

- 36 attacks
1. 1: all down strokes
 2. 2: all up strokes
 3. 3: down-up-down
 4. 4: up-down-up
 5. 5: alternate picking
 6. 6: reverse alternation

- ① E-le-gant
- ② Buf-fa-lo
- ③ Gra-na-ry
- ④ Dan-ger-ous
- ⑤ An-i-mal
- ⑥ Em-i-nent

(Editor: Once again, I chose words where the first letter reflects the string name. Tony's words were as follows. MERRILY, PRACTICING, MUSICAL, ELEGANCE, INSTITUTE and TENEMENT. The important thing is to have a word that is easy to pronounce in a triplet feel. **G.A.)**

three syllables

string order

foot direction

- 48 attacks
- 1.
 - 2.
 - 3.
 - 4.
 - 5.
 - 6.
1. E-le-gant
 2. Buf-fa-lo
 3. Gra-na-ry
 4. Dan-ger-ous
 5. An-i-mal
 6. Em-i-nent

(Editor: Once again, use these three syllable words. In order to write the complete words above the triplets, I would have had to use such a small font that it would have been unreadable for mere mortals. The consequence was simply entering the letter name of the string. **G.A.)**

three syllables

string order

foot direction

- 36 attacks
- 1.
 - 2.
 - 3.
 - 4.
 - 5.
 - 6.
1. E-le-gant
 2. Buf-fa-lo
 3. Gra-na-ry
 4. Dan-ger-ous
 5. An-i-mal
 6. Em-i-nent

(Editor: Tony's feeling was that if you simply suggest ideas to a student, they will most likely be diminished in their importance. That is why there is so much fine detail in the presentation of the exercises. **G.A.)**

three syllables

string order

foot direction

A "24 attacks" routine would involve the following string sequence:

"E-le-gan An-i-mal Buf-fa-lo Em-i-nent Em-i-nent Buf-fa-lo An-i-mal E-le-gant"

1st 5th 2nd 6th 6th 2nd 5th 1st (strings)