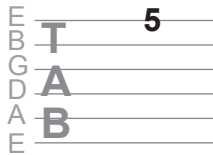


SYMPATHETIC TECHNIQUE

Week #3

Cumulative Daily Practice Routines

Skill #3 : Landing



The following exercises will make sure your fingers master the ability to gracefully **Land** on the guitar strings and play notes at different frets.

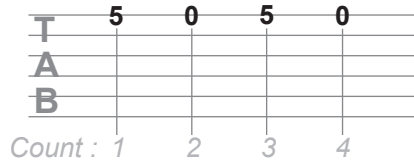
This will be awkward at first, but with a few thousand repetitions, **Landing** on a guitar string will become as natural as taking a breath.

*For the following exercises use a metronome or drum track with **TEMPO** set to **60 bpm**.

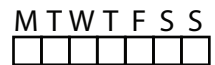
ESSENTIAL 5 MINUTES You must do these 5 exercises every day.

Exercise 3.1

Land your **FIRST FINGER** of your fretting hand at the 5th fret. Repeat for 1 minute.

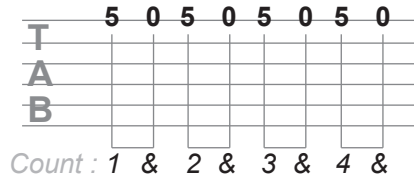


Lift your finger off the string before beat 1. Land on beat 2. Repeat for beats 3 & 4.

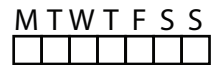


Exercise 3.2

Land first **FIRST FINGER** of your fretting hand at the 5th fret. Repeat for 1 minute.



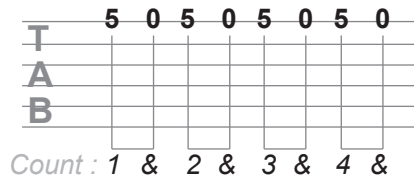
Lift and land over and over while staying **ON THE BEAT**.



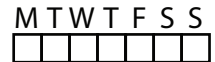
Also try crossing over to an adjacent string after 2 measures.

Exercise 3.3

Land first **SECOND FINGER** of your fretting hand at the 5th fret. Repeat for 1 minute.

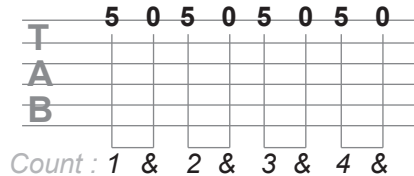


This is the same as Ex 3.2 except that you use your **SECOND FINGER**.

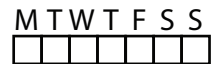


Exercise 3.4

Land first **THIRD FINGER** of your fretting hand at the 5th fret. Repeat for 1 minute.

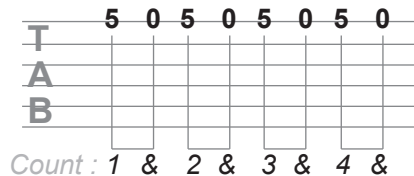


This is the same as Ex 3.2 except that you use your **THIRD FINGER**.

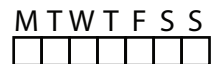


Exercise 3.5

Land first **FOURTH FINGER** of your fretting hand at the 5th fret. Repeat for 1 minute.



This is the same as Ex 3.2 except that you use your **FOURTH FINGER**.



Extra Credit

- ADDITIONAL 5 MINUTES Repeat all 5 exercises in different places on the neck. Try reversing the 1/8 notes so that your fingers land to play fretted notes on the off-beats.



- ADDITIONAL 5 MINUTES Repeat the following 5 exercises using your thumb and/or fingers instead of the pick.

