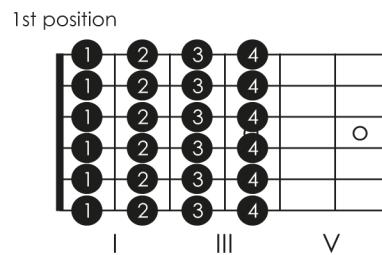


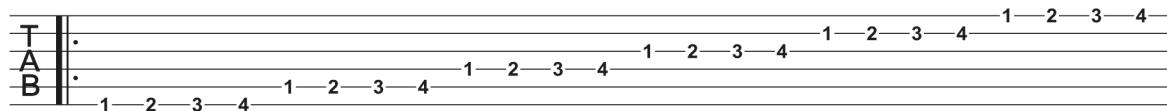
## Learn the Pseudo-Chromatic Exercise

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.

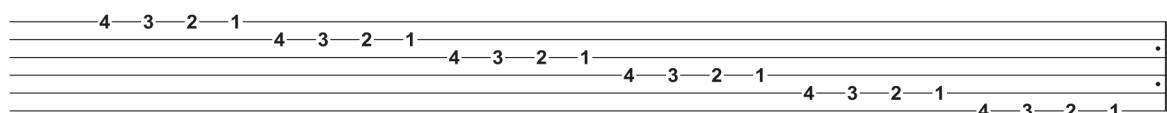
Here's what the notes look like on a neck diagram:



Here's what the notes look like on tablature:



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



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.

shift up to 2nd position

shift up to 3rd position

continue up the neck...

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.

right hand picking: D V D V D V continue for all strings...

right hand picking: D V D V D V continue for all strings...

continue up the neck...