

# Capricornir Cool Exercises in Em ( Wanna Be Faster?)

Capricornir, kourosh

Standard tuning

♩ = 140

Ex.01

E-Gt

*f*

T  
A  
B

9-10-9-7-9-7-10-7-10-9-10-9-7-7-7-7

Ex.02

Ex.03

T  
A  
B

9-10-9-7-9-7-10-7-10-9-10-9-7-7-7-7

9-10-9-7-9-7-5-7-5-4-5-4-9-10-9-7-9-7-5-7-5-4-5-4

Ex.04

T  
A  
B

2-2-2-2-7-9-10-7-9-10-5-7-9-5-7-9

Ex.05

T  
A  
B

3-5-7-4-5-7-2-4-6-2-4-5-2-2-2-2

Ex.05

T  
A  
B

7-9-10-7-9-10-6-10-9-7-10-9-5-7-9-5-7-9-9-7-5-9-7



32

T  
A  
B

9 7 10 9 7 10 9 7 10 8 7 7 7 7

Ex.08

35

T  
A  
B

10 12 10 8 10 8 7 8 7 5 7 5 3 5 3 2 3 2 0 0 0 0

Ex.09

38

T  
A  
B

12 10 8 12 10 8 10 8 7 10 8 7 8 7 5 8 7 5 7 5 3 7 5 3 5 3 2 5 3 2 0 0 0

Ex.10

41

T  
A  
B

0 12 10 8 12 10 8 12 10 8 12 10 8 10 8 7 10 8 7 10 8 7 10 8 7

44

T  
A  
B

8 7 5 8 7 5 8 7 5 8 7 5 7 5 3 7 5 3 7 5 3 7 5 3

Ex.11

46

T  
A  
B

5 3 2 5 3 1 5 3 2 5 3 1 0 0 0 0 7 8 7 10 7 8 7 8 7 10 7 8

50

T  
A  
B

52

T  
A  
B

Ex. 12

55

T  
A  
B

57

T  
A  
B

Ex. 13

60

T  
A  
B

62

T  
A  
B

Ex.14

65

T  
A  
B

12-10-8 12-10-8 11-9-7 10-9-7 10-9-7 10-8-7-7-7-7 7

Ex.15

68

T  
A  
B

0-2-3-2-3-5-3-5 2-5-2-3 2-3-5-3-5 2-5 2-4-2-4-5

70

T  
A  
B

4-5-2-5 2-4-2-4-5-4-5-3 5-3-5-3-5 2-5 2-3-2-3-5

72

T  
A  
B

3-5-7-7-5-3-5-3-2-3-2 5 2-5-3-5-3 5-3 5-4-5-4-2

74

T  
A  
B

4-2-5-2 5-4-5-4-2-4-2 5 2-5-3-5-3-2-3-2 2 5-5-3 5-3-2-0

Ex.16

77

T  
A  
B

7-7-7-7-7-7 10-8-7-7-8-10 7-7-7-7-7-7 10-8-7 9

79

T  
A  
B

81

T  
A  
B

84

T  
A  
B

86

T  
A  
B

88

T  
A  
B

90

T  
A  
B







121

T  
A  
B

123

T  
A  
B

Ex.21  
126

T  
A  
B

128

T  
A  
B

130

T  
A  
B

132

T  
A  
B

135

T  
A  
B

137

T  
A  
B

Ex.22

139

T  
A  
B

140

T  
A  
B

141

T  
A  
B

142

T  
A  
B

143

T  
A  
B

9 8 7 8 10 8 7 8 9 8 7 8 10 8 7 8

7 8 9

Ex. 23

145

T  
A  
B

12 14 15 14 12 14 14 14 12 14 15 14 12 14 14 14

146

T  
A  
B

12 14 15 14 12 14 15 14 12 14 15 14 12 14 14 14

147

T  
A  
B

9 11 12 11 9 11 11 11 9 11 12 11 9 11 11 11

148

T  
A  
B

9 11 12 11 9 11 12 11 9 11 12 11 9 11 11 11

149

T  
A  
B

10 12 14 12 10 12 12 12 10 12 14 12 10 12 12 12

150

TAB  
10 12 14 12 10 12 14 12 10 12 14 12 10 12 12 12

151

TAB  
7 9 11 9 7 9 9 9 7 9 11 9 7 9 9 9

152

TAB  
7 9 11 9 7 9 11 9 7 9 11 9 7 9 9 9 | 8 10 12 10 8 10 10 10 8 10 12 10 8 10 10 10

154

TAB  
8 10 12 10 8 10 12 10 8 10 12 10 8 10 10 10 | 5 7 9 7 5 7 7 7 5 7 9 7 5 7 7 7

156

TAB  
5 7 9 7 5 7 9 7 5 7 9 7 5 7 7 7 | 7 8 10 8 7 8 8 8 | 4 5 7 5 4 5 5 5

158

TAB  
5 7 8 7 5 7 7 7 | 2 4 5 4 2 4 4 4 | 3 5 7 5 3 5 5 5 | 0 2 4 2 0 2 2 2

160

T  
A  
B

Ex.24  
162

T  
A  
B

163

T  
A  
B

164

T  
A  
B

165

T  
A  
B

166

T  
A  
B

167

T  
A  
B

168

T  
A  
B

169

T  
A  
B

Ex.25  
171

T  
A  
B

172

T  
A  
B

173

T  
A  
B







190



Ex.33

212

T  
A  
B

9 11 8 9 11 8 10 12 8 12 10 8 11 9 8 9

214

T  
A  
B

0 2 4 0 7 8 5 7 8 7 5 8 7 5 4 5

216

T  
A  
B

2 4 1 2 4 0 2 4 1 4 2 0 4 2 1 2

218

T  
A  
B

7 9 6 7 9 5 7 9 5 9 7 5 9 7 6 7

Ex.34

220

T  
A  
B

12 14 15 14 12 14 15 14 12 14 15 14 12 15 14 12

221

T  
A  
B

10 12 14 12 10 12 14 12 10 12 14 12 10 14 12 10 8 10 12 10 8 10 12 10 8 10 12 10 8 12 10 8

223

T  
A  
B

225

T  
A  
B

227

T  
A  
B

Ex.35  
229

T  
A  
B

230

T  
A  
B

231

T  
A  
B

233

TAB 5 10 9 7 9 7 10 9 7 9 7 10 8

234

TAB 7 8 7 7 8 9 9 7 8 7 5 7 5 8 7 5 7 5 7 5 4 5

236

TAB 4 9 7 5 7 5 9 7 5 7 5 8 7

237

TAB 5 7 5 7 8 9 9 7 7 5 3 5 3 7 5 3 5 3 5 4 2 4

239

TAB 2 7 5 4 5 4 7 5 3 5 3 7 5 3 5 3 7 5 3 5 3 7 8 9 9 7

241

TAB 5 3 2 3 2 5 3 1 3 1 4 2 0 2

242

T  
A  
B

0 5 4 2 4 2 5 3 2 3 2 5 3 2 3 2 7 7 8 9 9 7

Ex.36

244

T  
A  
B

8 10 12 9 10 12 9 10 12 9 11 8 10 12 8 10

245

T  
A  
B

12 10 8 12 10 8 12 10 8 11 9 12 10 9 12

246

T  
A  
B

10 9 12 10 12 10 8 7 7 8 9 9 7

247

T  
A  
B

7 8 10 7 9 10 7 9 10 7 9 7 8 10 7 8

248

T  
A  
B

10 8 7 10 8 7 10 8 7 9 7 10 9 7 10

249

T  
A  
B

9 7 10 8 10 8 7

7  
7  
8  
9  
9  
7

250

T  
A  
B

5 7 8 5 7 9 5 7 9 5 7 5 7 8 5 7

251

T  
A  
B

8 7 5 8 7 5 8 7 5 7 5 9 7 5 9

252

T  
A  
B

7 5 8 7 8 7 5

7  
7  
8  
9  
9  
7

253

T  
A  
B

3 5 7 3 5 7 4 5 7 4 5 3 5 7 3 5

254

T  
A  
B

7 5 3 7 5 3 7 5 3 5 4 7 5 4 7

255

T  
A  
B

5 3 7 5 7 5 3

7  
7  
8  
9  
9  
7

256

T  
A  
B

2 3 5 2 3 5 2 4 5 2 4 1 3 5 2 3

257

T  
A  
B

5 3 2 5 3 2 5 3 1 4 2 5 4 2 5

258

T  
A  
B

3 2 5 3 5 3 2

7  
7  
8  
9  
9  
7

Ex.37

259

T  
A  
B

9 8 9 8 7 12 7 8 9 8 9 8 7 12 7 8

260

T  
A  
B

7 6 7 7 5 10 5 7 7 6 7 7 5 10 5 7 | 5 4 5 5 3 8 3 5 5 4 5 5 3 8 3 5



262

T  
A  
B

Ex.38

264

T  
A  
B

266

T  
A  
B

268

T  
A  
B

270

T  
A  
B

272

T  
A  
B

273

TAB

15-12 13 12-17-12 13 12-17-14 15 14-19-14 15 14 19-15 17 15-19-15 17 15-19-15 17 15-19-15 17

Ex.39

275

TAB

12 12 12 15-12 12-12 12 12-15-12 12 12 12-17-12 12 12 12-15-12 12 12 12

277

TAB

15-12 13 14 13 12-15-12 13 14 12-17-12 13 14 12-15-12 13 14 12

278

TAB

14-11 12 11 12 11-14-11 12 11 12 11-15-11 12 11 12 11-14-11 12 11 12

279

TAB

10-7 8 9 8 7-10-7 8 9 8 7-12-7 8 9 8 7-10-7 8 9 8 7



More to come in "Cool Exercises 2"

The image shows a musical exercise for guitar. The top staff is a treble clef staff with a key signature of one sharp (F#). It contains a sequence of notes: G4, A4, B4, C5, B4, A4, G4, F#4, E4, D4, C4. There are three sixths indicated by brackets with the number '6' underneath. The first sixth is under G4-A4, the second under B4-C5, and the third under F#4-G4. The bottom staff is a guitar TAB staff with three lines labeled T (top), A (middle), and B (bottom). The fret numbers are: T: 12-13-12-10; A: 12-11-9-8; B: 10-9-7, 10-9-7.