

Beginning Guitar Warmups

Left Hand

Tips for warm-ups

1. Do not use these the first week of class - make connections between exercise and music
2. These should serve a purpose - not just time fillers
3. Hands should be warm, not overly tired
4. Do exercises with a metronome or drum machine - keep track of speed progress
5. Combine bits of warm-ups
6. Include riffs, scale patters, interval work, etc.

Permutations: finger combinations on each string - dexterity and quickness

1. 1-2-3-4 - moving from string to string
2. 1-2-4-3
3. 1-3-4-2
4. 1-3-2-4
5. 1-4-2-3
6. 1-4-3-2
7. Start with finger 2, etc.

Hammer-On Drills - introduce one or two per day - skill drill

1. Start with 1 planted, pluck with right hand, hammer on left hand finger 2, (repeat 4x each string or moving up a fret)
2. 1-3, 1-4, 2-3, 2-4, 3-4 - follow procedure above

Pull-Off Drills - Skill Drill

1. Start with l.h. finger 1 and 3 planted, pluck first pitch with higher note, pull off with left hand to ring lower note
2. 4-1, 4-2, 3-2, 2-1, 4-3 - follow procedure above

Hammer on/Pull off Drill: triplet rhythms with both hammer on and pull off

1. Start with planted on fret, hammer on next note, pull off with left finger that just hammered on
2. ex. 1-ho-3-po-1 - pluck only first note of sequence with right hand

Note Name Crawler: Use this exercise before teaching moveable positions on strings 6 and 5 to learn the names of the notes at all 12 frets

1. On string six, place fingers 1, 2, 3, 4 in same frets. Play and say F, 2, 3, 4. Try and keep 1st finger on string, slide first finger to the second fret. Say and play F#, 2, 3, 4. Move to fret 3, say G, 2, 3, 4. Repeat to fret 9.
2. Backwards - naming pinky finger. Place fingers as follows, 1st finger - fret 9, 2nd finger- fret 10, 3rd finger - fret 11, 4th finger - fret 12. This exercise begins with all fingers on strings and lifts one at a time. Name the note under the 4th finger. Say and play E, 3, 2, 1. Move down one fret into 8th position - say and play Eb, 3, 2, 1.

* When ascending use #, when descending use *b*.

Octave Finder: This exercise is good for establishing patters on the neck, locating octaves quickly and alternating the right hand position.

Part 1

6

Part 2

6

Right Hand

Fingerstyle Exercises

Arpeggios: playing chord notes individually

R/Chord: Root Chord patters in 4 and 3 - Can be played over any chord - make sure root is played on appropriate string

*Challenges: Alternate between root and 5th, use same arpeggio over many chord changes, combine an arpeggio with a root/chord figure to create a 2 measure ostinato, have students create their own

Em

Arp. 1 Arp. 2 Arp. 3 Arp. 4

Guit.

5 Arp. 5 R/Chord 1 R/Chord 2 R/Chord 3 R/Chord 4

10 R/Chord 5 R/Chord 6

♩ = 80

Down Up Picking Exercise 1 - Do on all 6 strings

Guit.

5 etc.

9 Exercise 2 - Down and up across Strings (outside) Exercise 3. Down and up across strings (inside)

13

Pick Exercises: Three basic examples are listed here.

Ex. 1 - for speed - repeat pattern on each string

*Challenge - increase metronome each time, repeat in multiple places on the neck, move diagonally across strings each time (down a string, up a fret), subdivide to 16th notes

Ex. 2 - for practicing alternating picking between strings on the outside of each group of strings

*Challenge: increase the string sets, (down and up strings 1-3, 1-4, etc.), add notes on each string (F, D)

Ex. 3 - alternate picking for inside of string

*Challenge: add notes instead of open strings

Other Picking Exercises:

-Triplet patters (1-2-1, 2-3-2, etc.

-16th note picking of a scale ex. Cccc, dddd, eeee, ffff, etc.

-Sweeps - pick all notes in same direction to arpeggiate chords

