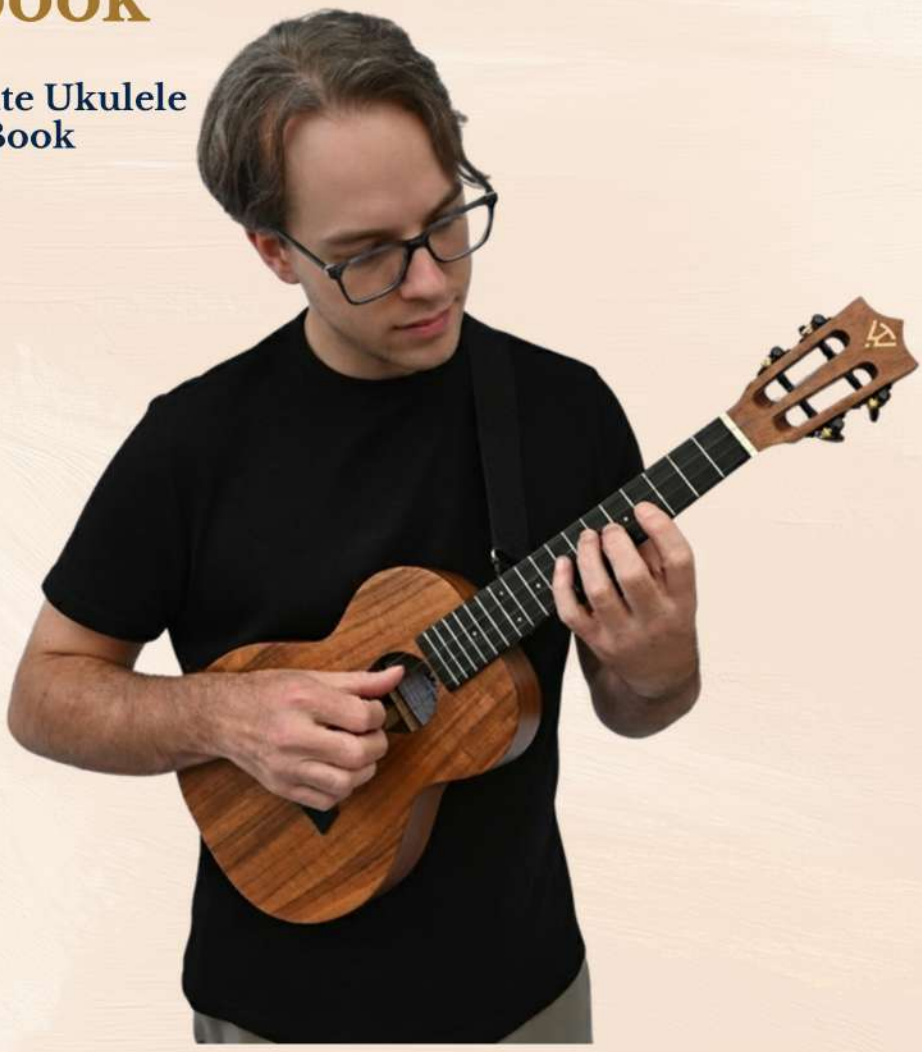
Ukulele Technique Starter Exercises

Mini Workbook

Adapted from the Ultimate Ukulele Technique & Warm-Up Book

This mini workbook gives you a short, practical introduction to ukulele technique. Work through box exercises, triangle chord shapes, two-chord progressions, and a Level 4 Für Elise study. Practice slowly, follow the fingerings, and focus on clean movement before speed.



FREE
PDF
LESSON

Brent C. Robitaille

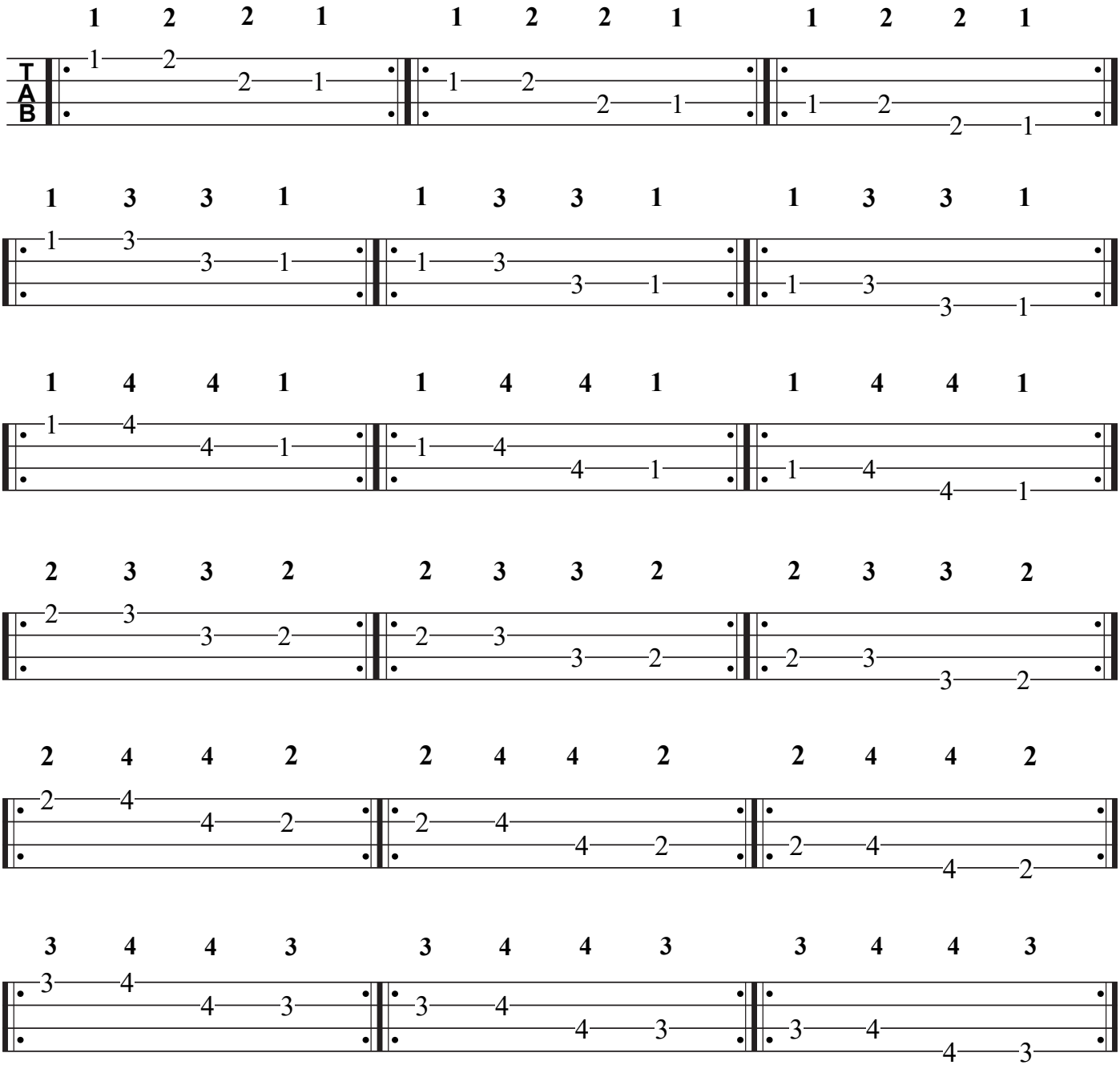
Kalymi Music

Ukulele Technique Exercise One: The Box Workout

Let’s begin with a simple exercise that is easy to see, easy to remember, and easy to move around the neck. Think of the pattern as a small box shape under your fingers. Work through it slowly at first, listening for clean notes and watching that each finger lands close to the fret.

Carefully observe the finger markings above the tablature. These exercises use only two fingers at a time, so focus on clean coordination between those fingers before adding speed. Repeat each exercise until you can play it evenly and cleanly.

Once the pattern feels comfortable, move the same shape to a new fret or a different string. For extra practice, try playing the exercise with hammer-ons and pull-offs. Keep the movement relaxed and controlled. The goal is not speed yet. The goal is clean coordination.



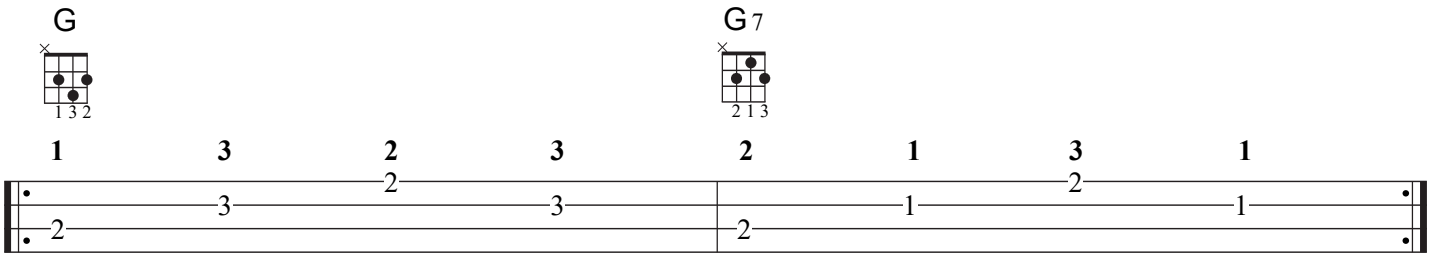
Ukulele Technique Exercise Two: The Triangle Workout

In the next exercise, we will use a triangle shape for chord switching. This time, you will use three fingers at a time. Study the chord diagram above the tablature, follow the finger numbers carefully, and picture the triangle shape under your fingers.

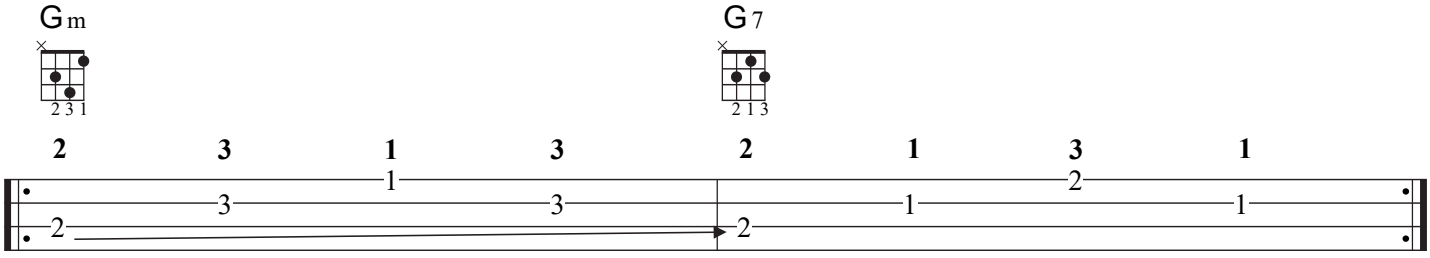
Each chord uses a similar shape, making it easier to see and remember. Practice slowly, then repeat the change until your fingers move together cleanly. Chord-switching tips:

1. Try to land all three fingers together instead of building the chord one finger at a time.
2. Form the chord shape slightly above the strings, then drop all three fingers together.
3. Move slowly enough to stay accurate. The goal is to see the shape, prepare the fingers, and land the chord cleanly.

Ex. 1

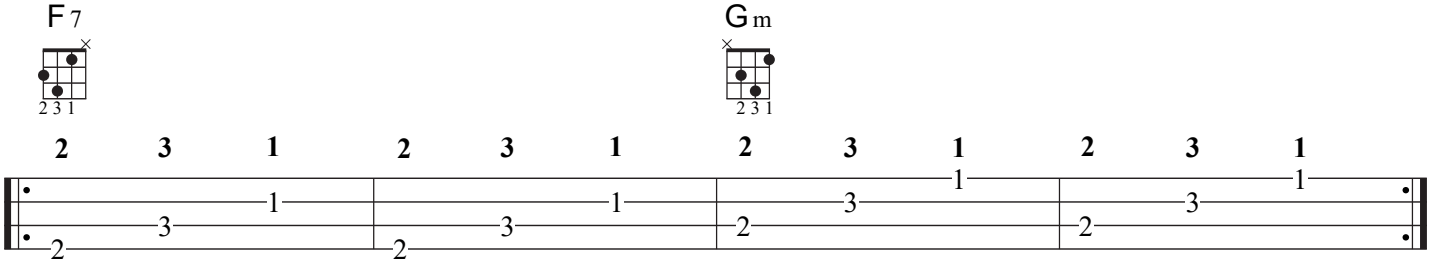


Ex. 2

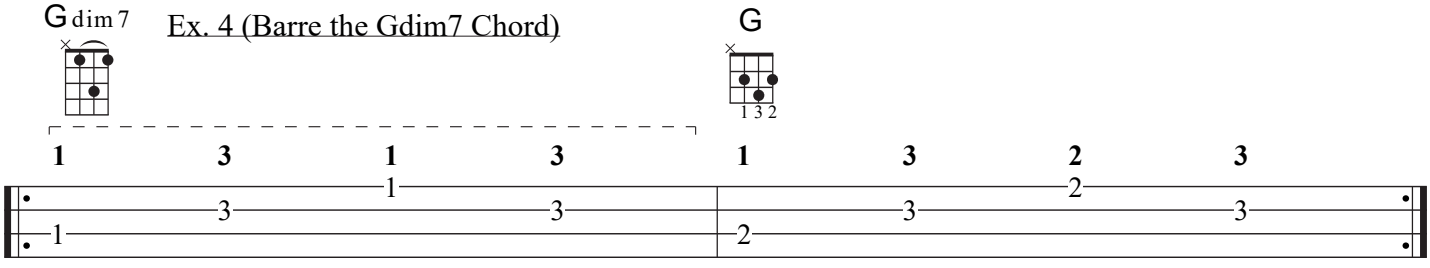


(Hold 2 down)

Ex. 3



Ex. 4 (Barre the Gdim7 Chord)



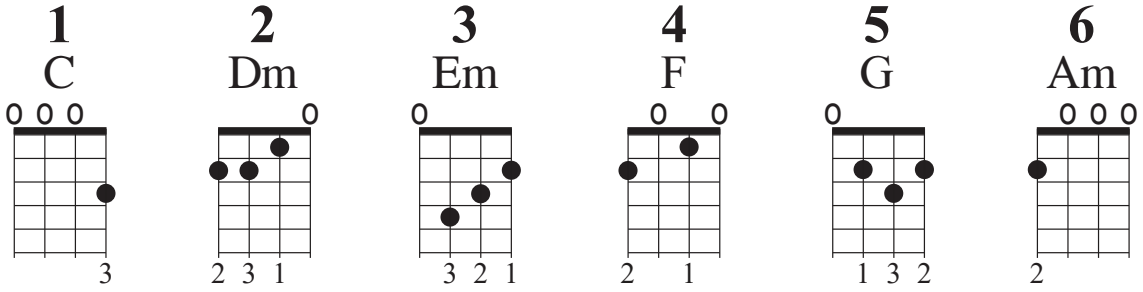
Two Chord Progression Workout - Key of C

This two-chord progression workout uses the diatonic chords in the key of C. The first section uses familiar open-position chords. Begin with one steady strum on each chord and listen for clean, even changes. Repeat each box several times, or until the chord change is steady. Try to memorize the chords as you go.

Notice the numbers above the chords. This is Nashville notation, which shows each chord's function in the key. In the key of C, 1 is C, 2m is Dm, 3m is Em, 4 is F, 5 is G, and 6m is Am. Learning the numbers helps you understand how the chords relate to each other and makes it easier to move the same progression to another key.

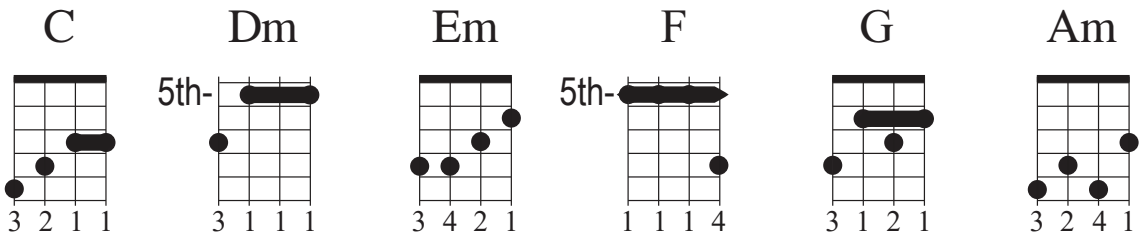
The second exercise uses barre chords, which are more challenging, but excellent for building hand strength, finger control, and chord-shape memory. It starts on G, the 5 chord, and works through the same key using alternate barre-chord shapes. Once the changes feel secure, add a simple strumming pattern.

For more chord exercises like this, see the *Ultimate Ukulele Technique & Warm-Up Book*.



1	2m	1	3m	1	4	1	5	1	6m
C	Dm	C	Em	C	F	C	G	C	Am

*Alternate chord shapes.



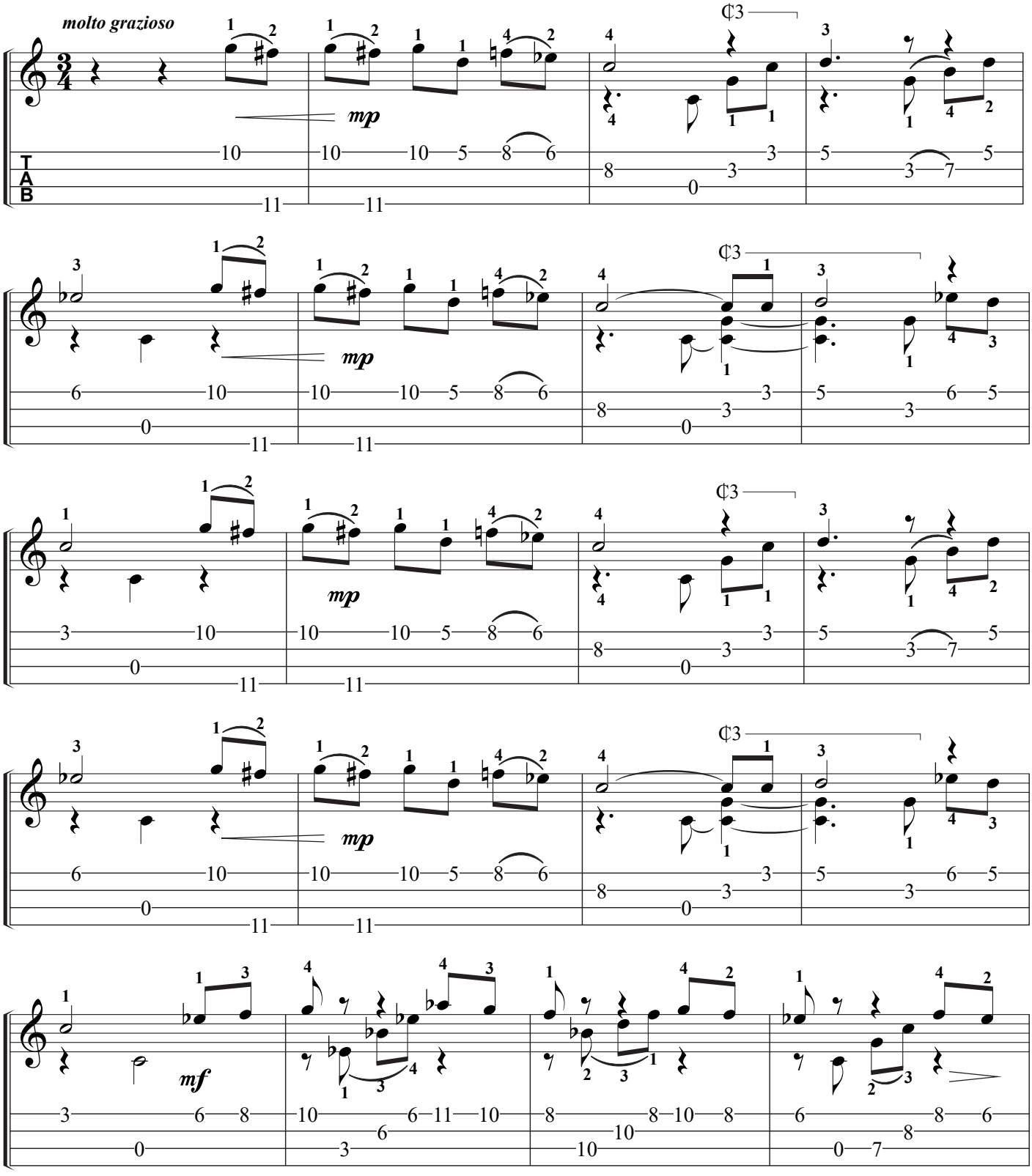
5	1	5	2m	5	3m	5	4	5	6m
G	C	G	Dm	G	Em	G	F	G	Am

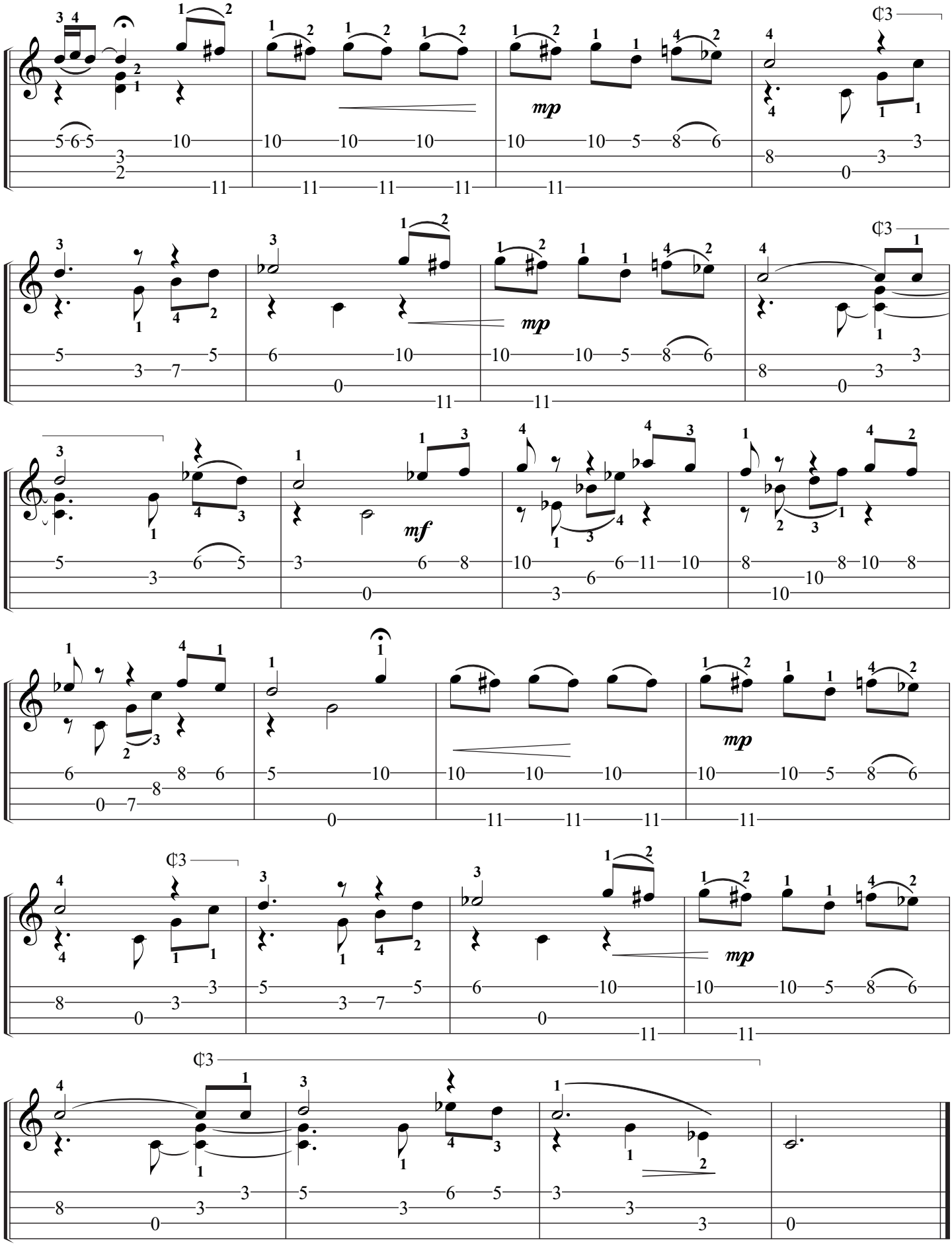
Level 4 - Für Elise

Wo0 59

Ludwig van Beethoven
(1770 - 1827)

Here is an example of a Level 4 piece from the *Ultimate Ukulele Technique & Warm-Up Book*. Beethoven's **Für Elise** is one of the most famous melodies ever written and is instantly recognizable from the first few notes. Before playing the full piece, identify the more difficult spots and practice them separately. Pay special attention to hand-position changes, barre chords, and finger extensions. Follow the suggested fingering carefully, and watch for the barre markings above the music.

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CONTINUE YOUR UKULELE PRACTICE

If you found these exercises useful, the complete sequence is available in the Ultimate Ukulele Technique & Warm-Up Book. The full book expands this starter PDF into a complete practice system with finger-control studies, chord workouts, strumming patterns, blues and jazz progressions, graded pieces, TAB, notation, and practice plans.

ULTIMATE UKULELE TECHNIQUE & WARM-UP BOOK

A complete technique and warm-up system for ukulele players.

https://brentrobitaille.com/product/ultimate-ukulele-technique-warmup-book/

MASTERING FINGERSTYLE UKULELE

Continue your technique work with fingerstyle patterns, right-hand studies, chord riffs, arrangements, and musical examples.

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Access the companion resources for Mastering Fingerstyle Ukulele, including related media and support materials.

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UKULELE FINGERSTYLE & TECHNIQUE STARTER BUNDLE

Includes the Technique book, Mastering Fingerstyle Ukulele, and a practice guide for building a stronger routine.

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UKULELE LEARNING PATH

Use the free Ukulele Learning Path to see how technique, chords, fingerstyle, and repertoire fit together.

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FREE UKULELE CHORD CHART

Download a free ukulele chord chart for quick chord reference.

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