

# Daily Warm-Up

## Three Steps for Striking/Attacking

1. Plant.
2. Relax the first joint.
3. Touch the palm.

The Practice Room

### Exercise 1

Exercise 1 musical notation. The treble clef staff shows notes with fingerings: i (first finger), a (palm), m (middle finger), i (first finger), p (palm), p (palm). The guitar staff shows fret numbers: 0, 0, 0, 0, 0, 0, 0, 0, 0, 0, 0, 0. The notes are: G4 (i), A4 (a), B4 (m), C5 (i), D5 (p), E5 (p), F5 (p), G5 (p).

## Three step for positioning the Left Hand

1. Thumb behind in the middle finger. In the middle of the neck pointing at a 45 degree towards the head of the guitar.
2. Palm up or parallel to the neck of the guitar.
3. Arch fingers

### Exercise 2

Exercise 2 musical notation. The treble clef staff shows notes with fingerings: 3 (third finger), i (first finger), m (middle finger), 2 (second finger), 1 (first finger), 0 (open), 4 (fourth finger). The guitar staff shows fret numbers: 7, 0, 6, 0, 5, 0, 8, 0. The notes are: G4 (3), A4 (i), B4 (m), C5 (2), D5 (1), E5 (0), F5 (4), G5 (0).

## Position of The Fingers

- 1st finger High on the fret (Left side of the finger tip)
- 2nd finger High on the fret (Middle of the finger tip)
- 3rd finger Middle of the fret (Middle of the finger tip)
- 4th finger Low or Middle of the fret (Right side of the finger tip)

### Exercise 3

Exercise 3 musical notation. The treble clef staff shows notes with fingerings: 3 (third finger), 2 (second finger), 1 (first finger), 4 (fourth finger). The guitar staff shows fret numbers: 0, 0, 6, 0, 5, 0, 8, 0. The notes are: G4 (3), A4 (2), B4 (1), C5 (4), D5 (0), E5 (0), F5 (8), G5 (0).

Keep the fingers down after playing the note (fret).

Exercise 4

Exercise 5

Three steps for Arpeggios

1. Full Plant.
2. Relax the first joint for i,m,a.
3. Thumb goes away from the fingers and i,m, a touch the palm.

Exercise 6

Name the notes. Then play the notes.

Exercise 7