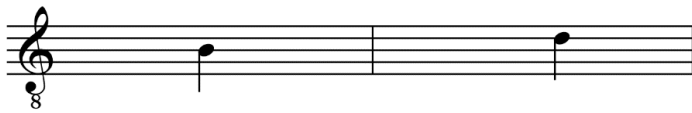


Tactile Memory and Component Practicing

Warm-up routines reinforce our tactile memory. Also known as touch memory or sense memory, your muscles retain tactile memory subconsciously by repeating the same action in isolation over and over in the same way. We experience tactile memory in multiple ways every day: texting, tying shoes, buttoning a shirt and even walking are examples of complex actions our muscles undertake without us having to think about them actively. Because playing guitar requires focusing on many things simultaneously – stabilizing the guitar, alternating fingers, pressing down strings, reading music and listening to others to name but a few – we can learn more efficiently if we activate our tactile memory by applying the idea of component practicing to music learning as well. The exercises preceding “One, Two, Buckle My Shoe” can be applied to songs throughout the Method Book, particularly in Levels 1 and 2.

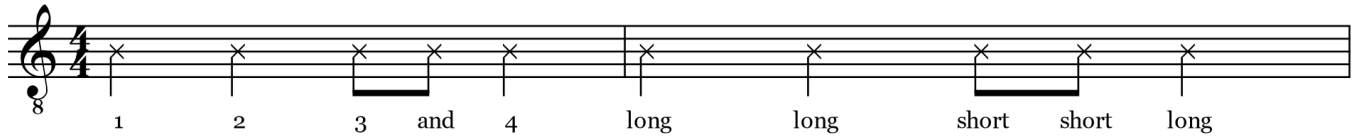
One, Two, Buckle My Shoe



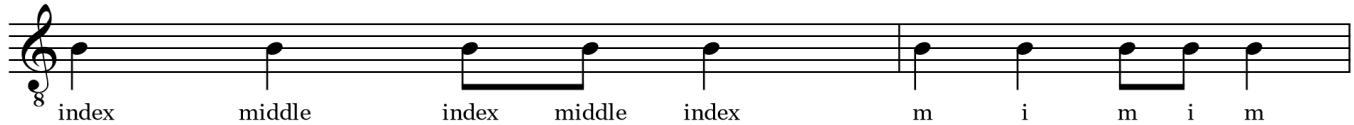
B is the 2nd string
played open.

D is played by the 3rd finger
of the left hand in the 3rd fret
of the 2nd string.

Before you play “One Two Buckle My Shoe,” clap and count the rhythm...



...and practice alternating right hand fingers while playing the rhythm on the open B string.



Next, practice (with your guitar silent) reading and saying (or singing) note names in rhythm as you press and release the D note with your 3rd finger. Then, put it all together to play “One Two Buckle My Shoe”:

