

Four Finger Exercises

"Four-Finger" Stretch

Along with the "G and C Stretch Exercises" for the left hand, you can also adapt the "Four-Finger Song" to further develop finger strength and independence. Try the two Four-Finger Stretch exercises:

Exercise #1: Hold 3 — Move 1

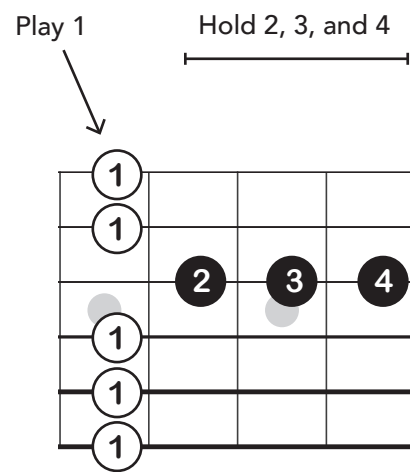
Exercise #2: Hold 1 — Move 3

You can play them in any position, but start in fifth (V) position where the frets are comfortably close to each other. Then you can work toward the extremes of the fretboard: first position (I), where the frets are farthest apart, and ninth (IX) position, where the frets are closest together.

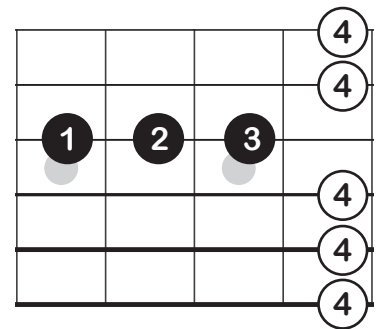
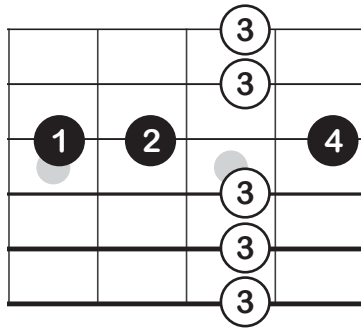
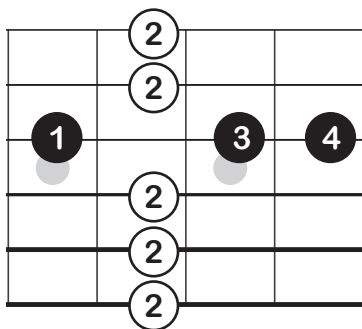
Exercise #1

Hold 3 — Move 1

To play the first exercise, position the fingers of the left hand on the third string. **Hold** the 2nd, 3rd, and 4th fingers in place on the third string as your first finger plays the notes on each of the remaining string: first, second, fourth, fifth, and sixth strings; then in reverse: sixth, fifth, fourth, second, and first. Don't play the third string where your remaining fingers are holding



Repeat the exercise, so that each finger takes a turn playing notes on the remaining strings while the other three remain still.



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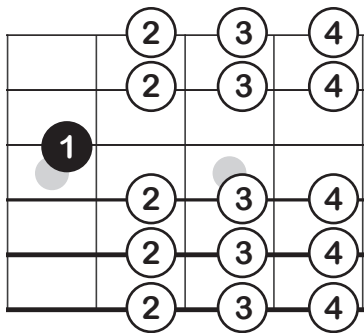
"Four-Finger" Stretch

As with Exercise #1, 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 position (I), where the frets are farthest apart, and ninth (IX) position, where the frets are closest together.

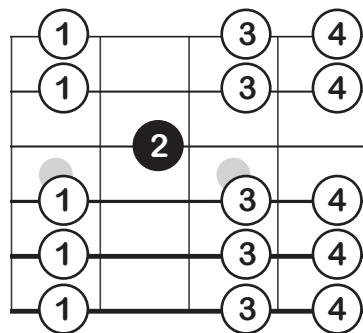
Exercise #2

Hold 1 — Move 3

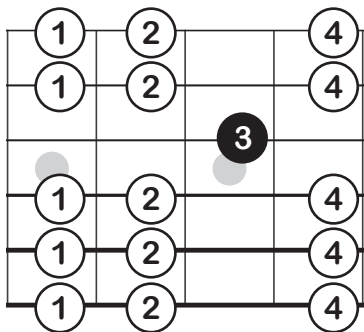
The second exercise is the opposite of the first. In this exercise you will hold down one finger on the third string and move the other three. Begin by holding down the 1st finger as you "walk" the remaining fingers on the first, second, fourth, fifth, and sixth strings. Repeat the exercise, so that each finger takes a turn remaining still while the other three play notes.



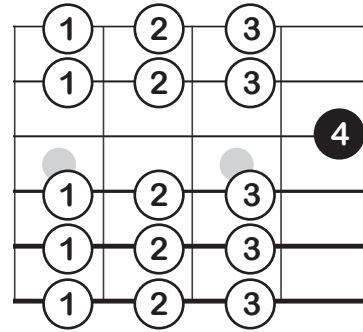
Hold 1; Play: 2 3 4 3 2



Hold 2; Play: 1 3 4 3 1



Hold 3; Play: 1 2 4 2 1



Hold 4; Play: 1 2 3 2 1