

Learn to play hammer-ons & pull-offs with groups of three fingers

Here are some exercises that will further develop your technique using hammer-ons and pull-offs. They involve doing two successive hammer-ons, or pull-offs, with every combination of three fingers. Let's use the same procedure we did for the previous exercises:

- Pick the lower note and hammer-on the fingers to the higher notes
- Keep the lowest finger down on the string
- Do each grouping of fingers four times on all six strings
- Practice these exercises in various positions: I, V, IX, XII, XV, etc.

Here are all the possible finger groupings of three fingers for hammer-ons:

1-2-4

1-3-4

1-2-3

2-3-4

[illegible]

TAB

1 3 4 1 3 4 1 3 4 1 3 4
continue with same fingering & picking...

[illegible]

continue with same fingering & picking...

Now let's do the same procedure using pull-offs, except here you will pick the higher note and pull off the fingers to the lower notes.

Important!

Make sure you replace the fingers *simultaneously* before each execution of the pull-off groupings.

Here are all of the possible finger groupings of three fingers for pull-offs:

4-2-1

4-3-1

3-2-1

4-3-2

continue with same fingering & picking...

continue with same fingering & picking...

continue with same fingering & picking...

continue with same fingering & picking...