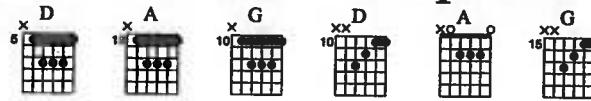


Bending over A and F shape Barre Chords



Standard tuning

$\text{♩} = 120$

Bending Behind the Barre

E-Gt

mf

1 2 3 4

D A G D

full full full full

T 5 5 12 12 10 10 5 5
A 7 7 14 14 12 12 7 7
B 5 5 12 12 10 10 5 5

Bending in front of the A shape

D A G G

full full full full

T 5 10 10 0 5 10 5
A 7 9 10 2 4 12 15
B 5 12 12 0 7 10 17

Exercise using both bends

D A G

full full full full full full

T 5 5 10 10 12 12 10 10 5 5
A 7 7 9 10 14 14 12 12 7 7
B 5 5 12 12 14 14 10 10 5 5