



LPM

## **LEGATO (Essentials 7.5)**

Diagnosing tension in legato

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### **LESSON NOTES**

If you practise something physically demanding on an instrument too much your body can get tense and you can hurt yourself.

Legato is so much fun that this is a really important issue to consider when you are getting stuck into practising it. This lesson's main focus is to look at ways to diagnose and prevent causes of tension whilst using hammer-ons and pull-offs.

Apart from trying to keep your hands and arms healthy so you don't have to go to the doctor or stop playing, tension is important to avoid because it affects how you sound. Only by reducing tension to a minimum can we remain relaxed and play with ease and fluency.

#### **Points covered:**

- Diagnosing tension
- Ways to relieve tension/avoid it while using legato