
Blues Harmonica Foundation



Week 1

tomlinharmonicaschool.com

Week 1 Exercise Sheet

Ex. 1

Tomlin Leckie

Ex. 2

↓ ↑ ↓ ↑ ↓ ↑ ↓ ↑

123 123 123 123 123 123 123 123

↓ ↓ ↑ ↑ ↓ ↓ ↑ ↑ ↓ ↓ ↑ ↑ ↓ ↓ ↑ ↑

123 123 123 123 123 123 123 123 123 123 123 123 123 123 123 123

Ex. 3 (train)

↓ ↓ ↑ ↑ ↓ ↓ ↑ ↑ ↓ ↓ ↑ ↑ ↓ ↓ ↑ ↑

123 123 123 123 123 123 123 123 123 123 123 123 123 123 123 123

nu Ka tu Ka nu Ka tu Ka nu Ka tu Ka nu Ka tu Ka

Ex. 4 (whistle)

↓ ↓ ↑ ↓ ↓ ↑ ↑

34 34 breath 34 34 breath

wah wah wah wah wah wah

Train and whistle

↓ ↓ ↑ ↑ ↓ ↓ ↑ ↑ ↓ ↓ ↑ ↑ ↓ ↓ ↑ ↑

123 123 123 123 123 123 123 123 123 123 123 123 123 123 123 123

nu Ka tu Ka nu Ka tu Ka nu Ka tu Ka nu Ka tu Ka

↓ ↓ ↑ ↓ ↓ ↑ ↑ ↓ ↓ ↑ ↑

34 34 breath 123 123 123 123 123 123 123 123

wah wah wah nu Ka tu Ka nu Ka tu Ka

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!