

Lesson 2

Stage 2 - Pickin'

So while your thumb is keeping a steady time your fingers will be picking out more complex rhythms on the top and middle strings. In order to do this you need to gain some dexterity in the index and middle fingers of your picking hand. Again we'll start with simple exercises and slowly work up to more complex ones.

PRACTICE TIPS

1. Practice one new movement at a time.
2. Start slowly, stay relaxed and repeat no more than 10 times before pausing for another go. Relaxed repetition is the key.

PERFORMANCE TASK 2.1

- ▶ *The first video in the lesson introduces you to fingerpicking*
- ▶ *Repeat the Performance Task from Stage 1 so that your hand is in the correct position.*
- ▶ *As demonstrated in the video start by picking the top string with your index finger and staying in time playing just the one note.*
- ▶ *When you feel comfortable with that do the same thing with your middle finger. This will naturally feel less comfortable than your index finger because you have less fine motor control over the middle and ring fingers.*
- ▶ *Remember - relaxed repetitions are the key when learning new movements such as these.*

SELF ASSESSMENT

In the same way that you did in Stage 1 make sure that you can play with each finger in time for at least 30 seconds. If it helps to use a metronome or a moderate piece of music then go to town. Once you've done this you can move on to the next exercise in Stage 2.

Lesson 2

How to play a note

This lesson details how to play a note on a guitar that doesn't have any frets.

PRACTICE TIPS

Don't go fishing for the note, trust your ears.

PERFORMANCE TASK 2.2

- ▶ *The second video in the lesson shows you how to approach and hit a note cleanly and accurately.*
- ▶ *Start by listening for the note you want, it may help to play it first.*
- ▶ *When you can hear that note in your head without playing it you're ready to start.*
- ▶ *Play a note somewhere behind you're target note and immediately slide up to the note you want and stop.*
- ▶ *The movement needs to be fast and you stop as soon as you get to the target note, as if you've hit a brick wall.*
- ▶ *Avoid searching for the note, you don't want to be looking for it as you're playing it, that just sounds bad.*

SELF ASSESSMENT

Once you can do this with two or three notes you're ready to move on.