

Instructions 1st Position: Finger Dexterity

“It might hurt a little at first”

1. **AVOIDING blisters:**

- Keep an cold pack or ice pack on hand to cool off your fingers when needed
- Avoid blisters by resting your finger tips from time to time
- 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.**

- 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 something resting on the string causing it to buzz?
 - ☞ Is part of your fingernail resting on the string?
 - ☞ Is your finger pressed down firmly enough?
 - ☞ Is another finger resting on the string by mistake?

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 lose 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.

1st Position: Finger Dexterity

E String - First & Thinnest String

#1

#2

B String - 2nd String

#3

#4

G String - 3rd String

#5

0 1 0 2 0 3 0 4

#6

0 1 2 3 4 3 2 1 0

D String - 4th String

#7

0 1 0 2 0 3 0 4

#8

0 1 2 3 4 3 2 1 0

