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# Bends

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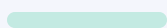
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**UNIT 1**

## Bends Level 1

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Work on every type of bend

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-  **What Is A Bend?**
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## Bends Level 1

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### What Is A Bend?

In our first lesson, we will discuss the theory behind bending the strings, as well as lay the groundwork for the rest of the course. Let's dive straight in!

### The Theory

A bend is a note that you are changing by pushing the pitch up. It's important to note that you can't bend a note down in pitch. Of course, you can physically bend downwards, as we'll see later in the course, but you cannot actually make the note sound lower, it will only go up in pitch. This is because no matter the direction you bend the string, you'll always make it tighter and so higher in pitch.



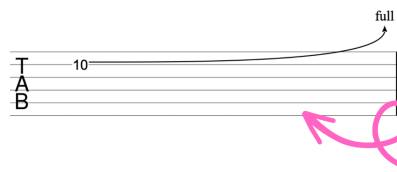
“

A bend is never random! You need to know what note you are targeting

before  
you start  
to bend,  
otherwise  
you may  
well get  
caught in  
the  
middle!

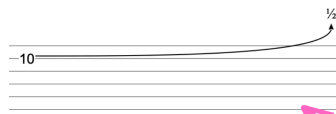
**Franco** ”

So let's take a look at how these bends look on a tab so that we start to get an idea of the notes we should be targeting. Let's start with a whole-tone bend.



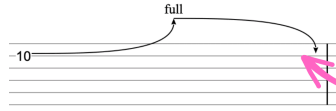
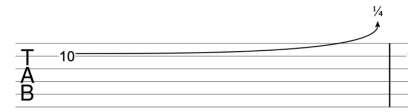
If the arrow says "1" or "full", this is a bend that should go up by 1 whole tone (two frets). You can play the note two frets up, then try to bend to it, as Franco demonstrates.

This is probably the most common style of bend you will see, but there are plenty more. Here are a few more of the common bends and how they look on tab.



If the arrow says "1/2" or "half", this is a bend that should go up by 1 semitone (one fret). You can play the note one fret up, then try to bend to it, as Franco demonstrates.

If the arrow says "1/4" or "quarter", this is a bend that should go up by half a semitone...ish! Much more on this one later!



Finally, it's worth noting about a bend that goes up and down. Once again, the instruction on the tab is very clear!

## Under Pressure!

One of the key bits of technique when it comes to bending is to get good at keeping the pressure on when you are bending. If you release the pressure you will lose the note. So, play the note first, get it ringing out nicely, and then you can start pushing up the note with the same level of pressure.



“

So, your first challenge is to experiment with bends in different positions. Try to bend on the D string, then the G string, B string all the way through the full range.

Note that  
the lower  
strings can  
be bent  
downwards,  
and the rest  
upwards.  
Good luck!

**Franco**



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