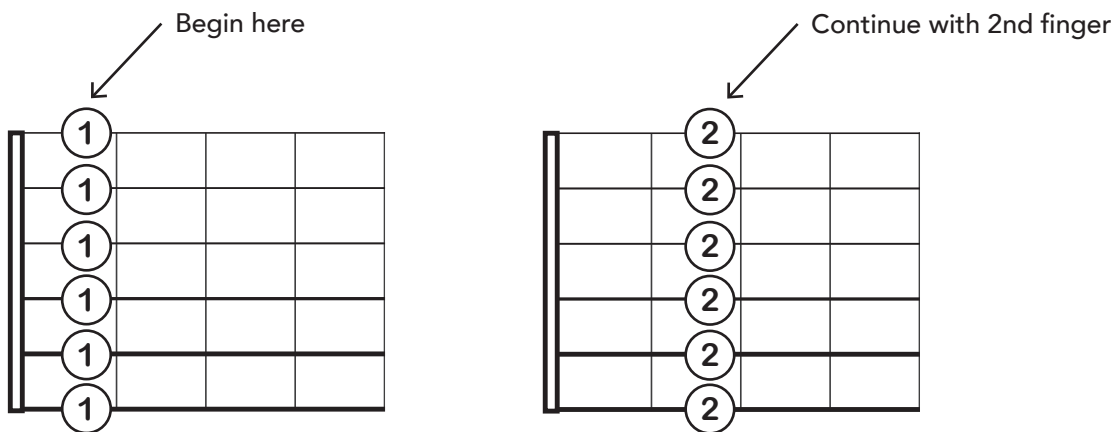


Four Finger Exercises

Four Finger Singles

This exercise is another variation of the Four-Finger Song. The Simple Four-Finger Song used all four fingers of the left hand; the Walking Four-Finger Song, just two at a time. Now you will practice each of the four fingers of the left hand **seperately**. Begin on the top (1st) string and play each string down to the bottom (6th) string. Then play from the 6th back to the 1st string.

The first and second fingers are shown in the diagram below.



In this variation of the Four-Finger Song, your hands must navigate the strings more quickly. Begin slowly and be sure both hands are tracking together on the same string. Gradually increase your speed as you gain more confidence.

Your goal is **clean tone and precision**. Try to play the entire exercise without missing a note or playing a note with poor tone (harsh, buzzing, muffled,...).

Keep your left hand close to the fretboard as you change notes so your fingers will not have far to move. Remember: **No excess motion!**

Begin by watching your left hand as you play. Be sure you are playing directly behind the fret. Then try playing the exercise without watching your fingers. You are acclimating your hands to the strings and building muscle memory. See if you can successfully navigate the strings without looking.