

DEXTERITY EXERCISE #1

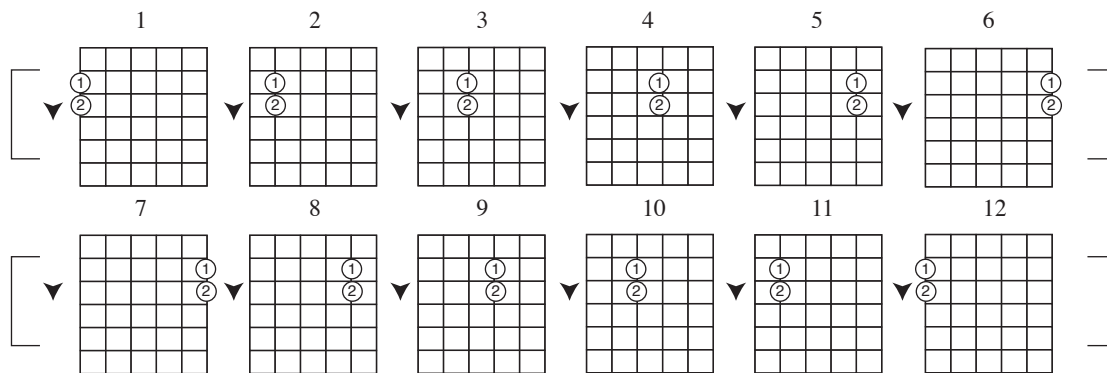
Ascending Intervals

REVIEW these TIPS as needed before beginning EACH SESSION.

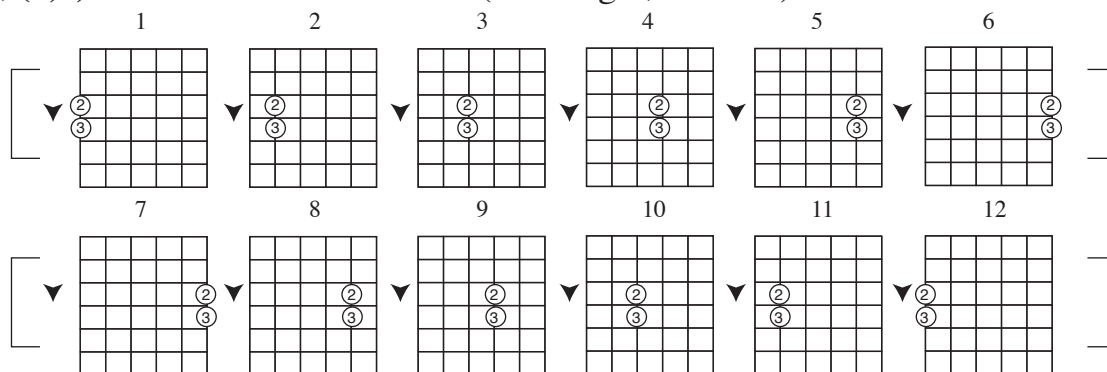
1. **Relaxed pressure** at all times.
2. **Slow, steady tempo** (heartbeat speed) is optimum.
3. **Consistent volume and attack** desirable.
4. **Focus on left hand** technique initially.
5. Release (lift) each finger as next begins succeeding note (**FINGER WALK**).
6. Choose **4 fret area**, around half way up the neck.
7. Continue finger sequence whether ascending or descending.
8. **Across the neck and back** with each sequence.
9. Numbers (1,2 etc.) indicate finger AND frets within chosen 4 fret area of neck.

- Once left hand is comfortable concentrate on conditioning **good overall technique**.

Play **(1,2)** slowly and smoothly across the neck and back (1st finger, 1st fret).



Then, **(2,3)** across the neck and back (2nd finger, 2nd fret).



Then do each of these sequential pairs:

(3,4)

(1,3)

(2,4)

(1,4)