

Left Hand Warm-Up Procedure

Perform each finger combination on each string. Shift up one position at a time until reaching the tenth position. Use alternate picking consistently throughout the exercise. Maintain a relaxed, stable hand position using the tips of the curved fingers. The thumb should be flat on the back of the neck between the second and first fingers. Try straightening out the fingers and laying them flat across the strings - they should be relatively parallel with the frets. Strive for clarity of tone, dynamic consistency with the pick, and connected transitions from string to string and position to position. Be sure to shift the entire hand and thumb in order to maintain proper hand position in all areas of the fretboard.

Example: *Week #1, Ex. #1 (1-2)*

1 2 1 2 1 2 1 2 1 2 1 2 1 2 1 2 1 2 1 2 1 2

T 1 2 1 2 1 2 1 2 1 2 1 2 1 2 1 2 1 2 1 2

A 1 2 1 2 1 2 1 2 1 2 1 2 1 2 1 2 1 2 1 2

B 1 2 1 2 1 2 1 2 1 2 1 2 1 2 1 2 1 2 1 2

1 2 1 2 1 2 1 2 1 2 1 2 1 2 1 2 1 2 1 2 1 2

T 1 2 1 2 1 2 1 2 1 2 1 2 1 2 1 2 1 2 1 2

A 3 4 3 4 3 4 3 4 3 4 3 4 3 4 3 4 3 4 3 4

B 3 4 3 4 3 4 3 4 3 4 3 4 3 4 3 4 3 4 3 4

Proceed to Tenth Position

Example: *Week #1, Ex. #2 (1-3)*

1 3 1 3 1 3 1 3 1 3 1 3 1 3 1 3 1 3 1 3 1 3

T 1 3 1 3 1 3 1 3 1 3 1 3 1 3 1 3 1 3 1 3

A 1 3 1 3 1 3 1 3 1 3 1 3 1 3 1 3 1 3 1 3

B 1 3 1 3 1 3 1 3 1 3 1 3 1 3 1 3 1 3 1 3

Proceed to Tenth Position

Example: *Week #1, Ex. #3 (1-4)*

1 4 1 4 1 4 1 4 1 4 1 4 1 4 1 4 1 4 1 4 1 4

T 1 4 1 4 1 4 1 4 1 4 1 4 1 4 1 4 1 4 1 4

A 1 4 1 4 1 4 1 4 1 4 1 4 1 4 1 4 1 4 1 4

B 1 4 1 4 1 4 1 4 1 4 1 4 1 4 1 4 1 4 1 4

Proceed to Tenth Position