



Level 2 Week 4 Assignment

This week I would like to introduce an exercise that requires no more than 8 minutes a day, to start. If you are looking for a strength builder and a facility creating exercise this will help, but, you must refer to the video lesson in Segment #14. The Hammer-ons and Pull-offs section of our video lessons should help you build strength and agility, but this warning: Do not exceed 10 minutes a day and be cautious of how long you go between short rests. DO NOT CRAMP YOUR LEFT HAND.

Instead, like a body builder, work up to it. Read the manual carefully and watch the video. Then start with maybe 5 minutes a day for a few days or spend 3 or 4 minutes a couple of different times during the day working for even sound between notes and good solid rhythm with this exercise. As always start with the bpm at about 60 or 70. Think about tone and rhythm not speed.

Forget about squeezing rubber balls or those spring loaded hand exercisers. You don't learn anything about applying the strength of your hand to the guitar with these music store toys.

Besides, you don't want to practice closing your hand. We

already do that naturally. What you want to practice is pushing straight down on the strings and this exercise will require some real individual finger control.

1. Start adding the hammer-on, pull-offs exercise to your routine. Maintain scale exercise regime.

2. We will reduce the 30 reps per day "Five Chord Forms" exercise to 12 reps per day. With each repetition you move up a half step (one fret) and so on until each chord form has appeared in the open position. Refer to video Segment #6 for the demonstration of this exercise. Also read the manual. It will describe this exercise in detail.

3. You can give the 3 Chord Primers a rest this week but continue with Blues #1. You should try to play 4 reps of this exercise before resting then come back and do 4 more. Somewhere between 3 to 5 times a day to start.

BTW, it would take about 16 reps of this exercise at (120 bpm to 140 bpm) to be equivalent to playing one song at a club, restaurant, coffee house, or concert venue. The average length of a song played in live performance can vary from 4 to 7 minutes. There is something to be said for developing stamina.