

# Beginning Guitar Exercise 1

1 2 3 4 Start with the first finger on the first fret of the sixth string. Leave your fingers down as you move through the exercise.

Keep your first and second fingers separated and your third and fourth fingers extended out and lined up with frets three and four.

4 3 2 1 Start with your fourth finger on the fourth fret of the first string. Play only one finger at a time. Lift each finger as after it has been played.

Once again you need to keep the first and second fingers separated while the remaining fingers are spread out and lined up with the corresponding frets.

## Left Hand Rules:

Keep your thumb behind the neck, pointed up and down and in the middle of your hand position.

Typically the thumb is between your second and third fingers.

## Right Hand Rules:

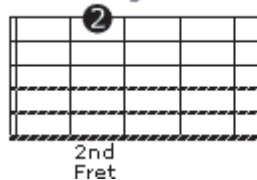
Hold the pick firmly with your thumb and first finger.

Keep your right hand rested on the bridge of the guitar.

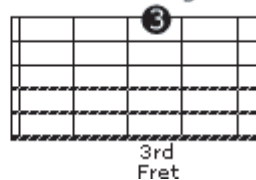
1st Finger



2nd Finger



3rd Finger



4th Finger

