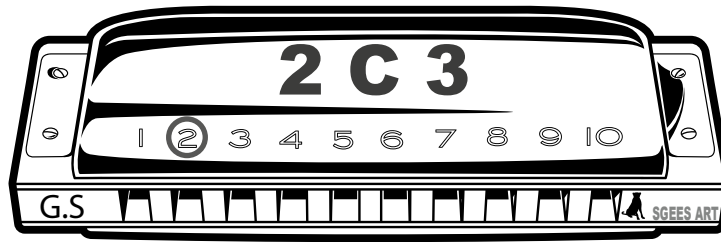
Exercise duration 10 minutes.

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.



Musical notation for exercise A: Treble clef, 4/4 time, tempo 100. Part A starts with a glissando from G to F and back to G, followed by three direct notes: F, G, F. This sequence is repeated 6 times.

Musical notation for exercise B: Treble clef, 4/4 time, tempo 100, 110, 120, 130, 140. Part B starts with a glissando from F to G and back to F, followed by three direct notes: G, F, G. This sequence is repeated 6 times, then it says "Start over from A 6 times".

HOLE: 2

Harmonic Key: C

Note to obtain with bending: F (-2)

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

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

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

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

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

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

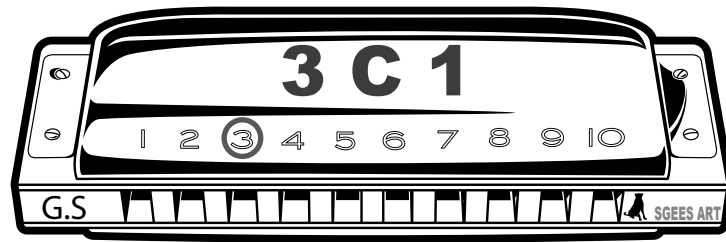
Exercise duration 10 minutes.

The colors used in this exercise are green and turquoise.

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

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

Enjoy your practice.



Part A: $\text{♩} = 100$, 6 times. Notes: B (green), A# (yellow), B (green), A# (yellow), B (green), A# (yellow). Fingerings: 3, 3, 3, 3, 3, 3.

Part B: 6 times, 100, 110, 120. Notes: A# (yellow), B (green), A# (yellow), B (green), A# (yellow), B (green). Fingerings: 3, 3, 3, 3, 3, 3. 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).

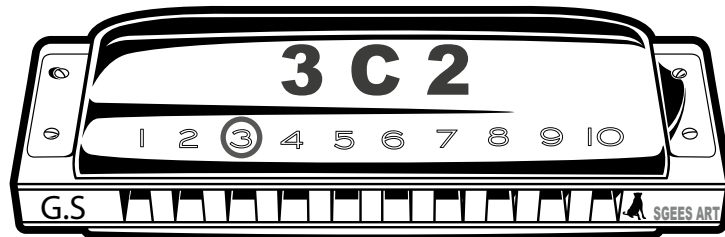
Exercise duration 5 minutes and 40 seconds.

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.



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).

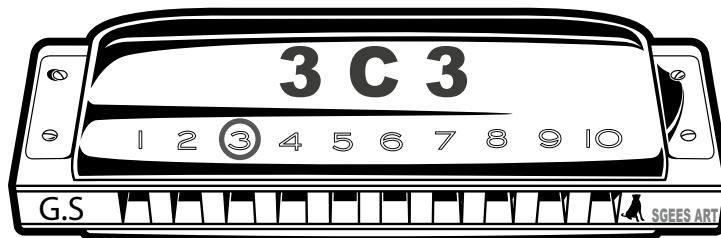
Exercise duration 5 minutes and 40 seconds.

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

Harmonic Key: C

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

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

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

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

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

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

Metronome changes 3 (100, 110, 120).

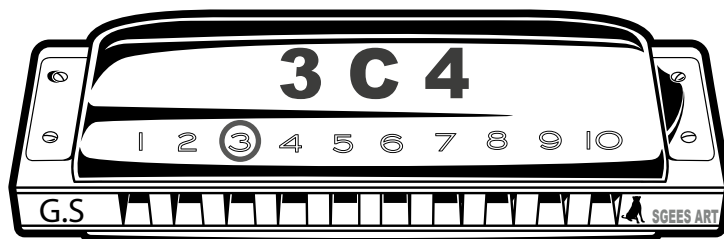
Exercise duration 5 minutes and 40 seconds.

The colors used in this exercise are green and orange.

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

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

Enjoy your practice.



HOLE: 3

Harmonic Key: C

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

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

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

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

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

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

Metronome changes 3 (120, 130, 140).

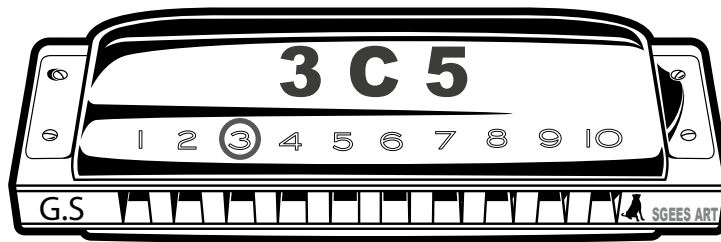
Exercise duration 5 minutes.

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

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

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

Enjoy your practice.



A

B

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).

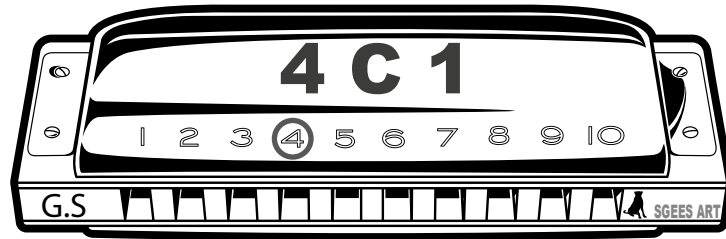
Exercise duration 8 minutes and 30 seconds.

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: 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).

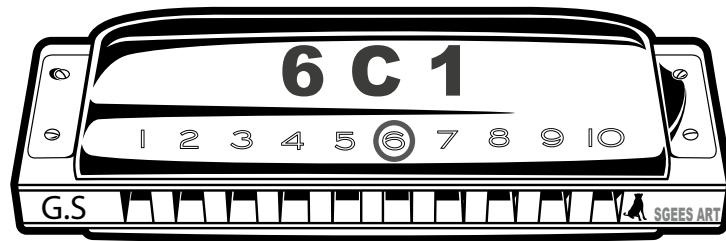
Exercise duration 11 minutes.

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.



8va

♩ = 100

4 times

6 A

6 G#

6 A

6 G#

6 A

6 G#

8va

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).

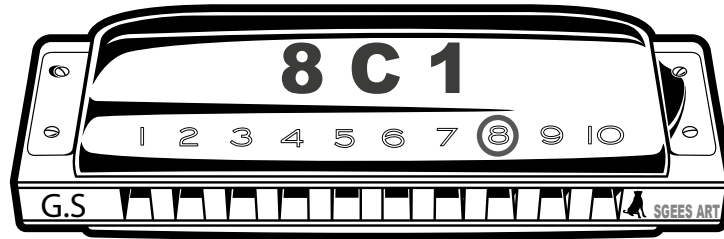
Exercise duration 11 minutes.

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.



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: 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).

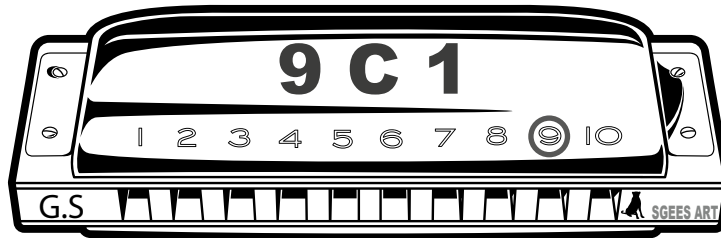
Exercise duration 11 minutes.

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.



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

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

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).

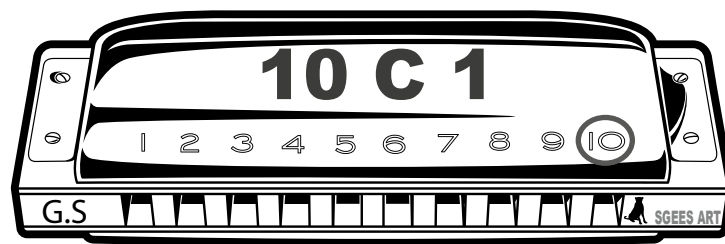
Exercise duration 11 minutes.

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.



15^{ma}

♩ = 120

4 times

gliss. gliss. gliss. gliss.

10 C

10 B

10 A#

10 B

10 C

10 C

10 B

10 A#

10 B

10 C

15^{ma}

4 times

120, 130, 140

gliss. gliss. gliss. gliss.

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).

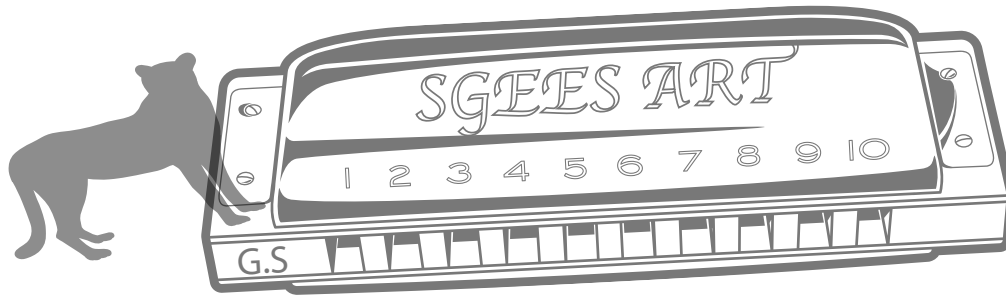
Exercise duration 4 minutes and 40 seconds.

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.



Sharing and Copyright Notes

This ebook can be freely shared, provided that all content remains unchanged and is not modified in any way.

Partial or full reproduction for commercial purposes is prohibited without the written consent of the author.

This ebook was created by Gerardo Scoppetta, also known as Gerri Dotta, under the brand SGEES ART.

For further information or to report any errors, please contact me at gerridotta@gmail.com