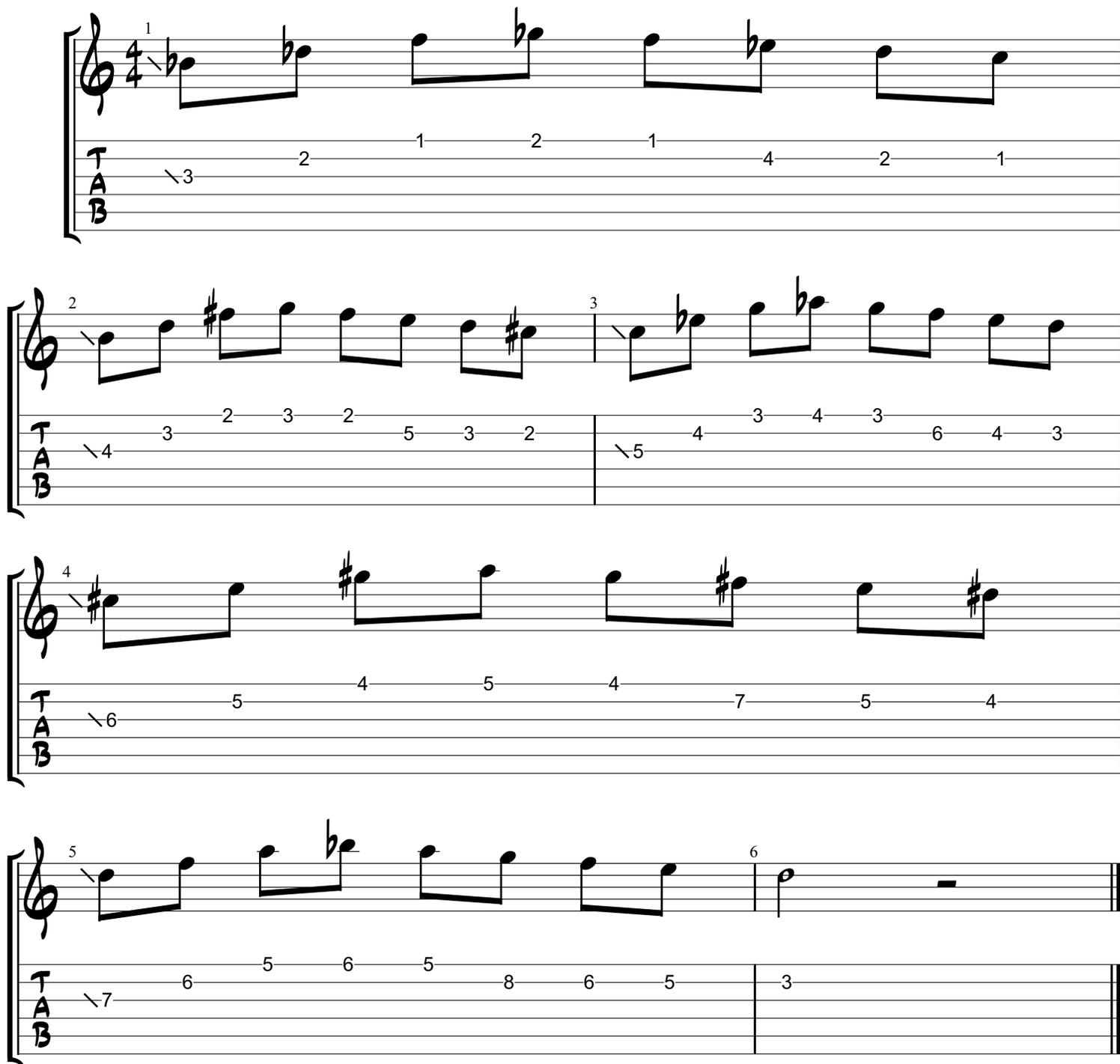


# Sliding Exercise

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The exercise consists of five systems, each with a musical staff and a corresponding guitar tablature (TAB) staff. The key signature has one flat (Bb) and the time signature is 4/4.

- System 1:** Musical staff shows a sequence of notes: Bb4, Bb4, Bb4, Bb4, Bb4. TAB: 3, 2, 1, 2, 1, 4, 2, 1.
- System 2:** Musical staff shows: Bb4, Bb4, Bb4, Bb4, Bb4, Bb4, Bb4, Bb4. TAB: 4, 3, 2, 3, 2, 5, 3, 2, 5, 4, 3, 4, 3, 6, 4, 3.
- System 3:** Musical staff shows: Bb4, Bb4, Bb4, Bb4, Bb4, Bb4, Bb4, Bb4. TAB: 6, 5, 4, 5, 4, 7, 5, 4.
- System 4:** Musical staff shows: Bb4, Bb4, Bb4, Bb4, Bb4, Bb4, Bb4, Bb4. TAB: 7, 6, 5, 6, 5, 8, 6, 5, 3.