CLASSICAL GUITAR LESSON HANDOUT

WEI WANG

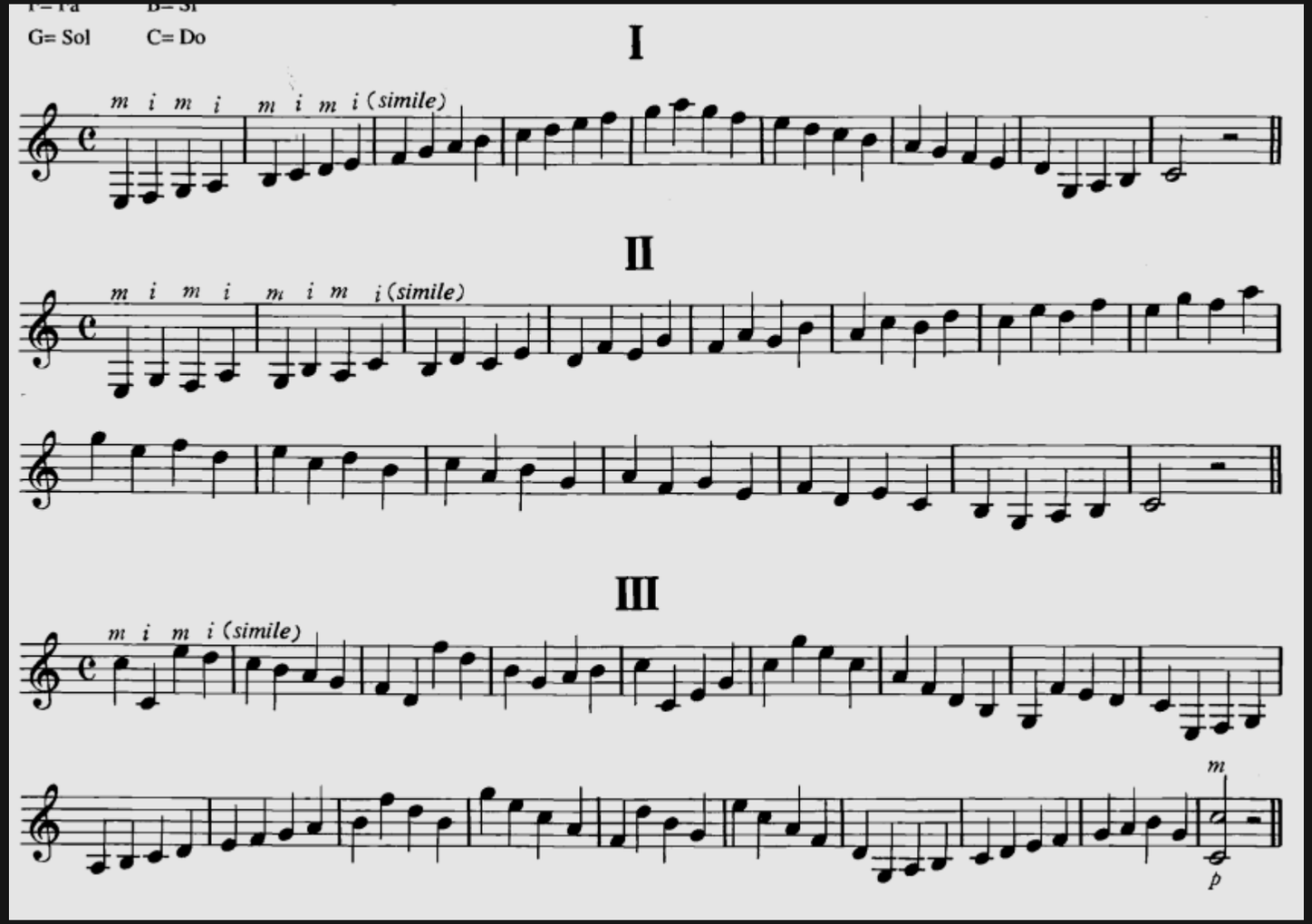
Created: 2024-02-16 Fri 21:31

LESSON 1

ASSESSMENTS

F= Fa B= Si

G= Sol C= Do



HOW TO SIT AND HOLD YOUR GUITAR

HOW TO SIT

- Sit on the front half of a chair, use a footstool for left foot
- Be comfortable and relax
- Four points of contact of the body

HEADSTOCK AT
EYE LEVEL
1
2
3
4
FOUR
CONTACT
POINTS

LEFT HAND

- Your elbow and left arm should never be allowed to be rigid or stiff
- Never bent your wrist too much!
- Hand is C shape
- The thumb of you LH has to be free to move
- Thumb should be across from the index and/or middle fingers

HOW TO LOOK AT YOUR LEFT HAND

- Learn to trust your left hand in regards to which string you are on.
- Do not look at the entire fretboard and your left hand

POSITION OF THE LH FINGER TIPS

- Try to “stand” on the fretboard
- Play with finger tips, not pad
- close to fret

RIGHT HAND

- Nail shape, take care your nails (We will talk about this more in the future). Start to keep 2-3 mm of nails on your right hand fingers
- Straight wrist, in-line with your forearm
- Relaxed arch
- Use your hand in the way its designed, always grab naturally
- Guitar position need to be correct to support correct RH

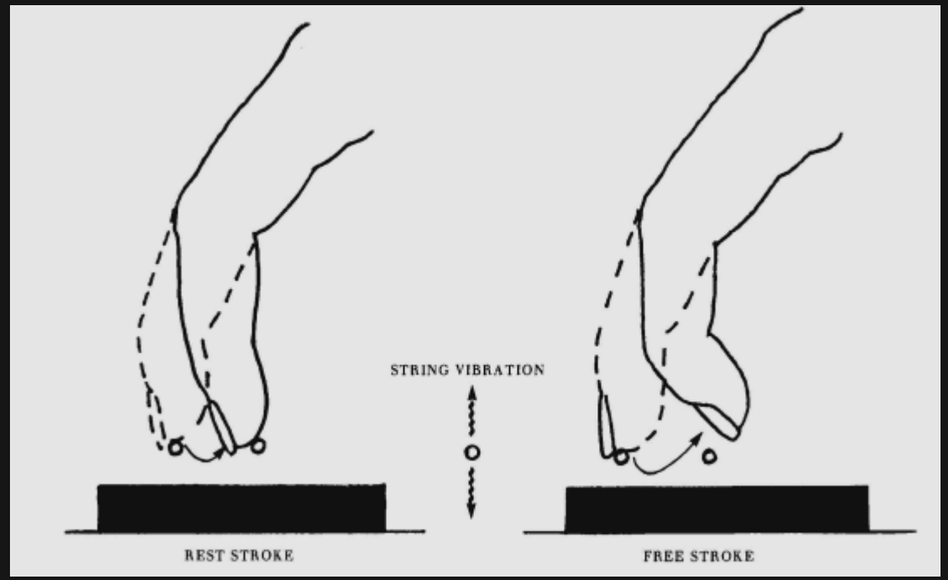
BEGINNING TO PLAY

REST STROKE

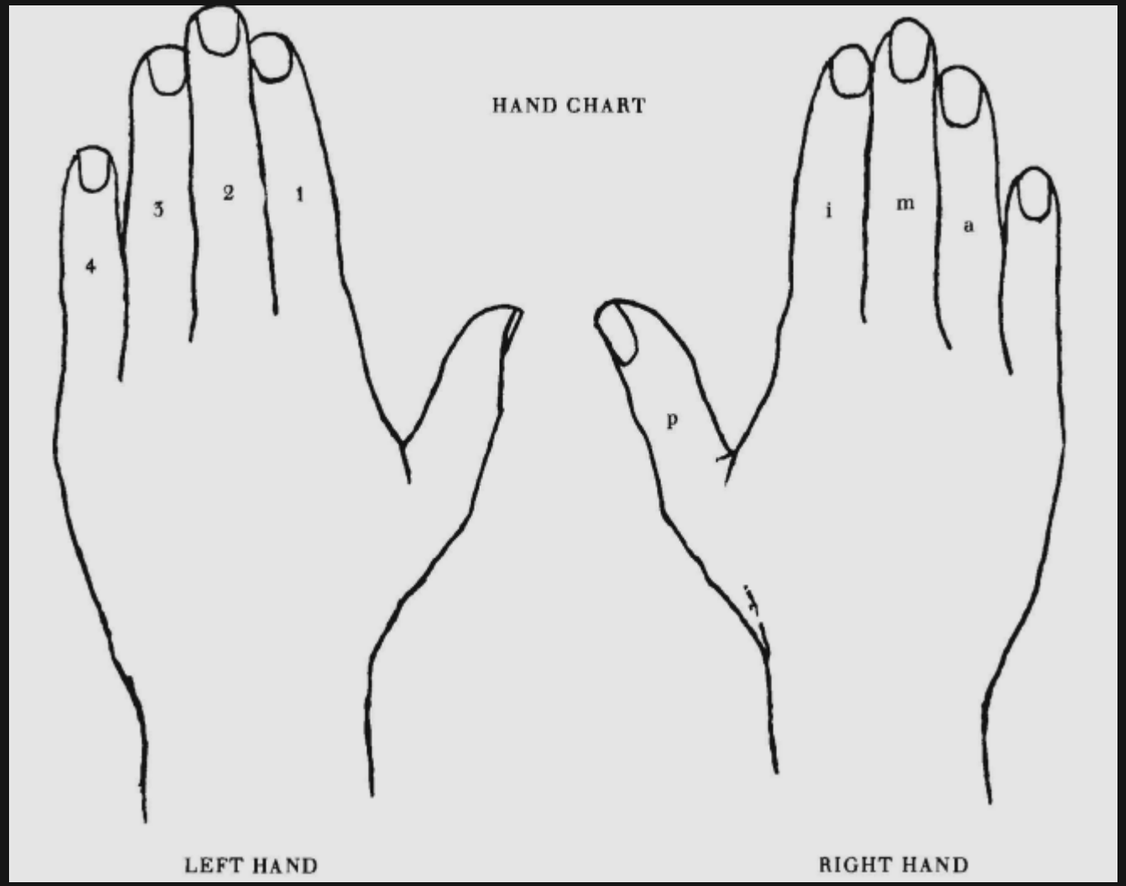
- Preparation
- Completion

FREE STROKE

- Play free stroke like grab a tennis ball



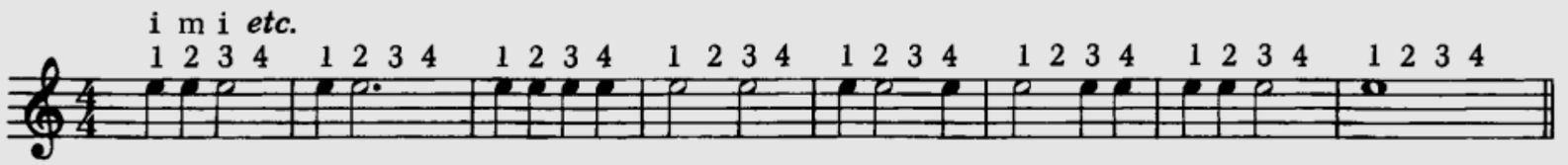
HAND CHART



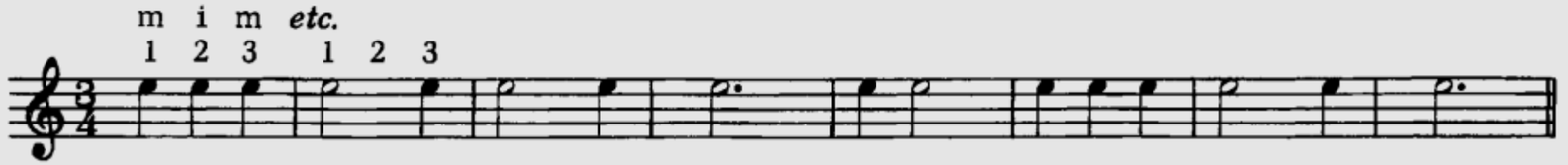
EXERCISES (WITH A METRONOME)

EXERCISES ON E STRING

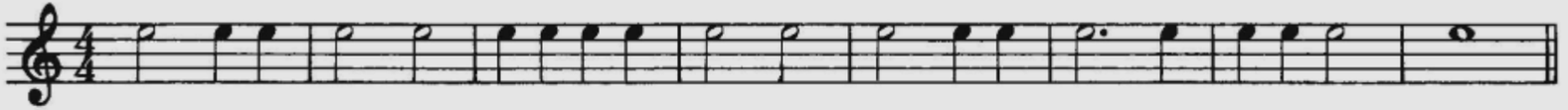
Exercise 1



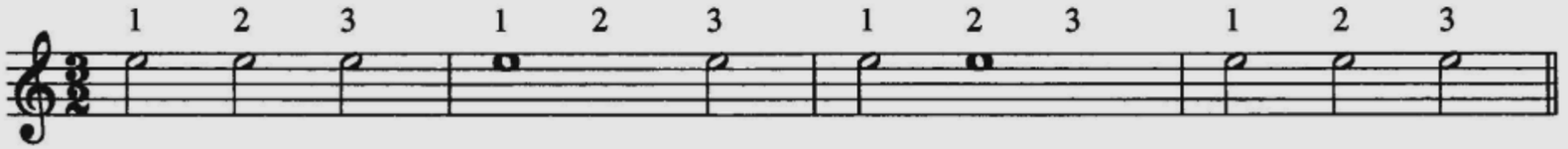
Exercise 2



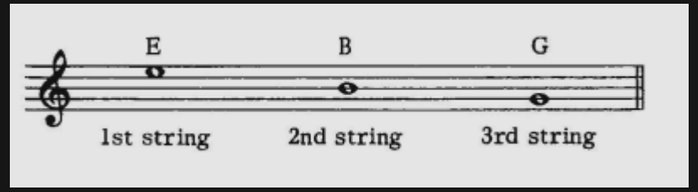
Exercise 3

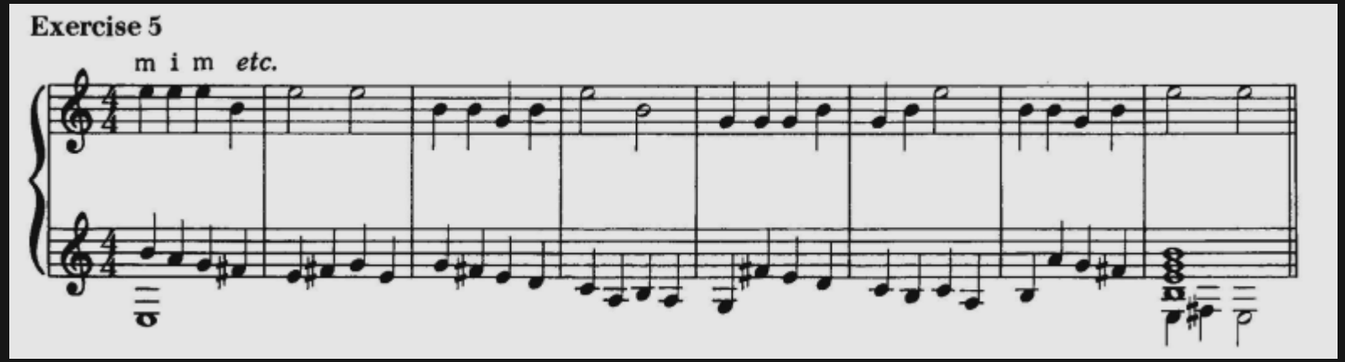


Exercise 4

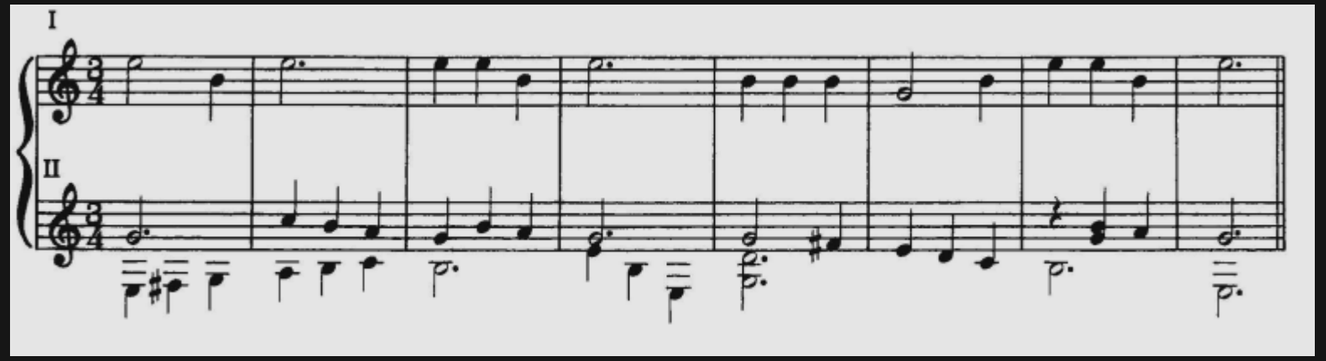


EXERCISES ON THE UPPER THREE STRINGS

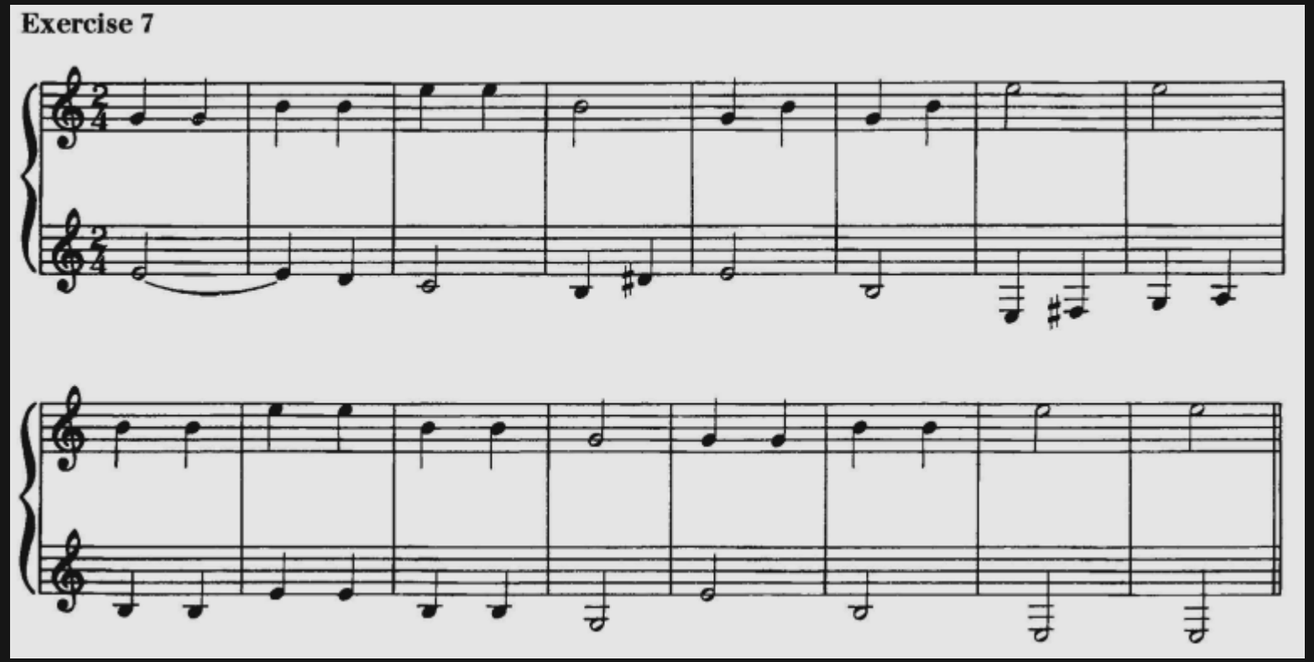




- Exercise 6


I
II

EXERCISES ON THE UPPER THREE STRINGS (CONTINUED)

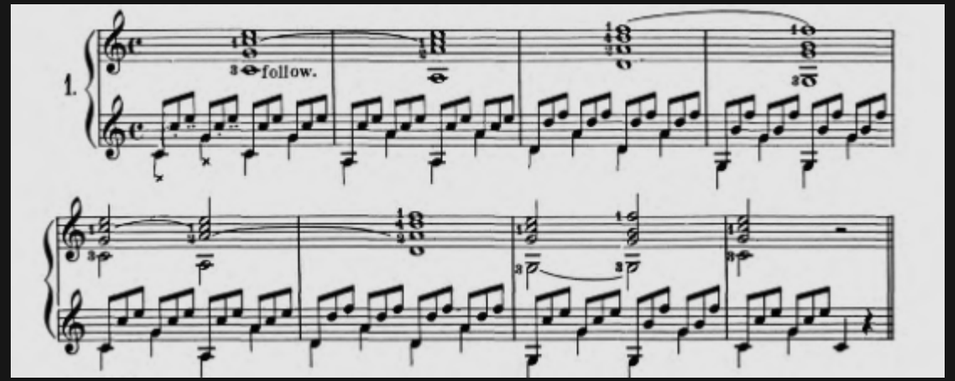


LEFT HAND EXERCISE (2 FINGERS)

- do it at a fret with ease (fret 5)
  - finger 1 and finger 2
  - finger 2 and finger 3
  - finger 3 and finger 4
  - finger 1 and finger 3
  - finger 2 and finger 4
  - finger 1 and finger 4
- watch for
  - LH shape
  - minimize finger movement(don’t left fingers too high)

RIGHT HAND EXERCISE

- Page 18,
  - Arpeggios with the thumb and three fingers
  - Pay attention to left fingering



CHROMATIC SCALES AT CAPO 0 POSITION(IF YOU ARE ABLE TO MOVE HIGHER, DO IT)

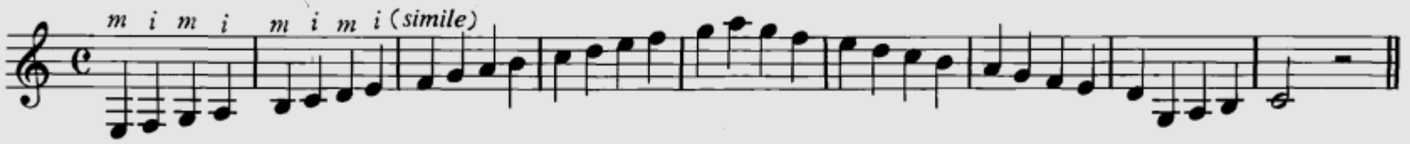
- Use metronome!
- Set tempo to 50, slowly increase to 60
  - 1/4 notes
  - 1/8 notes (later)
  - 1/16 notes(later)

C SCALES

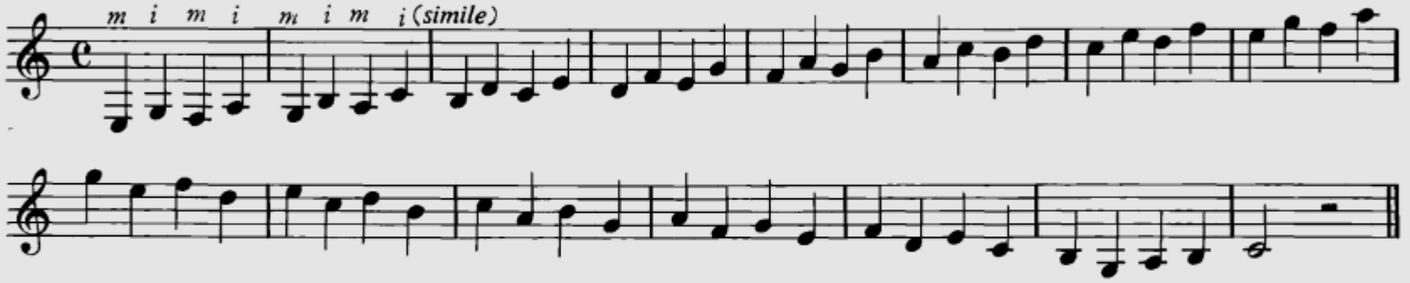
F= Fa B= Si

G= Sol C= Do

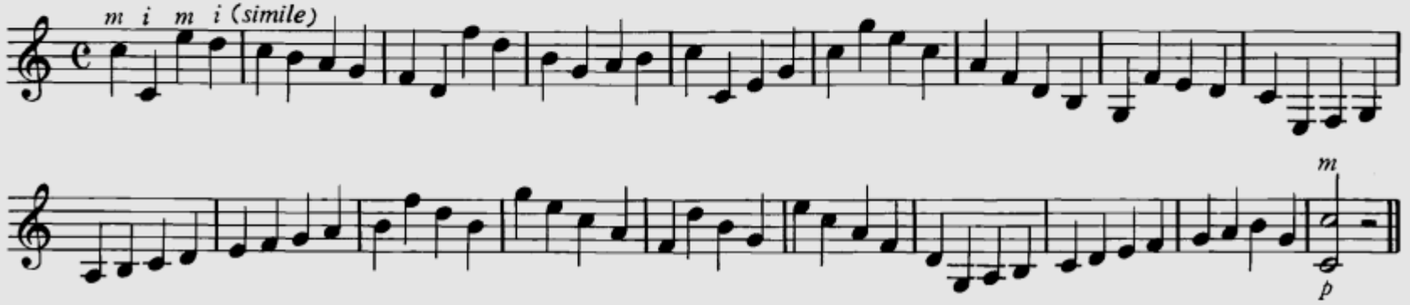
I



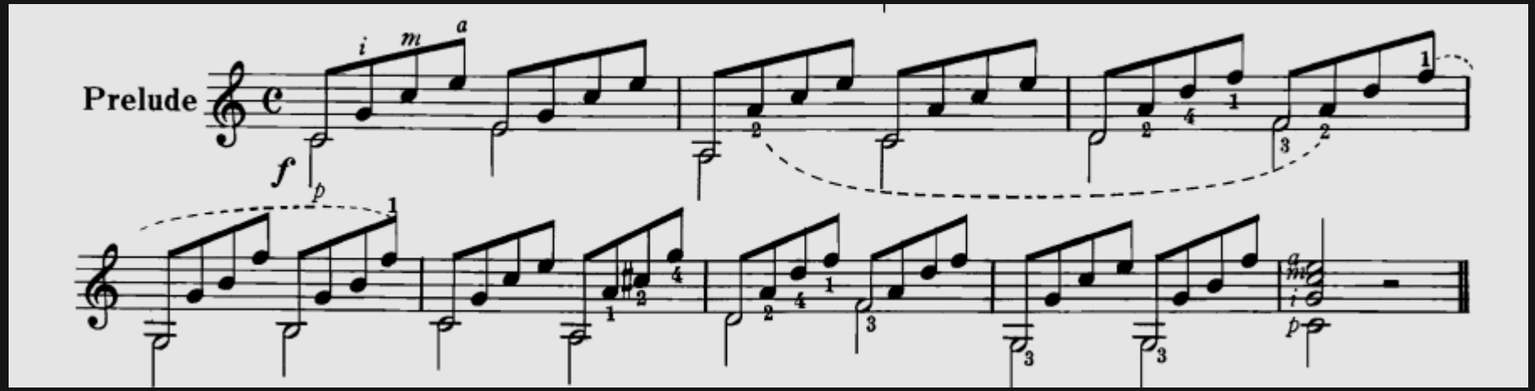
II



III

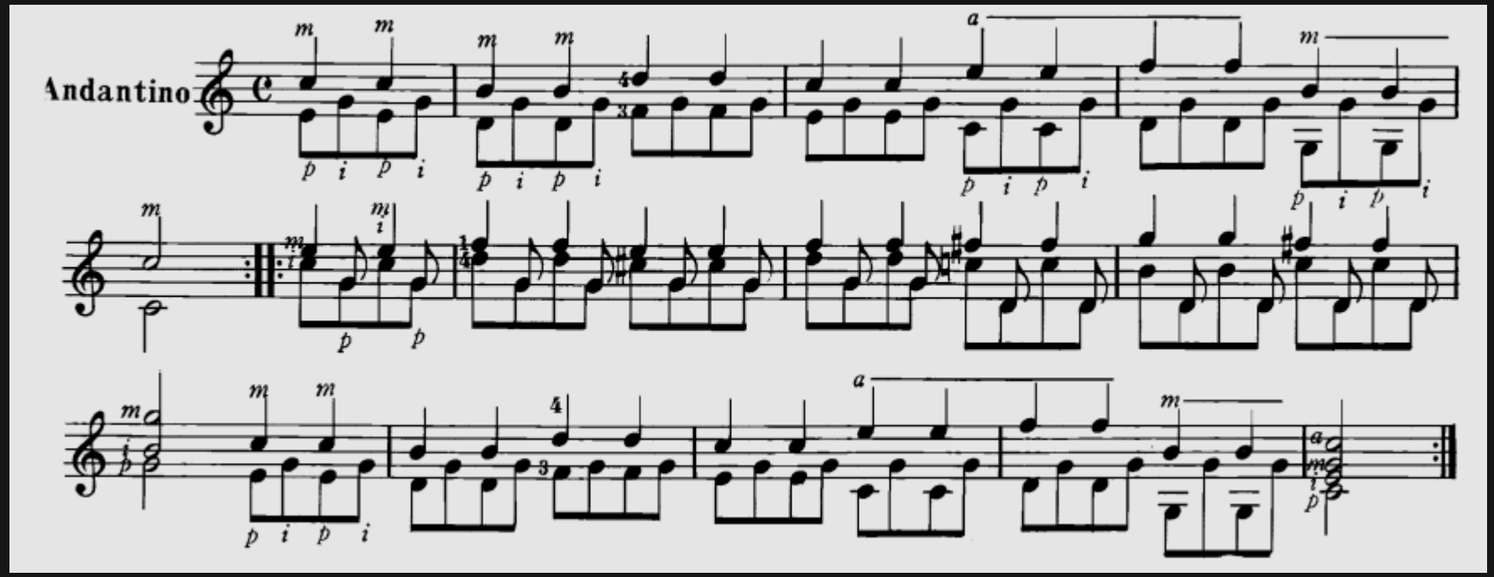


ARPEGGIOS (BROKEN CHORDS)

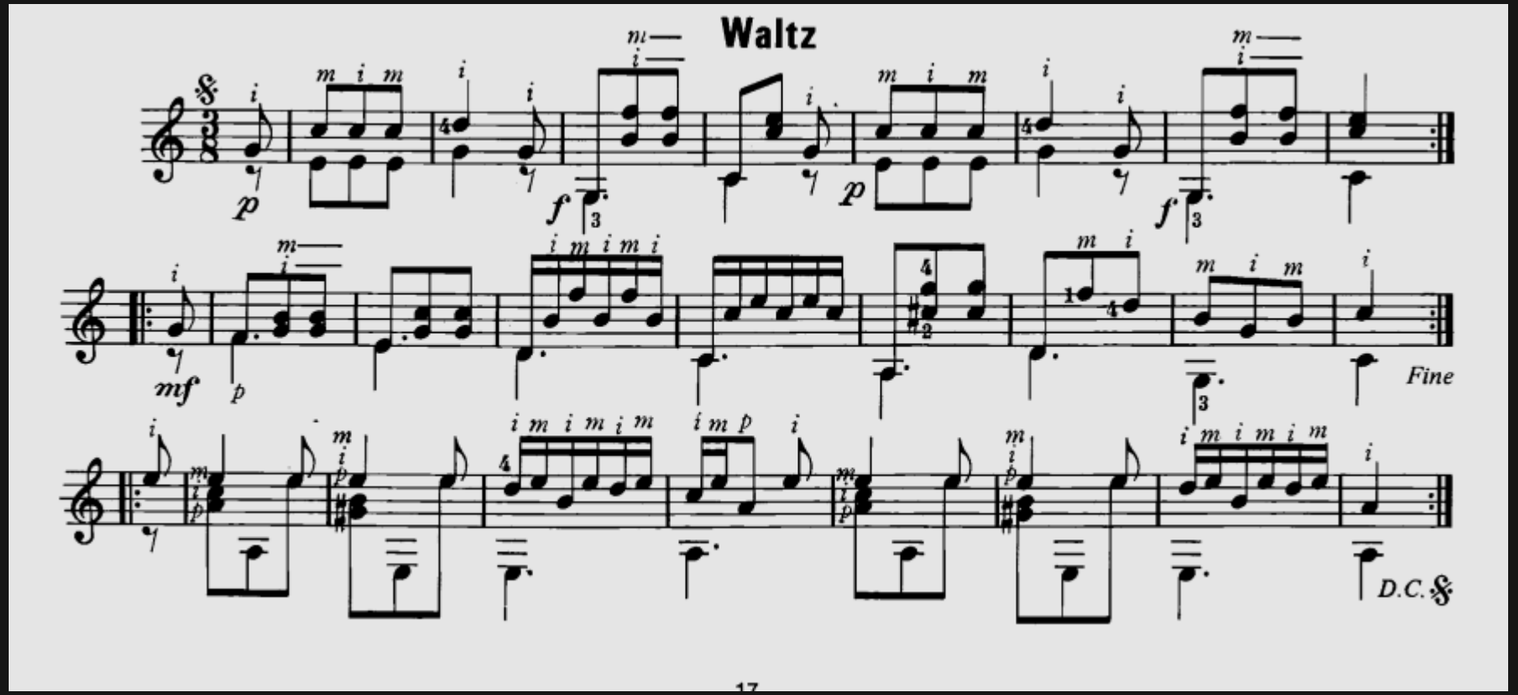


MUSIC (IF TIME ALLOWS)

ANDANTINO



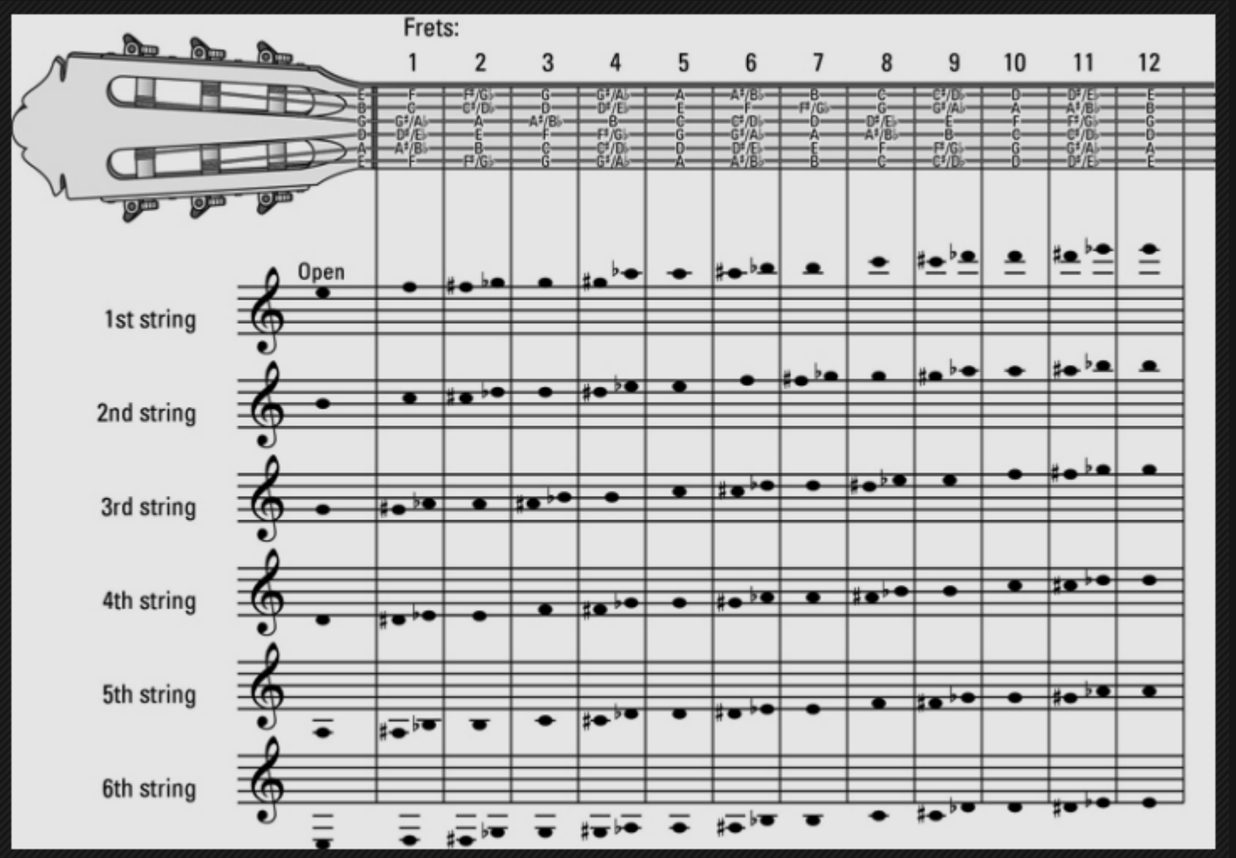
WALTZ



HOW TO PRACTICE

LESSON 2

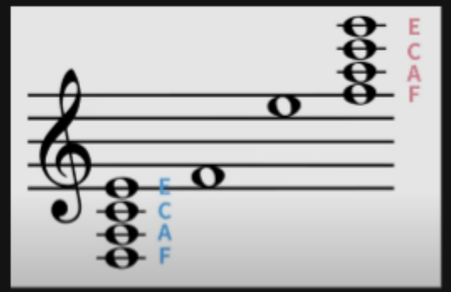
THE COMPLETE FRETBOARD(SKIP FOR FIRST LESSON)

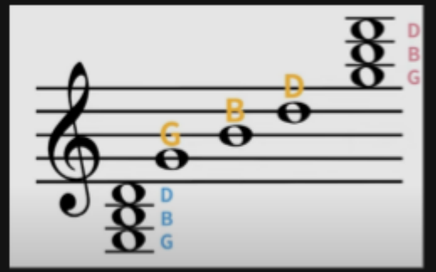


MUSIC READING TIPS

THE MORE REFERENCES YOU HAVE, THE QUICKER YOU CAN READ

- Four spaces: FACE
- GBD 搞不懂





RULES

- Learn to count as you read
- Keep your eyes on the music an do not look back at your left hand (most of the time)