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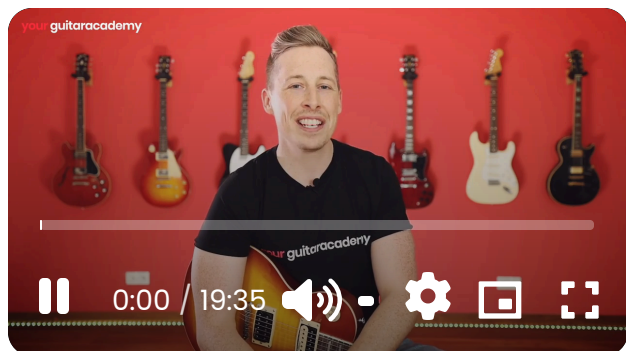
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Master Your Fingers

LEVEL 2 • Guitar Skills



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Classic Finger Twist

UNIT 1 • **LESSON 1** [NEXT >>](#)

Lesson notes

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1234 & 1324 Skipping

First up, let's chat quickly about 16th note subdivisions. As intermediate guitar players, we should be dealing in 16th notes most of the time, which means we will be using that subdivision for the entire course. 16th notes simply mean fitting 16 notes into your bar of 4. Therefore, for every 1 beat, you play 4 notes. This is often counted like this:

"1 e and a 2 e and a 3 e and a 4 e and a"

This particular exercise is a great start and one that you'll be playing for a long time. It is all about developing finger independence as well as a great synchronisation between the picking and the fretting hand. The fretting hand is rotating between two spider exercises, plus the picking hand is working on alternate picking as well as string skipping! There is a lot going on, so take your time with this one!

BPM Count

For this exercise, we demo it at 60BPM 16th Notes, then scroll down to 50BPM 8th notes. Our focus is to

Course navigation

UNIT 1

Classic Finger 0% ^

Twist

We take 5 awesome exercises that work to build your strength and technique with both hands. These exercises are not always the most musical, but man do they do the job!

Lessons:

- 1234 & 1324 Skipping
- Ultimate Legato
- Chromatic Scale
- Lateral Spider
- Octave Exercise
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UNIT 2

Pentatonic Scales 0% v

UNIT 3

Three Notes Per String 0% v

UNIT 4

Triad Arpeggios 0% v

get it sounding perfect, slowly. As you grow in confidence with this exercise you can start to push the speed, but we would always recommend practising this slowly first as a warm-up. Not only does it loosen up your fingers, but by training your fingers at a slower pace, the speed will be there when you need it.



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guitar club

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