

Get **20% off** annual membership before your trial ends – **Only 8 days left**

[Back to all courses](#)

Master Your Fingers

LEVEL 2 • Guitar Skills

✓ Recently viewed ⓘ



⌵ Theatre mode

Practice summary

+ Add

You haven't logged any practice time for this lesson yet. There's no time like the present to [start](#)

Classic Finger Twist

UNIT 1 • **LESSON 1** NEXT >>

Lesson notes Interactive tab

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
- Mega Workout

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.



All
done?

Click here to mark this lesson as complete.

Not quite done? Check the toolbox for more practice options.

Next lesson

guitar club

Made with ❤ by Your Guitar Academy © 2025



COURSES

Guitar Skills
Player Studies
Theory Lab
Challenges
Masterclasses

TOOLS

Scale Builder
Practice History

PRICING

Subscriptions
Prepaid

BLOG

Latest Posts
All Posts

ACCOUNT

Settings
Manage subscription
Order history
Logout

COMPANY

Terms & Conditions
Privacy Policy
Cookie Preferences

GET IN TOUCH

