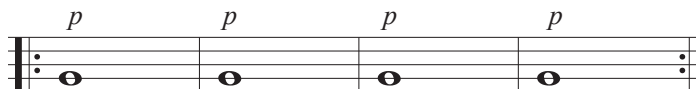


## Technical (Warm Up) Exercises

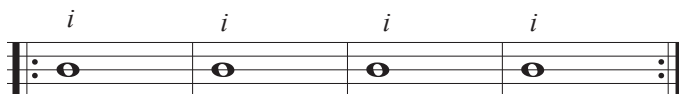
**These notated exercises are meant for instructors' use only. The exercises on this page should be taught to students by rote.**

### 1) Singles, *P* and *I*

Fix *P* on 3, *I* on 2, and *M* on 1. *A* & pinky should be curved slightly and inside hand (not on face of guitar). Play *P* repeatedly in various rhythms that can be modeled, written on the board, or handed out. Repeat this process with *I*. Focus on quality of motions. *This exercise requires the student to fix *M* on the first string without using it to play.*



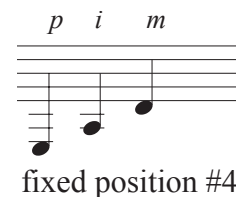
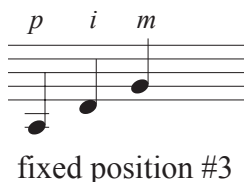
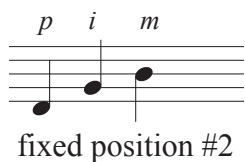
First exercise: thumb stroke. Repeat with various rhythms



Second exercise: index finger stroke. Repeat with various rhythms

### 2) Singles on the move

Same exercise as above except the hand can move from *P* fixed on string 3 (*IM* on 2 and 1) to *P* on string 4 (*IM* on 2 and 3), to *P* on string 5 (*IM* on 3 and 4), to *P* on string 6 (*IM* on 4 and 5). This is valuable because it requires students to maintain focus on establishing and then reestablishing set up. Give plenty of time to move between positions.



### 3) On-Off Exercise

The student will use the right hand thumb to play string 3 while placing and removing the left hand fingers behind their corresponding frets. Finger 1 will play fret 1, finger 2 will play fret 2, finger 3 will play fret 3, and finger 4 will play fret 4. Each fretted note is followed by an open string 3. Repeat this pattern 4 times for each left hand finger. Focus on perfect left hand position.

on off on off on off etc.

*p p p p p p p p p p p p p p p p*

*p p p p p p p p p p p p p p p p*

### 4) Shifting Exercise

Using any left hand finger (1, 2, 3 or 4), play string 3, fret 1 with **P** one time. Be sure to place the left hand finger on the tip, right behind the fret. Shift the same left hand finger up to fret 2 and play again. Shift to fret 3, 4, 5, etc. (up to any fret between 1 and 12) and then back down. Focus on excellent left hand form ensuring that the left hand thumb shifts along the back of the neck in support of the rest of the hand. There should never be any reaching.

All notes are on string 3 (G) with left hand finger 1,2,3, or 4. The instructor should tell the student which left hand finger to use and which fret to shift to.

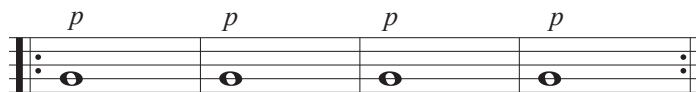
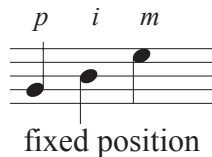
③ -----

fret numbers: 1                    2                    1                    4                    1                    5                    1                    12, etc.

*p p p p p p p p*

5) Singles, *P*, *I* and *M* (also “on the move”)

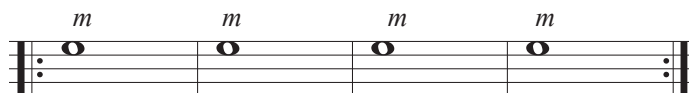
Fix *P* on 3, *I* on 2, and *M* on 1. Play *P* repeatedly in various rhythms that can be modeled, written on the board, or handed out. Repeat with *I*. Repeat with *M*. When *M* is played, be sure that *I* and *P* remain fixed and that *A* and pinky move with *M* – three fingers moving together from the big knuckle – inside the hand and past *I*. Focus on quality of motions. You can also incorporate the different fixed finger positions from exercise number 2 (singles on the move).



First exercise: thumb stroke. Repeat with various rhythms



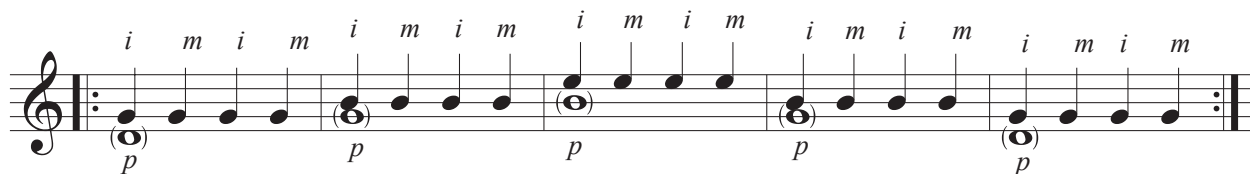
Second exercise: index finger stroke. Repeat with various rhythms



Third exercise: middle finger stroke. Repeat with various rhythms

6) *IM* alternation and simple string crossing

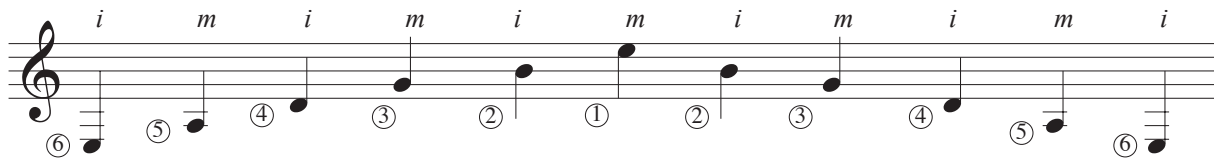
Fix *P* on 4, alternate *I* and *M* on string 3 four times, cross to string 2 (*P* moves to 3) and repeat, cross to string 1 and repeat. Come back down to strings 2 and 3, then strings 3 and 4.



The thumb is fixed on the notes indicated in parentheses.

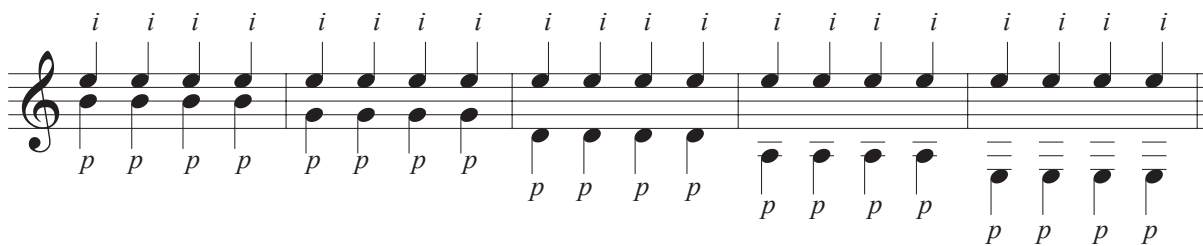
7) "String Walking"

*I* plays on 6, *M* on 5, *I* on 4, *M* on 3, *I* on 2, *M* on 1. Follow the pattern to return to string 6.



8) Super Stretcher Exercise

Play *I* and *P* on string 1 and 2 respectively 4 times with *I* traveling past *P* (toward the palm). Repeat with *P* on 3, 4, 5, and 6 all the while making sure that *I* travels past *P* and that the hand stays "up and over" string 1.



9) Slurring exercise in first position.

Fix **PIMA** on 4,3,2 and 1. Playing **P** on string 4, execute 4 ascending slurs (hammer-ons) from 0-1, repeat with **I** on 3, **M** on 2 and **A** on 1. Next, using the **A** finger, perform 4 descending slurs (pull-offs) from 1-0 on string 1. Work your way back to string 4 with **M** on string 2 (1-0, 4 times), **I** on string 3 (1-0, 4 times) and **P** on string 4 (1-0, 4 times). Repeat entire exercise using 0-2, 0-3, and 0-4 in the left hand on their respective frets.

Ascending slurs (hammer-ons)

The notation shows two staves of music. The first staff contains four measures of ascending slurs on string 4, starting from the open string (0) and moving to the first fret (1). The first two measures are marked with a piano (*p*) dynamic, and the last two are marked with an *i* (index) finger. The second staff contains four measures of ascending slurs on strings 3, 2, and 1. The first two measures are marked with a mezzo-forte (*m*) dynamic, and the last two are marked with an *a* (annular) finger.

Descending slurs (pull-offs)

The notation shows two staves of music. The first staff contains four measures of descending slurs on string 1, starting from the first fret (1) and moving to the open string (0). The first two measures are marked with an *a* (annular) finger, and the last two are marked with a mezzo-forte (*m*) dynamic. The second staff contains four measures of descending slurs on strings 2, 3, and 4. The first two measures are marked with an *i* (index) finger, and the last two are marked with a piano (*p*) dynamic.

Repeat this exercise with the notes on the second fret with the second finger, third fret with the third finger and the fourth fret with the fourth finger.

10) Progressive Bar exercise: Bar 2 strings in first position and play each string 2 times listening for clear sound. Repeat with 3, 4, 5 and 6 strings barred.

Bar strings 1 and 2



Bar strings 1,2 and 3



Bar strings 1,2,3 and 4



Bar strings 1,2,3,4 and 5



Bar strings 1,2,3,4,5 and 6

