

Lesson #1

Seating:

Keep feet flat on the floor, with the left foot elevated with footstool.
Shoulders should be level and aligned over hips.
Head and neck are upright.
Guitar leans back against chest, and is angled away from torso.
Headstock should be shoulder height or higher.

Check:
While holding the top of the neck near the tuners, your elbow should be in front of the center line of the side of your torso.

Right Hand Position:

Make a fist, as if throwing a punch in front of you. Relax the fist, while holding your arm up. Your thumb (p) will be touching the side of your index (i) finger, your i finger will be touching your middle (m) finger, your m finger will be touching your ring (a) finger.

Without touching the guitar with the right arm, wrist, or hand, lightly bring the fingers and the thumb to rest lightly on the first (closest to the floor) string. Maintain a straight line alignment from knuckles to the elbow.

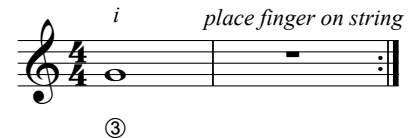
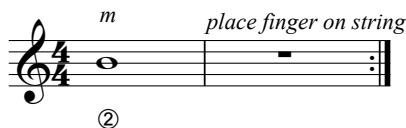
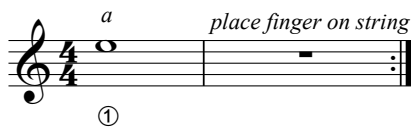
While leaving the fingers on the string, relax the right arm and allow it to rest on the instrument.

Without moving the hand, place the thumb (p) on the fourth (skinniest wound) string, the i finger on the third string, and the m finger on the second string, leaving the ring finger (a) on the first string.

Checks:
Curl the fingers, as if holding an egg.
The thumb should point at the plane of the strings at about a 45-degree angle. Adjust this with the wrist, not changing where the arm rests.

Simple Stroke Exercises - place hand on strings in playing position, move only one finger while others rest on strings.

Move fingers from knuckle joint.
Finger tips should be relaxed and flexible.
Touch palm after every stroke.



Left Hand:

- 1) Keep elbow down.
- 2) Curl 3rd and 4th fingers and place the fingertips on the strings.
- 3) Leave fingers down while ascending.
- 4) Put fingers down early while descending.

One-octave major scale starting in fifth fret

