

YOUR FIRST GUITAR

Finger Exercise



This finger exercise is designed to give you flexibility of movement and increase the strength of your hand. Your fingers may not be used to being strong while separated; this exercise will help to give your hand the strength needed to play the guitar.

Follow these instructions using fingers 1, 2 & 3. Begin with finger 1 and climb 1, 2, 3 (one note at a time) until you reach the last note for finger 3.



When you are comfortable with this try descending 3, 2, 1 back to the starting point.

Elephants, And, Donkeys, Grow, Big, Ears

When you have mastered this follow these steps:-

Begin the exercise as before, but when finger 3 reaches its highest note slide it up one fret and descend 3, 2, 1 until finger 1 reaches its new lowest note. Slide up one more fret and repeat this process until you run out of fretboard.

Remember

- Use the tips of your fingers
- Keep your fingers close to where they are to play next (economy of movement)
- Play with a steady tempo, don't rush