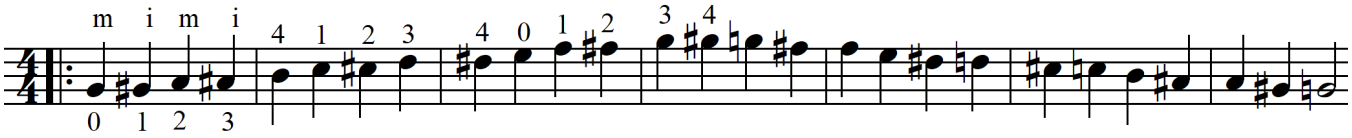
Chromatic Scale Expansion

Here, we expand our chromatic scale on the 2nd string to include the 3rd and 1st strings. Our new scale starts on the open 3rd (G) string and moves one fret and one finger at a time to the 4th fret of the 3rd string. After playing the 4th fret, it moves directly to the first fret of the 2nd string - your C note - rather than playing the open 2nd B string. This is done because the fourth fret of the 3rd string is also a B note. We are choosing to play B with the 4th finger to give it a better workout.

You should play without pausing as you move from the 3rd to the 2nd string and continue up the frets of the 2nd string to the 4th fret as you had previously. The scale then continues moving up to the 1st string, which we do play open, before again playing the 1st, 2nd, 3rd and then 4th frets with their corresponding fingers. As before, begin by playing every note four times. Then try three times, two times, and one time each.



Left-Hand Spider Exercise

This is a challenging exercise that increases the independence in your left-hand fingers. To make it more comfortable for your left hand, we are going to move your hand up to the 5th fret of the guitar where the smaller width of the frets will make some of these stretches more comfortable.

Set up your left hand with your first finger resting on the 5th fret of the 1st string, your 2nd finger on the 6th fret, 3rd finger on the 7th fret and 4th finger on the 8th fret. You now have your left hand in 5th position: with your 1st finger assigned to the 5th fret rather than the 1st fret. Be sure your fingers are curved and ready to press the strings with their tips.

We are going to move our fingers two at a time and in a variety of combinations across the strings. Beginning each time with your 1st through 4th fingers assigned to frets 5 – 8 on the 1st string.

Exercise 1:

1. Lift fingers 1 and 2 from the 5th and 6th frets of the 1st string simultaneously, place them on the 5th and 6th frets of the 2nd string and hold them there
2. Then lift fingers 3 and 4 from the 7th and 8th frets of the 1st string simultaneously and move them over the 2nd string to place them on the 7th and 8th frets of the 3rd string.
3. Then fingers 1 and 2 skip over the 3rd string to land on the 5th and 6th frets of the 4th string, fingers 3 and 4 move to the 5th string, 1 and 2 to the 6th string and finally 3 and 4 join fingers 1 and 2 on the 6th string.
4. The exercise continues by duplicating that pattern in reverse, moving fingers 3 and 4 to the 5th string, 1 and 2 to the 4th string and so on until all fingers arrive back on the 1st string.

For **Exercises 2 and 3**, apply the pattern above to these alternate finger parings: 1&4|2&3 and 1&3|2&4

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