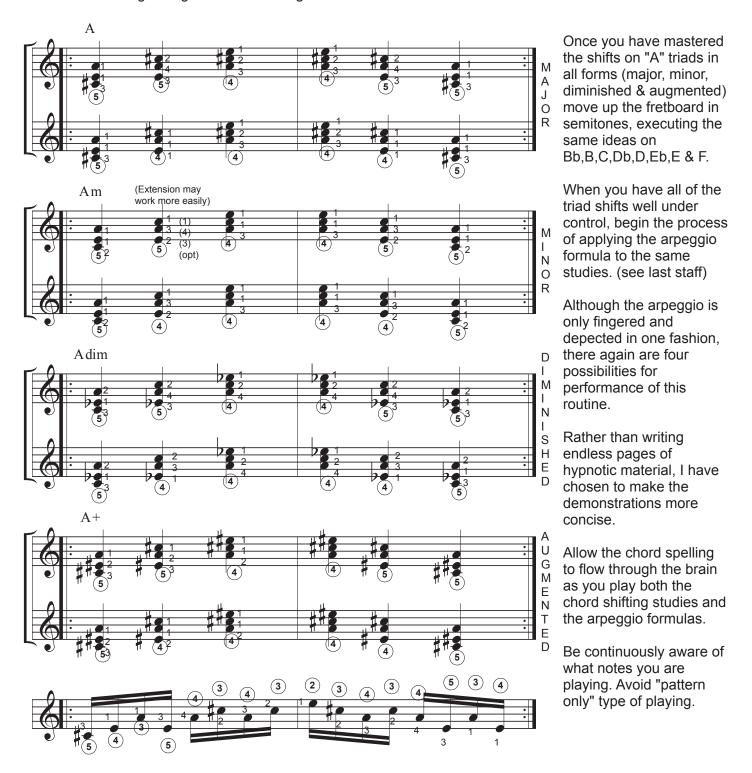
(Book 4) Lesson 13.

First Inversion Triads and Arpeggios on "A-D-G" and "D-G-B" Strings

Although only two shifting formulas are depicted here, there are the other two options, meaning that you do the ascending change on the "A" string and descend on "D". Then ascend on "D" and descend on "A".



Yes, music reading can be very hypnotic and especially so when the material that you are working on has a very distinct pattern. When your concentration begins to wane, change to practicing something else such as harmonizing tunes to relieve the monotony.