

Technique

- Guitar technique relates to how to use your hands to play
- It's important to use proper technique to avoid injuries or learning bad habits
- Proper technique will help you to play effortlessly and without fatigue
- Maintain proper posture and take frequent breaks to avoid repetitive stress injuries
- Do **NOT** use finger muscle building exercises or artifacts. The best way to build your muscles is through practice.
- Start out with short practices and slowly increase the time. It's not necessary to practice for hours to improve your playing
- Keep it FUN.

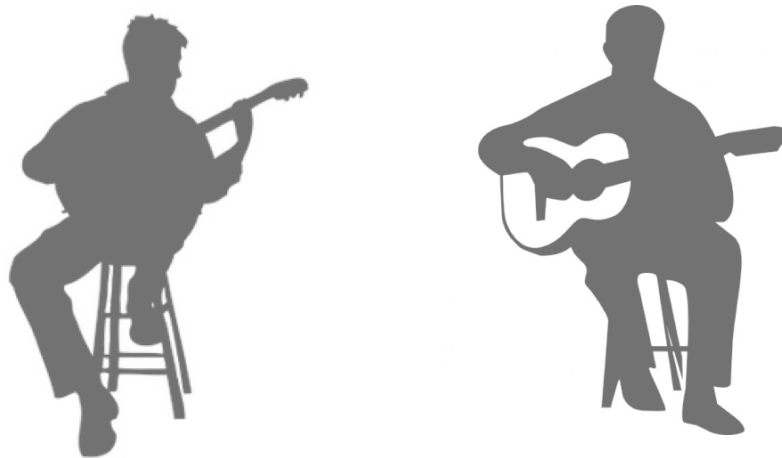
Posture - Standing

- While standing don't lock your knees
- Use your whole body to feel and keep rhythm
- Angle the head of the guitar up to between a 30° and a 45° angle
- Keep the wrist for your neck hand as straight as possible.
- Avoid playing the guitar at too low or too high position.
- A good height should place the upper bout of the guitar approximately over your heart.
- Let your arms hang naturally. Your elbows should not be touching your body.



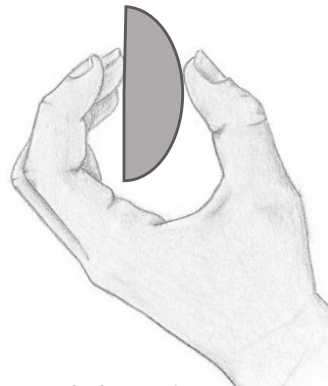
Posture - Sitting

- When sitting, keep your back straight - don't slouch
- Angle the head of the guitar up to between a 30° and a 45° angle
- Keep the wrist for your neck hand as straight as possible.
- Use a chair or stool without arm rests
- Rest the guitar on either leg.
- Use a footrest if you don't wear a strap

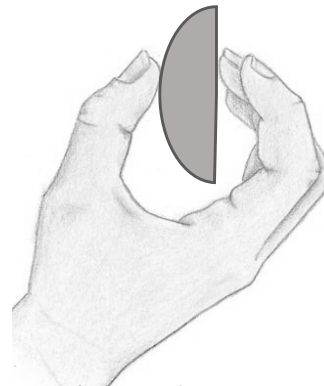


Hand Positions

- Keep the fingers of the neck hand curved, do not lock joints. Think of a 'C' shape.
- Keep your fingers close to the fingerboard.
- Play with the tips of the fingers.
- Do not allow the thumb to “peek” over the top of the fingerboard (unless you’re bending a string)
- Avoid touching the back of the neck with the palm of your hand. Maintain an air gap. (unless you’re bending a string)



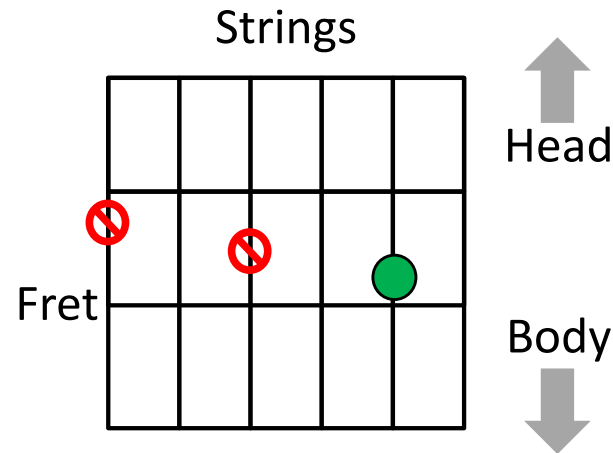
Neck hand position
for right-handed players



Neck hand position
for left-handed players

Holding down strings

- Press the strings down just behind the fret:

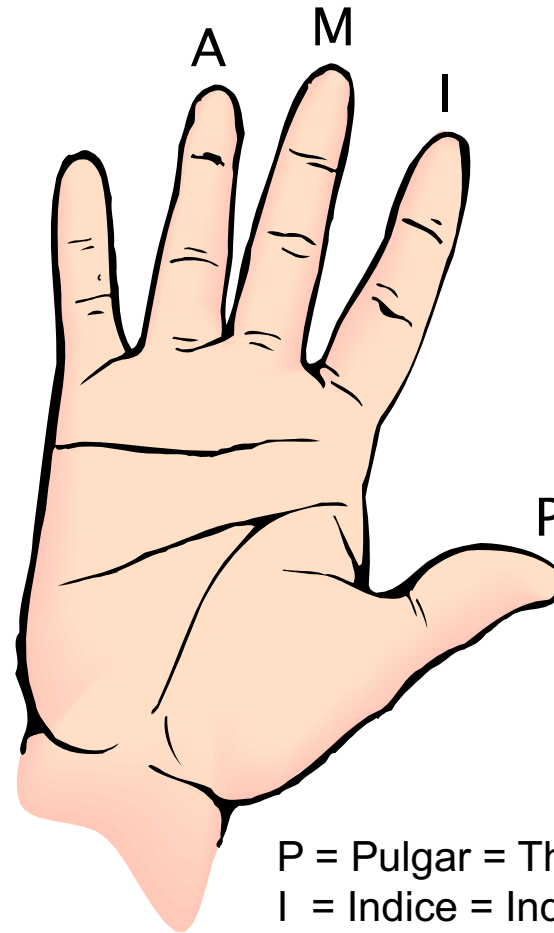


- Don't use too much pressure to hold down the strings. Imagine holding a banana or a bird.
- Use “economy of motion” Don't lift your fingers far from the fingerboard. Flow from one note to the other with minimal wasted motion.
- Start **SLOW** and then **slowly** build up speed. You're building muscle memory.

Finger Names – Right Handed Players

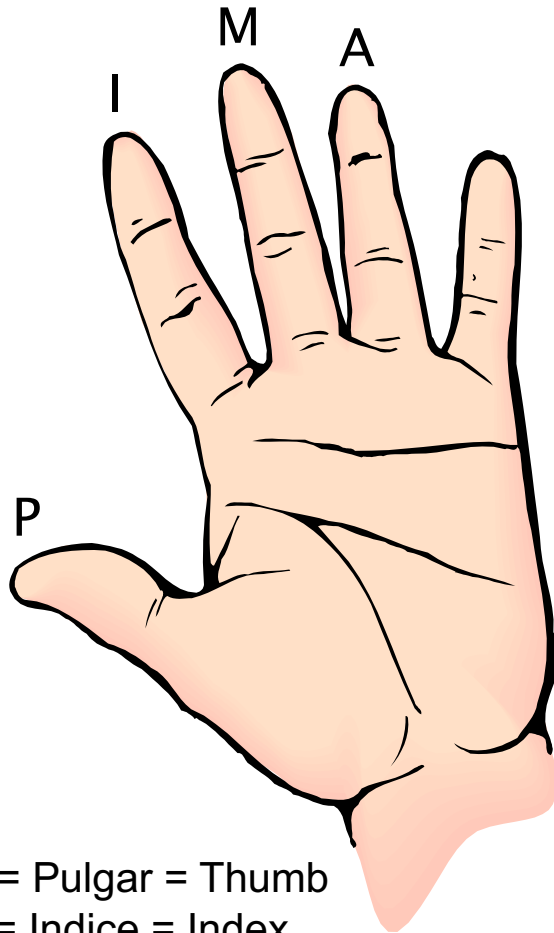


1 = Index
2 = Middle
3 = Ring
4 = Pinky



P = Pulgar = Thumb
I = Indice = Index
M = Medio = Middle
A = Anular = Ring

Finger Names – Left Handed Players



P = Pulgar = Thumb
I = Indice = Index
M = Medio = Middle
A = Anular = Ring



1 = Index
2 = Middle
3 = Ring
4 = Pinky