

Left-Hand Third Finger

1. Set up your left hand as explained on page 7.
2. Place your 3rd finger on the 2nd string (B) just behind the third fret.
3. Press down on the string with the tip of your finger, being careful not to touch any other string.
4. When you press down on the 3rd fret of the 2nd string you are playing a D note. Check the quality of the note by playing the 2nd string with a right-hand finger. Press down until you create a clean tone with no buzz or other noise.
5. Practice your LH 3rd finger separately from your right hand by pressing down on the third fret and lifting off over and over again until the movement is comfortable and consistent.

Combining the Hands

First play a series of D notes focusing on two things: 1. pressing down hard enough with your 3rd finger to make a clean tone, and 2. alternating right-hand fingers for every note.



↖ The numbers 1-4 next to a note tell you which LH finger should be used to play it.

Next change between D and B notes. Playing each note twice (as indicated) makes the finger alternating easier. You play each note once with each RH finger before changing notes.



Daily Warm-up Routine I

Beginning every practice session with a warm-up routine gives you time to isolate and focus on each component of technique and relaxes your mind and body to transition into effective practice. The goal is to establish good habits in your hands and body before diving into all of the additional complications that come with playing a song, so that the fundamental physical things you need to enjoy playing happen automatically. From this point until you reach Daily Warm-up II your warm-up should consist of these four things, spending 2-3 minutes on each.

1. Set-up - establishing and refining the “four points of contact” between body and guitar.
2. Alternating between *i* and *m* playing rest strokes on the B string (page 12).
3. Practice pressing down and letting go of the D note with the LH 3rd finger as described in point 5 above.
4. Play the two Ds and two Bs exercise under “combining hands” above