

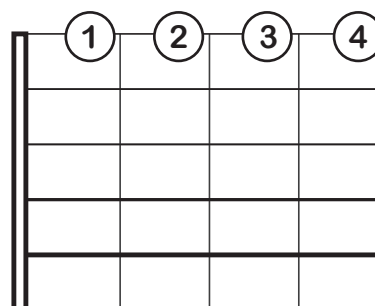
Four Finger Exercises

The Four-Finger Exercises are designed to help acclimate your hands to the guitar and help you begin working on technique. These exercises include:

Basic: Simple Four-Finger Song
Moving Four-Finger Song
Four-Finger Singles
Four Finger Doubles

Advanced: Four Finger Scramble
Four Finger Stretch

Once you have learned the basic exercises, you can further develop the coordination of your left hand by trying the advanced exercises.



"Four-Finger" Scramble

Begin the Four Finger Scramble with the combinations starting with the first finger. The first one is the original Four Finger Song: 1-2-3-4-3-2-1. Try each combination of fingers, beginning on the first string (like the original exercise). Work from melody to bass strings (1st string to the 6th) and then from bass to melody (6th string to the 1st). Concentrate on keeping the pattern consistent through all six strings.

Combinations beginning with 1

1 2 3 4 4 3 2 1
1 2 4 3 3 4 2 1
1 3 2 4 4 2 3 1
1 3 4 2 2 4 3 1
1 4 2 3 3 2 4 1
1 4 3 2 2 3 4 1

Combinations beginning with 2

2 1 3 4 4 3 1 2
2 1 4 3 3 4 1 2
2 3 1 4 4 1 3 2
2 3 4 1 1 4 3 2
2 4 1 3 3 1 4 2
2 4 3 1 1 3 4 2

Combinations beginning with 3

3 1 2 4 4 2 1 3
3 1 4 2 2 4 1 3
3 2 1 4 4 1 2 3
3 2 4 1 1 4 2 3
3 4 1 2 2 1 4 3
3 4 2 1 1 2 4 3

Combinations beginning with 4

4 1 2 3 3 2 1 4
4 1 3 2 2 3 1 4
4 2 1 3 3 1 2 4
4 2 3 1 1 3 2 4
4 3 1 2 2 1 3 4
4 3 2 1 1 2 3 4