

Lesson Exercise

In this lesson I'm going to show you an exercise that will make your fingers more flexible and stronger. By doing this you will be able to play faster and more accurately. You will see amazing results. We will be starting the first note on the 5th fret and running the fingers up to the 8th fret.

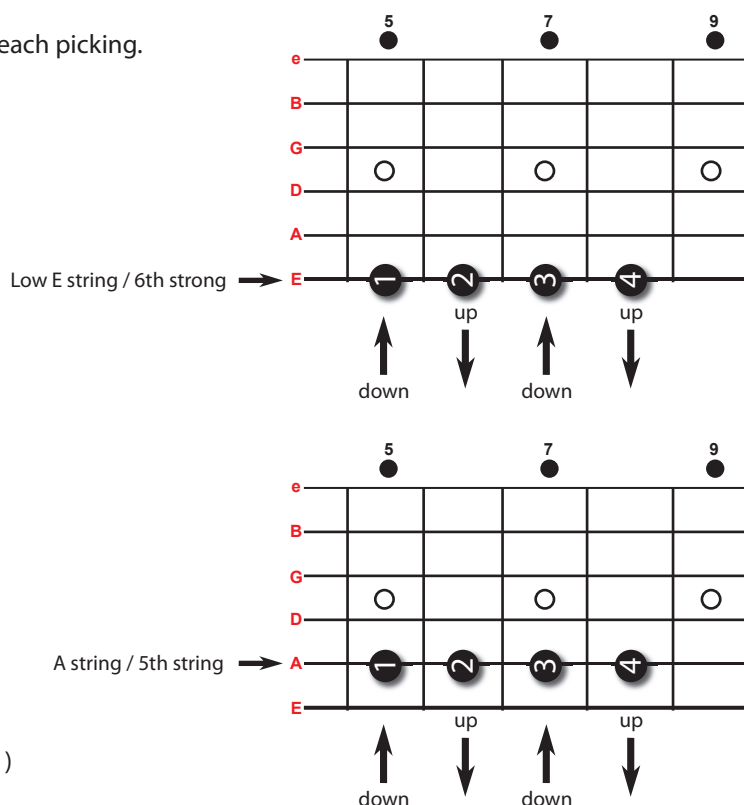
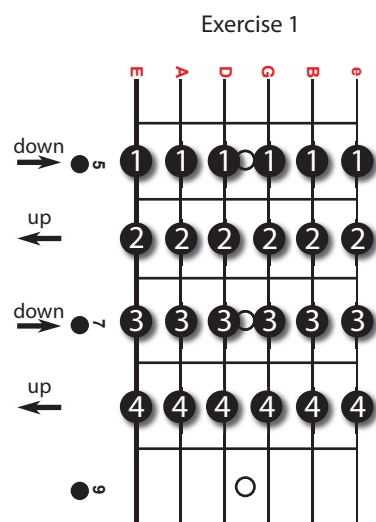
This exercise is quite simple.

The first finger starts on the 5th fret. Second finger on 6th, Third finger on 7th and 4th finger on the 8th. Try to keep each finger on the fret board as you play each note. This will build up strength.

When you play each note, try to play it in alternative picking.

This means when you play the first note, pick downwards. Second note up, third note down, fourth note up. Look at the examples on the right. Remember when reading tabs, you always read the low E string at the bottom and the high e string at the top.

Now go ahead and play all the strings. Remember to alternate each picking.



The next lesson is Rhythm

As you know, in a bar we have four beats. (one, two, three, four)
These are all down strokes.

But now... Every time your hand goes down it has to come up again. Right?
This is where the (and) comes in. For example: (one, and, two, and, three, and, four, and)
The (and) is all up strokes.

So now try this exercise. (Down Down Down / Up Down) or (one, two, three/and, four, and)

Rhythm 1

Down Down Down / Up Down



Most important thing to learn about strumming is to just keep going. Once you are comfortable playing these patterns on one chord, try using this pattern on two chords that you find easy to change between.