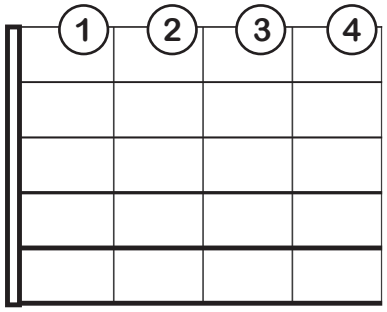
Four Finger Exercises

The simple "Four-Finger" Song

This is the first of several warm up exercises to help acclimate your hands to the guitar and help you begin working on technique.

Begin on the first string as shown.



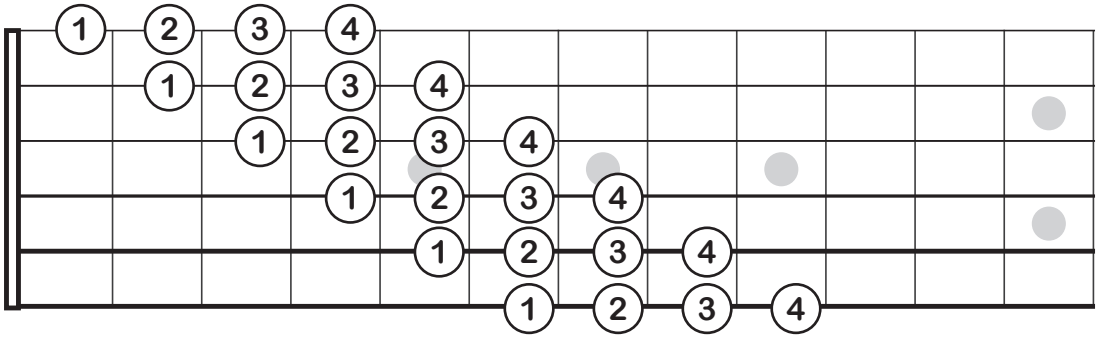
Play the fingers in order: 1–2–3–4–3–2–1

Repeat the exercise on the other five strings. Work from melody to bass strings (1st string to the 6th) and then from bass to melody (6th string to the 1st).

For best control of the tone with your left hand, be sure to **play directly behind the frets**, not on top of or in the middle of the frets. Notice that the frets are wider in first position. If you have difficulty staying directly behind the frets, try playing the exercise in the middle of the fretboard (fifth position) or higher (seventh position) where the frets are closer together. Once you can play it successfully in a higher position, then try it at the next position lower. Over time, work your way back to first position, one position at a time: V then IV then III then II then I.

The moving Four-Finger Song

Make the exercise more challenging by **changing position as you change strings**. **Watch your left hand** to be sure you are staying directly behind the frets as you play.



"The Four-Finger Song" from *Beginning Guitar Method*
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