

Coordination Studies

8

i m i m
m a m m

T
A
B

7 8 9 10 7 8 9 10 7 8 9 10 7 8 9 10

4 3 2 1

i m i m
m a m m

T
A
B

10 9 8 7 10 9 8 7 10 9 8 7 10 9 8 7

PRACTICE NOTES

If you are using a pick: use alternate up and down strokes.

If you are fingerpicking: use alternating fingers, such as index, middle, index, middle, etc. If you are playing a nylon string guitar you might practice using both free and rest strokes.

Use these as warm-up exercises each time you practice. Play them on other strings. With time these will develop your speed and promote better coordination between your right and left hands. Don't rush them! The speed will come with consistent, clean practicing. By all means play as fast you can, but not to the point that you play sloppy. Being fast is only one part of playing well; you must be accurate too.

Don't overdo these exercises because that may cause repetitive stress injuries.

Invent other patterns using all 4 fingers, such as 1-3-2-4, or 1-4-2-3, etc.