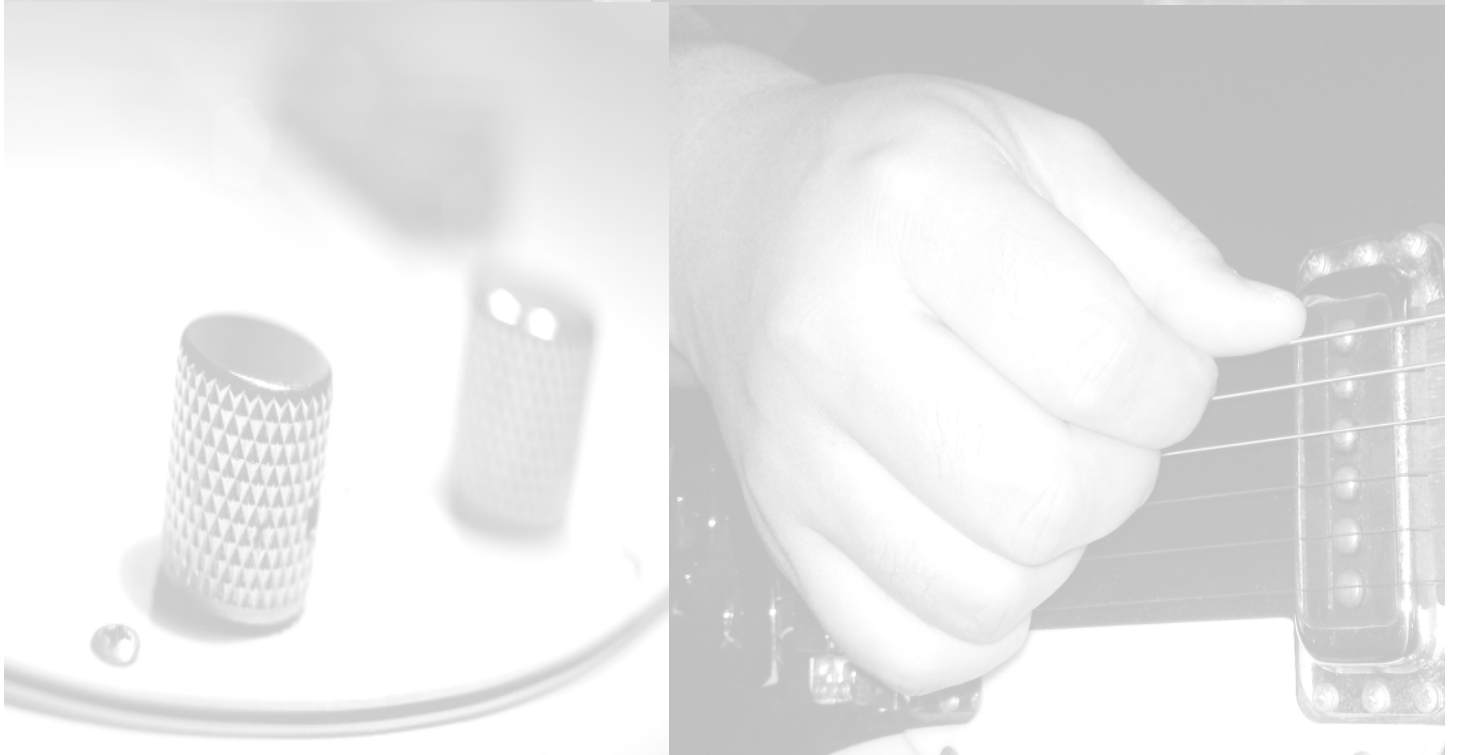




**12 Strings  
Music School**

# **Guide to Guitar Technique**

**Dion Kara**



## Fretting hand



You need to make sure that your wrist is as straight as possible and there are no sharp angles in your body. It is also important to keep your left elbow to the side of your body. If you let it slip in front of your body it will cause your left arm to twist when you are fretting notes.

Make sure the neck is not higher than your shoulder. To achieve this angle you can either rest the guitar on your knees or use a strap. This position will allow you to reach the whole neck without tension or stretching and this will make learning much quicker and easier.

## How to Fret a Note

When fretting a note, one of the most important things is to make sure that your thumb is supporting the work your fingers are doing.



In this example, the thumb is supporting all four fingers. Because it is in the middle of the fingers, it can provide support to all of them - especially finger 4, which is usually much weaker than the others.

It is important to keep the guitar on an angle so that the head stock is higher and closer to your face. This will make sure that the wrist is as straight as possible.

Notice how the fingers in the previous examples and the one below are curved. This allows you to apply more pressure to the strings.



Instead of using the muscles in your fingers and hand, a better method of playing is to move your elbow slightly forward and play using the power of your whole arm.

This ensures that you are using the very tips of your fingers to press down on the strings. It also prevents your fingers from accidentally touching other strings, which is essential when playing chords.