

Practice Guide for:

Date:

Title

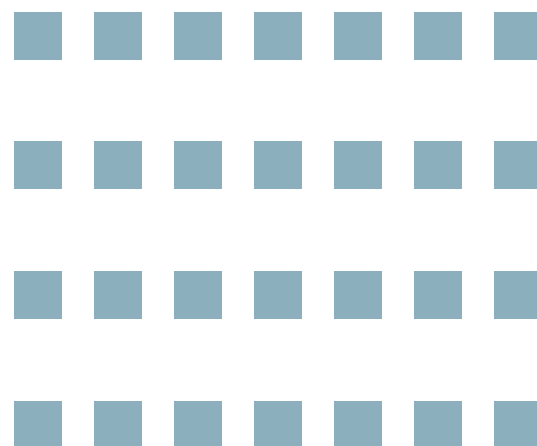
Important key points

- When moving to different strings, the elbow and shoulder gently swing to move the fingers from string to string.
- This helps to maintain the integrity of the curved finger shape which in turn creates a better tone. The curved arc of the finger is stronger and therefore stops the string more efficiently.

What to do:

- Assume a left hand position with fingers lightly touching the strings.
- With gentle, small motions, swing the left shoulder from side to side and notice how the fingers are transferred from string to string.
- Slowly move your elbow left to feel how it pulls fingers to the E-string.
- Gradually move elbow right to bring fingers to A-string, D-string, and G-string.
- Avoid flattening fingers when reaching lower strings.
- Add some finger taps to feel the strength of the finger structure.

MO TU WE TH FR SA SU



What felt and/or sounded good:

What could feel and/or sound better: