

Daily Warm-up Routine IV

Right Hand:

1. Thumb Free Strokes

2. Mixing Thumb Free Strokes and Finger Rest Strokes

You have become fluent in using finger rest strokes to play melodies and have started using thumb free strokes to play bass lines. Now we will get your right hand ready to do both at the same time, giving you the ability to make your guitar sound like two independent instruments playing simultaneously! To help get your hands ready for the first song that mixes thumb and fingers, try the exercises below.

Combining the Hands:

3. Reading and Playing Notes below the Staff



To improve your fluency with notes on the 5th and 6th strings, try playing the melodies from Levels 1 and 2 down the octave. For example, “One Two Buckle My Shoe” can be played using the D on the open 4th string and the B on the second fret of the 5th string.

4. Transposable Major Scales

Complete your warm-up by playing four scales using the transposable major scale pattern introduced in the previous section of the book. The pattern begins and ends with the root note or tonic note of the scale – the note on which the scale sounds completed or resolved. Practice finding notes in higher positions by first choosing a scale at random (D Major, for instance) and then finding the corresponding fret on the G string where the pattern needs to start in order to produce the selected scale (the 7th fret in the case of D).

Words to Play By:

*“I do know one thing about me: I don't measure myself by others' expectations or
let others define my worth.”*

Sonia Sotomayor