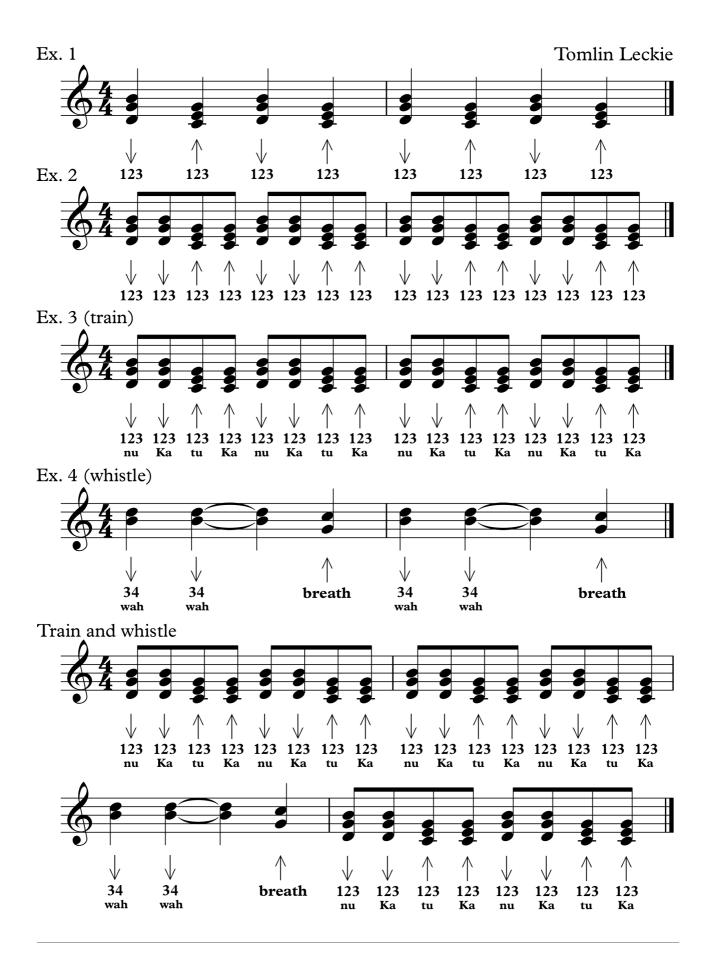
Blues Harmonica Foundation



Week 1

tomlinharmonicaschool.com

Week 1 Exercise Sheet



Goals

- Holding the harmonica with reference grip
- Tapping your foot in time with your playing
- Breathing naturally
- Train Rhythm
- Hand Wah

Tasks

- Get a practice notebook and write down what you do each session
- Aim for 15 minutes of practice per day rather than a big session once per week

Exercises to work on this month

- Ex. 1 Deep diaphragmatic breathing through the harmonica
- Ex. 2 Tapping foot in time with playing chords
- Ex. 3 'Nu-Ka Tu-Ka' Rhythm in isolation
- Ex. 4 Train Whistle with Hand Wah
- Ex. 5 'Ti-ka-ta Ta-ka-ta' Rhythm

Challenge

Post a recording of your Train Rhythm in the Harmonica School Forum

Good luck!