

Four Finger Exercises

"Four-Finger" Double Stretch

In the "Four-Finger" Stretch Exercises, you practiced holding down three fingers while moving one and holding down one finger while moving three. In this exercise you will double the stretch in your left hand by holding down two fingers while moving the other two. Hold in place (on the 3rd string) the two fingers indicated in each of the patterns below. Move the other two fingers on the remain strings. Don't play the 3rd string where your fingers are holding.

As with the "Four-Finger" Stretch Exercises, begin in fifth (V) position where the frets are comfortably close to each other. Then you can work toward the extremes of the fretboard: first (I), where the frets are farthest apart, and ninth (IX) position, where the frets are closest together.

Play 1 and 2 Hold 3 and 4

