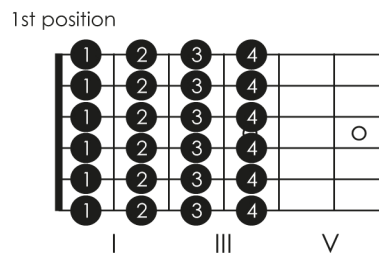


Learn the Pseudo-Chromatic Exercise

This is a very basic exercise that will introduce you to the techniques necessary to play scales on the guitar. It utilizes all four fingers and is an excellent way to build left hand finger agility.

Here's what the notes look like on a neck diagram:



Here's what the notes look like on tablature:

Tablature for the ascending exercise:

```

T | |
A | 1 2 3 4 1 2 3 4 1 2 3 4 1 2 3 4 1 2 3 4
B | 1 2 3 4 1 2 3 4 1 2 3 4 1 2 3 4 1 2 3 4

```

fingering: 1 2 3 4 continue for all strings...

picking: ▢ ▢ ▢ ▢

Tablature for the descending exercise:

```

  | 4 3 2 1 4 3 2 1 4 3 2 1 4 3 2 1 4 3 2 1
  | 4 3 2 1 4 3 2 1 4 3 2 1 4 3 2 1 4 3 2 1
  | 4 3 2 1 4 3 2 1 4 3 2 1 4 3 2 1 4 3 2 1
  | 4 3 2 1 4 3 2 1 4 3 2 1 4 3 2 1 4 3 2 1

```

fingering: 4 3 2 1 continue for all strings...

picking: ▢ ▢ ▢ ▢

Here are some particulars you want to pay attention to:

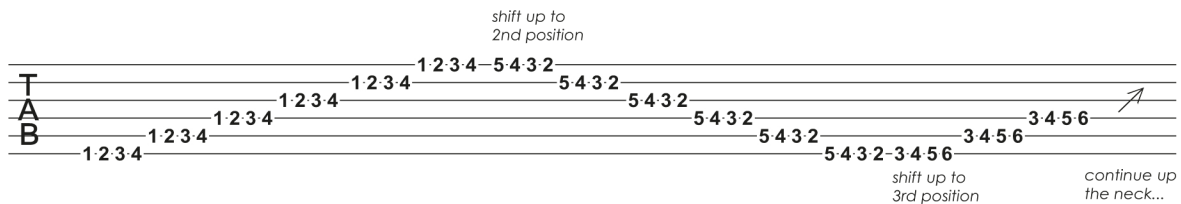
- *For the right hand picking, use all down strokes (at first)*
- *When ascending, keep fingers down on the strings*
- *When descending, keep fingers low over the strings*

Start off playing this very slowly. Actually, don't even play it in tempo. Then, after awhile when you get comfortable with the exercise, you can play each note evenly.

Play this exercise ascending and descending at every fret up the neck in every **position**.

position = *determined by what fret your first finger is on, on any string*

Variation: play this exercise up one position then down the next, continuing up the fretboard.



Here's another variation: use alternate picking with the right hand. This means you'll be picking *down up down up* on each string.

Important!

Wait until you are comfortable with all aspects of the left hand before you add alternate picking to the exercise.

