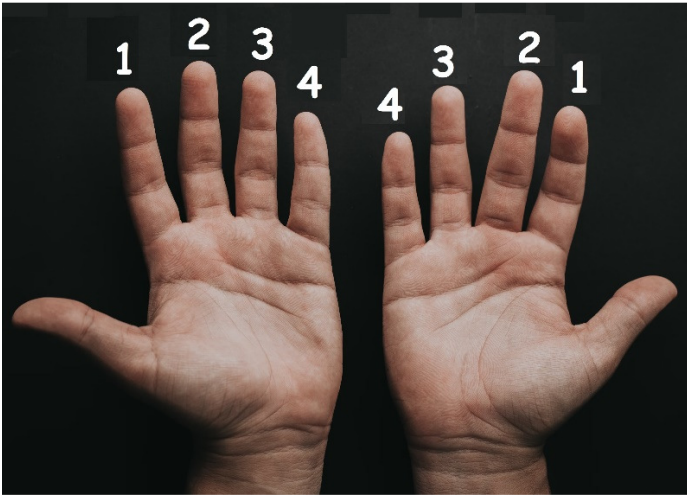
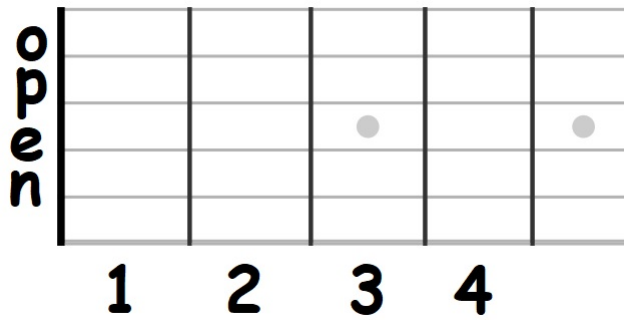


## Finger Exercises: Permutations (combinations)



### WEEK 1

If you have trouble stretching to the 4<sup>th</sup> fret with finger 4, make sure your hand and wrist is relaxed! And make sure your thumb is BEHIND the fretboard, between the 2<sup>nd</sup> and 3<sup>rd</sup> frets! Don't "grip" the neck!

Give it time! It will take a few weeks before it starts to feel even remotely "smooth".

**Warm Up:** Open 1 2 3 4 on each string from Low E, to High E, then back down: 4 3 2 1 Open ~ 3 times

Play the open string, then frets 1, 2, 3 and 4 with fingers 1, 2, 3 and 4. Move to the next string, continue on all strings.

Play it in reverse, back down to the Low E string, 4 3 2 1 open. Do this 3 times.

**Two Finger Combos:** Do these the same as the warm

up. Play the finger combinations, one at a time, on each string from Low E up to High E, then back down in reverse. Be sure the fingers play the correct frets! Fingers 1 2 3 4 on frets 1 2 3 4!

Play fingers 1 & 2 as above. 3 times. 12 up, then 21 back down, 3 times! On frets 1 & 2!

Then do each of the other combinations, one at a time!

1 & 3 up, 3 & 1 down. Etc.

1 & 4 ~ 2 & 3 ~ 2 & 4 ~ 3 & 4

**Three Finger Combos:** Do these the same as you did the 2 finger combos!

123 ~ 124 ~ 234

**Only one 4 finger combo** (for now!) 1 2 3 4 / 4 3 2 1  
Do this one the same as the others!

**NOTE:** If your fingers are more than a bit sore, if they burn a bit, then just continue exactly as you did in week one! By the next week, you'll notice a big difference! Then move on to WEEK 2!

## **WEEK 2: The Press!**

There is one added step in week 2 (and continues each week) **Start** with 1 2 3 4. But as a warm up, play it slowly! And press each note just slightly harder, more firmly than "usual". Not HARD! Just press a bit harder, hold each note for a slow 3 count. Then move to the next note. This is going to dramatically build finger and hand strength!

Do this on each string, up then down in reverse, 3 times! Then . . .

Repeat "The Routine" from week 1 as you did in week 1. The Press is now a part of your routine!

NOTE: Before you move on to week 3, do a self-evaluation. Do you notice a bit of improvement from when you started? If there isn't yet a significant difference, that's OK! And not unusual! If you're struggling a bit, repeat week 2 one more week! Then move on to week 3.

## **WEEK 3 & 4: let's step it up!**

From this week on, you're going to change how you play each exercise. Instead of playing each one 3 times, you'll

only play them ONE time! BUT . . . you're going to play them in more than one position!

After you do the regular press exercise, do the regular warm up 5 note exercise, Open 1 2 3 4 on each string, 3 times as usual. Then comes the change!

Do all of the finger combos like this. Using 12 as the example: Play 12 on each string up and down, ONE time. Then, move up one fret, and play fingers 1 & 2 on frets 2 & 3! up and down, one time! Then move up one more fret to frets 3 & 4. So you play fingers 12 on frets 34, one time.

Continue doing this until you've played fingers 1 & 2 on frets 7 & 8. THEN . . . play them all again, in reverse! Fingers 21 on frets 7 & 8, 6 & 7, etc.

Now do each of the other combos the same way! Do this one for TWO WEEKS!

## WEEK 5

Week 5 is almost identical to 3 & 4. Except instead of playing the combos up to fret 7, you're going to go all the way up to fret 12! The double dot fret!

Once you finish week 5, you should have the combos memorized. Week 5 is how you'll do The Routine from now, until forever! As your daily warm up! Just like the Pros do!

For now, it takes a good amount of time to get through it. But in a few more weeks, it will take a lot less time!

Part 2 of The routine is in two parts as well. Part 1 gives you more 1 2 3 4 combos to work on! These drills will be for dexterity!

Part 2 will be a whole new experience! We're going to do . . .

Chord Permutations!