


## Exercise #1 - Open One Two Three!

This drill will give you the basic coordination to move on the fretboard playing a short sequence of notes.

It will give you confidence about your finger placement with various fret to fret distances and develop finger strength, flexibility, and relaxation.

This first example begins on string number six (low E), but should be played on each string!




*this open-bottom square indicates all down strokes of the pick*

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<b>A</b>		<i>continue up the fretboard as far as possible!</i>	
<b>B</b>			
0 1 2 3 0 2 3 4	0 3 4 5 0 4 5 6	0 5 6 7 0 6 7 8	0 7 8 9 0 8 9 10
0 1 2 3 0 1 2 3 0 1 2 3 0 1 2 3 0 1 2 3 <i>(left hand finger numbers)</i>			

## Exercise #1A - Variation on Open, One, Two, Three!

This is the same as Exercise #1 backwards - it's called a retrograde! Play this one on each string too!



*Start at higher frets if possible!*  




*use all down strokes for picking or alternate like this.....*

10 9 8 0 9 8 7 0	8 7 6 0 7 6 5 0	6 5 4 0 5 4 3 0	4 3 2 0 3 2 1 0
3 2 1 0 3 2 1 0 3 2 1 0 <i>left hand fingers continue in sequence</i>			

**It is very important to repeat these drills many times  
on each string of your guitar!**

Notes on these exercises

1. Be sure to relax and use just enough left hand pressure to get a clean tone from your guitar.
2. Focus on coordinating your picking with your fretting!
3. Use a metronome if you have one - start at a slow setting (about 60 beats per minute) and gradually speed up!
4. Watch your fingers closely and play with confidence!
5. When you think you're really good at these, try them without looking at your fingers!
6. Make up some of your own variations on these drills!