

One Year of Finger Exercises

Practice Approach in 3 and 4 notes

RockGuitar101

Music by Nate Richards

Standard tuning

♩ = 80

A Weeks 1-4: Quarter Note or Eighth Note Feel. STEADY beat is the Key

el.guit.

1 Week #1, Ex. 1

SHIFT

2 1-2 1-2-2-3 2-3 2-3 2-3 2-3

3 2-3 2-3 2-3

4 SHIFT Etc. 5 Week #1, Ex. 2 Etc. 6 Week #1, Ex. 3 Etc.

B Weeks 5-16: Eighth Note Feel - Alternate Picking

Week #5, Ex. 2

7 ▢ ▽ ▢ ▽ ▢ ▽ ▢ ▽ 8

9 SHIFT 10

11 SHIFT 12

