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Master Your Fingers

LEVEL 2 • Guitar Skills

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Practice summary

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Classic Finger Twist

UNIT 1 • **LESSON 4** << PREVIOUS NEXT >>

Lesson notes Interactive tab

Lateral Spider

For this exercise, we return to the 1234 style pattern, but now we really push your ability to climb up and down one string. This changing of fretting position can really throw a lot of people, so it's a great exercise to get you familiar with that. Fantastic for the brain as well!

BPM Count

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



All done?

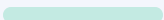
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Course navigation

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UNIT 1

Classic Finger Twist

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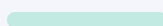
We take 5 awesome exercises that work to build your strength and technique with both hands. These exercises are not always the most musical, but man do they do the job!

Lessons:

- 1234 & 1324 Skipping
- Ultimate Legato
- Chromatic Scale
- Lateral Spider
- Octave Exercise
- Mega Workout

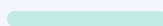
UNIT 2

Pentatonic Scales

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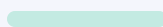
UNIT 3

Three Notes Per String

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UNIT 4

Triad Arpeggios

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guitar club

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