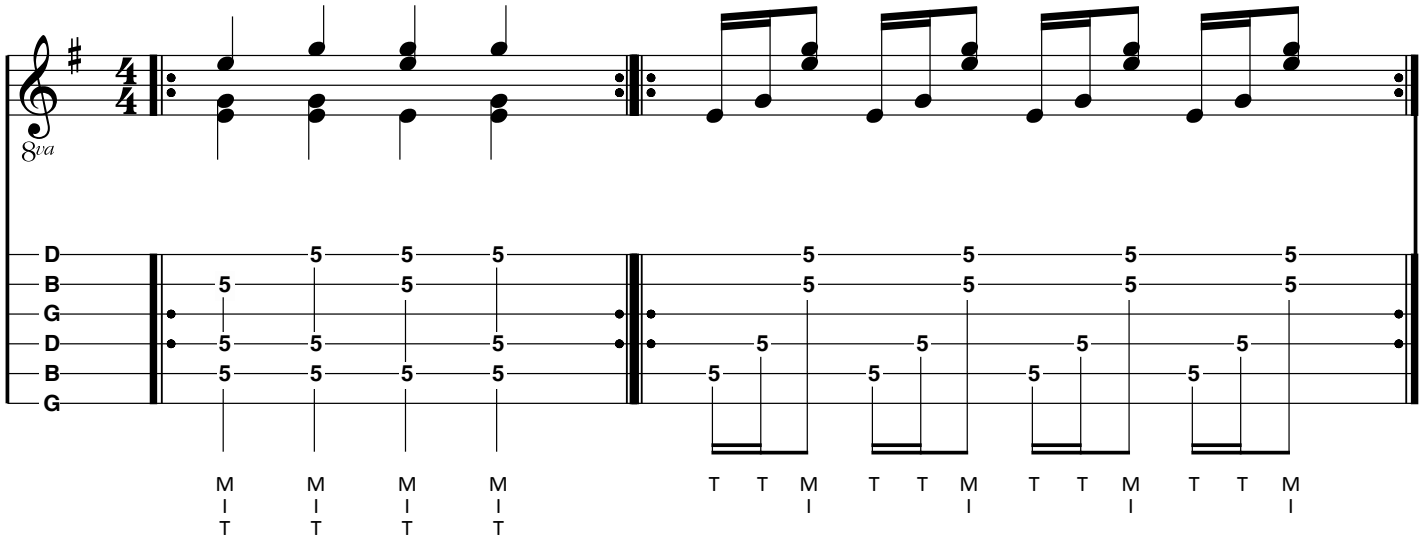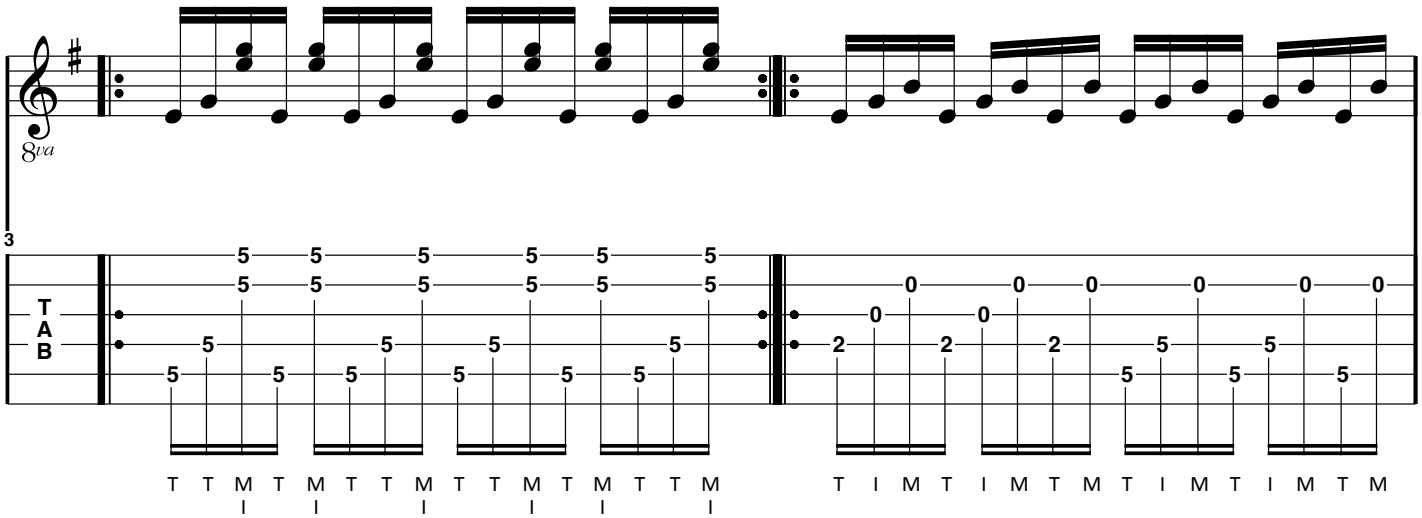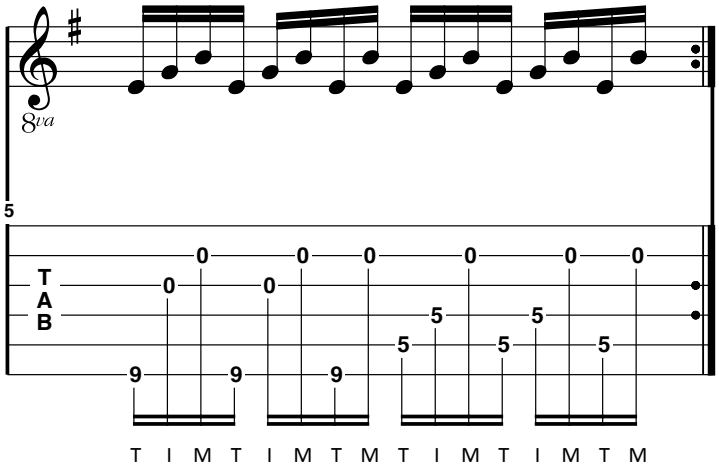Em arpeggios and double stops built off B string root - exercises