Instructions 1st Position: Finger Dexterity

"It might hurt a little at first"

- 1. AVOIDING blisters:
 - a. Keep an cold pack or ice pack on hand to cool off your fingers when needed
 - b. Avoid blisters by resting your finger tips from time to time
 - c. At first, play for 5 min at a time.
 - Once you build up calluses you will be able play for longer.
 - Cool your fingertips off with the ice pack after 5 min
- 2. As your fingers get used to playing as callus will develop to make playing much easier.
 - a. Hint: Sign of a Good guitar player is a Nicely formed callus

GOAL 1 – Achieving a Clear Sound: ALWAYS Aim to play each sound or tone clearly

- 1. Take the time to explore and find out why the tone is not clear
 - Buzzing and Blunting:
 - Is your finger in the right place?
 - ✓ CLOSE to the Fret wire but NOT on it?
 - ✓ CLOSE to the Fret wire NOT in the middle of the Fret?

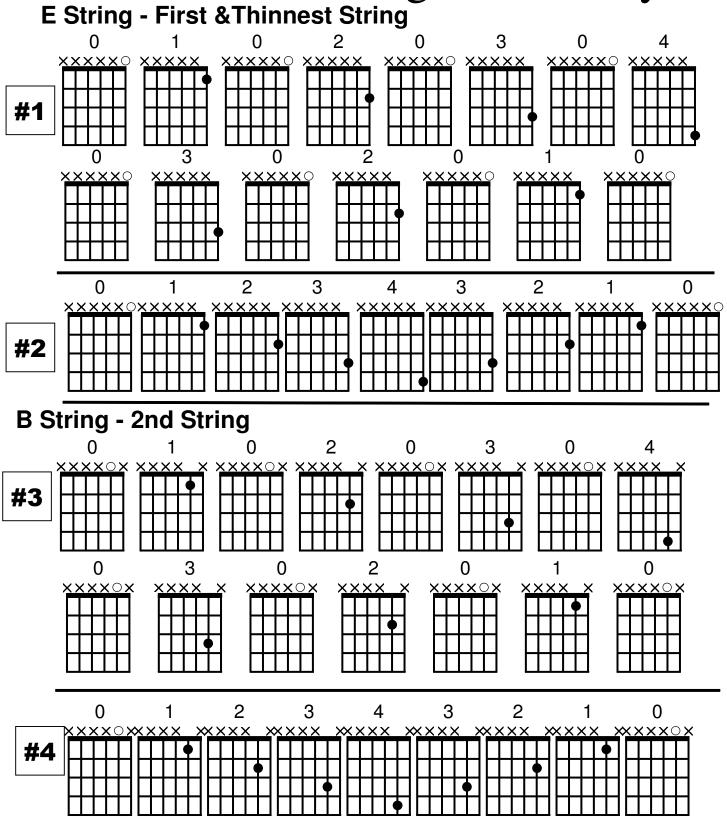
 - € Is your finger pressed down firmly enough?
- 2. Aim to play accurately at EVERY Speed:
 - Whatever speed you play (Very Slow, Slow, Medium, Fast, Very Fast) Aim to play accurately without blunt, buzzing and out of tune sounds.
 - Start slow and add choose a faster speed for the next time through.
 - It is **NOT A GOOD IDEA to speed up WHILE playing through** something because you loose the sense of the beat.
 - When you choose a Faster Pace:
 - ALWAYS be aware of the sound and return to a slower pace if the faster pace reveals too many inaccuracies.

GOAL 2 - Playing in Beat:

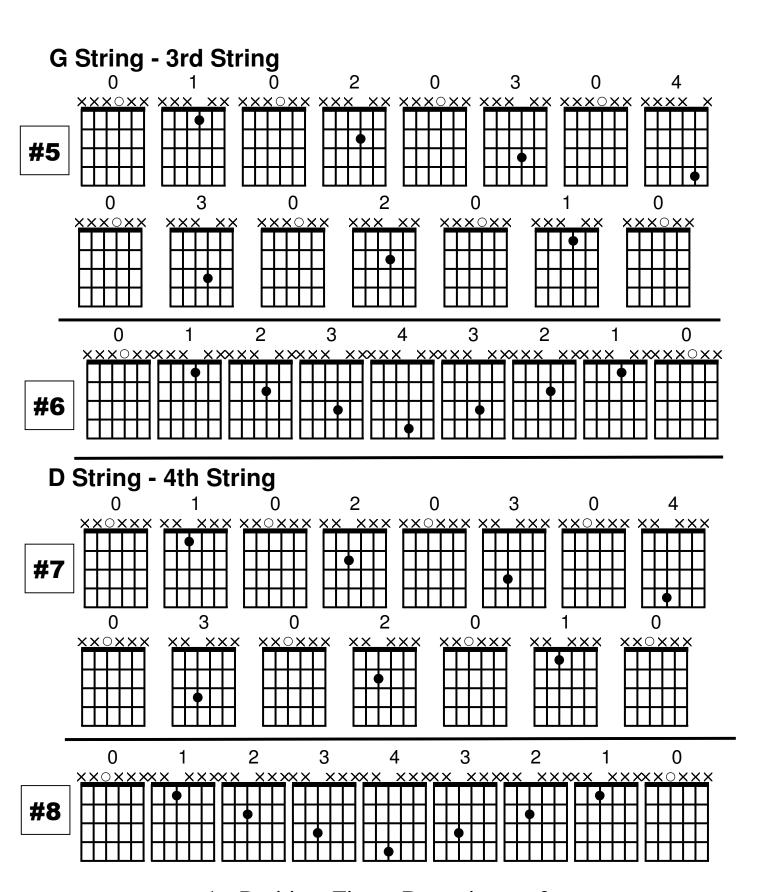
Aim to play ALL your notes at a consistent pace with a good sound no matter what speed you are going.

- 1. First Use a Slow pace/beat Tap/Count 4 for each sound
 - Generally speaking Most people do better to play through at a slow pace first so they can be sure their sound is clear and all problems have been worked out.
 - Once you can play at a slow pace with NO PROBLEMS, then, play at a Medium paced beat the next time through.
- 2. 2nd Use a Medium pace/beat Tap/Count 2 for each sound
 - Check for buzzing/blunting etc.
 - Be sure you have played the exact sound/note called for in the song
 - Fix any problems
- 3. 3rd use a Fast pace/beat Tap/Count 1 for each sound
 - Check for buzzing/blunting etc
 - Be sure you have played the exact sound/note called for in the song
 - Fix any problems.
- 4. Now you are ready to play a variety of tempos
 - If you have a metronome use that to set different speeds and play along. If not, set up a tempo by tapping your foot and try to stay with it as you play.

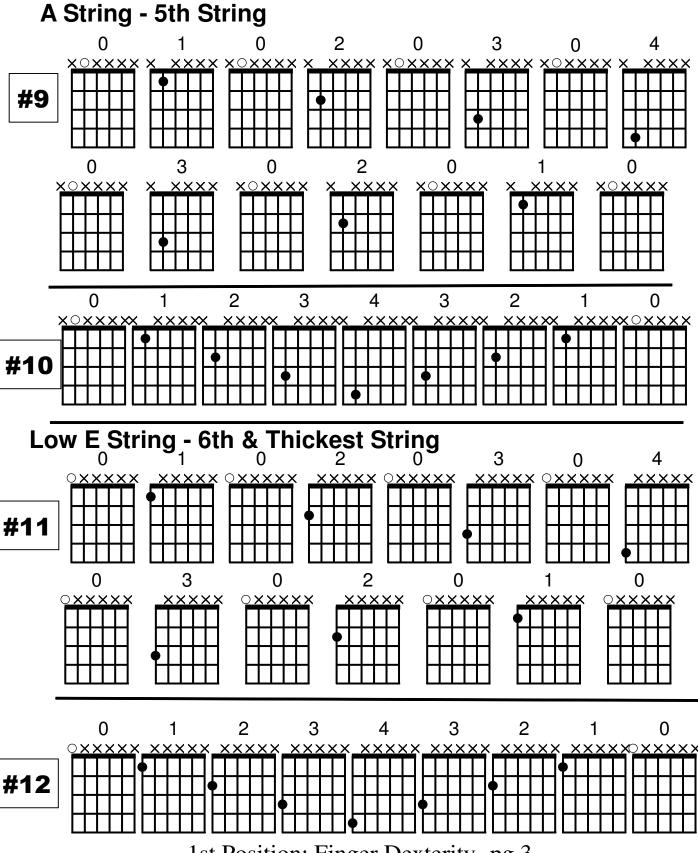
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