

Finger Builder

for Oliver

Composed by
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The musical notation is for guitar in 4/4 time. The treble clef staff shows a sequence of notes: G4 (quarter), A4 (quarter), B4 (quarter), C5 (quarter). Above the staff, the notes are labeled with fingerings: i m i m i m i m. Above the fingerings are pick directions: square for downstroke, inverted triangle for upstroke. The sequence is: square, inverted triangle, square, inverted triangle, square, inverted triangle, square, inverted triangle. The notes are numbered 1 through 4 above them. The bass clef staff shows strings T, A, B. The fretboard diagram shows finger positions: 0-1-0-2-0-3-0-4. The text 'repeat several times' is written below the treble staff. The count 'Count: 1 2 3 4 1 & 2 & 3 & 4 &' is written below the bass staff.

NOTES:

- Downstroke with a pick
- ▽ Upstroke with a pick

p - rh thumb
i - rh index
m - rh middle
a - rh ring

Do not repeat this exercise too many times as it may cause repetitive stress injury.

Always play it only as fast as you can perform it virtually flawlessly.

Increase speed over time - days, weeks, and months. You might track your progress by using a metronome and keeping a log book of metronome speeds.

Always play it with good technique, as relaxed as possible. Playing with poor technique, or too fast to play accurately, will only train your brain and body to make mistakes.

Be patient and you will see progress over time. Don't expect to see results right away.

You may pluck with a pick (alternate picking is best as noted above) or with fingers used in some form of alternation, such as i and m, i and a, m and a, p and i, p and m, etc. More complex forms of alternation would be helpful too, such as imam, pami, amim, pimi, etc.

For variety, play it on different strings and in different positions.

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