

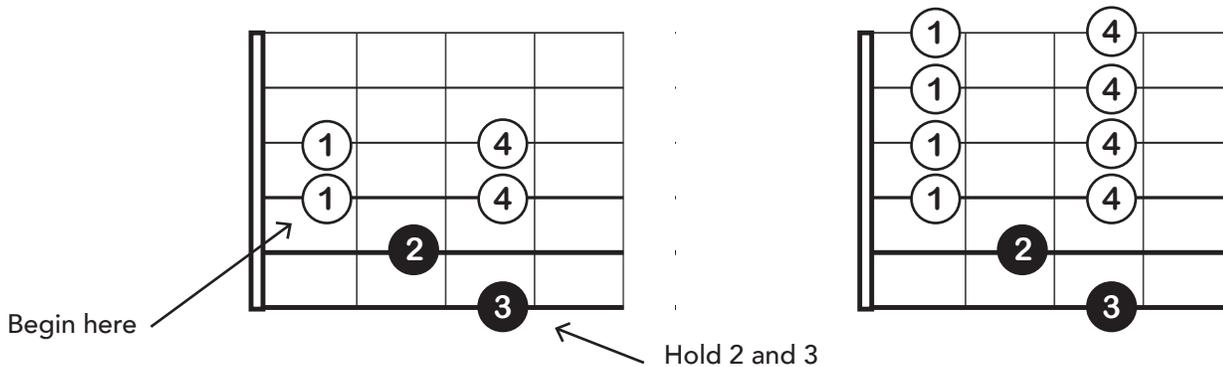
Left Hand Exercises

"G" Stretch Exercise

Left Hand Stretch Exercises are designed to build finger strength and independence.

The "G" Stretch Exercise is based on one of the more challenging chords to learn on the guitar: the G Major chord (open 1st position). This chord uses the 2nd, 3rd, and 4th fingers of the left hand and requires that your two weakest fingers (3 and 4) are spread far apart (on the 6th and 1st strings).

Some players avoid this chord by playing G in 2nd position (using the 1st, 2nd, and 3rd fingers), but you can't avoid the 1st position G chord long if you are going to learn classical music on the guitar. With practice you can strengthen your little finger and conquer G in open 1st position.



Place your 2nd and 3rd fingers in the position of G in open 1st position as shown above. While holding these two fingers in place, "walk" the 1st and 4th fingers on the 4th string up to the 3rd string. Lift 1 and 4 as you play, but keep 2 and 3 still. Once you can successfully walk the fingers back and forth on the 4th and 3rd strings (without moving fingers 2 and 3), then try expanding the exercise to include the 2nd string. Finally, walk the fingers all the way to the 1st string. On the last note of the exercise, your 4th finger will be on the top string in the correct place for G in open 1st position.

"C" Stretch Exercise

For a more challenging Stretch Exercise, place your 3rd finger on the bass note of a C Major Chord (open 1st position). Walk the 2nd and 4th fingers from the 4th string up to the 1st string.

Notice that in both exercises, the 4th finger plays at the 3rd fret under the 3rd finger.

Don't reach your 4th finger all the way to the 4th fret.

