



**12 Strings
Music School**

Guitar Exercise Book

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Guitar exercise book

Foreword

I have spent time studying with great teachers and playing in bands with great musicians. I have learned the one thing that is common between great musicians is the control that they have over the parts of their body that interact with their instruments. Through many years of playing, practising and teaching, I have learned, applied and taught others these exercises.

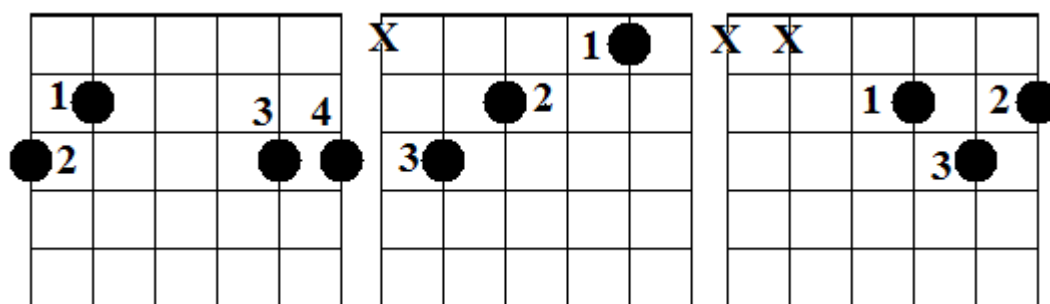
Each portion of this book is divided up into stages and each stage has a set of practice points attached to it. To get the most out of this book the student needs to focus on the practice points while they perform the exercises. This will ensure faster development of the skills required to play the guitar. These exercises are best done slowly with the aim of getting them perfect, as this will help you develop the necessary control that is needed to play the guitar and avoid picking up any bad habits.

Scale and Chord Diagrams

For the purposes of this exercise book we will notate both scales and chords on the same diagram (see images below). To understand these diagrams, we must view them as little maps for the fingers.

The horizontal line at the top of the diagram represents the nut (the strip of bone or plastic at the top of the guitar's neck that the strings rest on between the neck and the headstock). All of the other horizontal lines represent the frets. So the second horizontal line from the top is the first fret. The vertical lines are the strings, with the first string (the thinnest string or high E string) on the far right and the sixth string (the fattest string or low E string) on the left.

The round spots are where you place your fingers. In the case of chords, all of the round spots are to be played at the same time; with scales they will be played one at a time. The numbers beside the spots refer to the fingers that will play them and the X's show what strings are not to be played at all. The strings with no X and no fingering on them should be played as open strings.



Notations for all of the exercises can be found in the reference section at the end of this book.

Foundation

The first exercise will be used to solidify the foundations of technique. You should work on this exercise and concentrate on each point until you have that particular point perfected. For the best results make sure that these practice points are perfected before you move on. Refer to the 12 Strings guitar technique manual (pages 3 – 7 and 16 - 18) to ensure that all of these points are mastered before moving on.

Exercise One

This exercise is performed on any fret and can be moved to suit your level. This exercise requires you to play a note on the sixth string with your first finger on one fret, then play a note with your third finger two frets further up the neck – i.e. if the first finger is on the fifth fret then the third finger will be on the seventh fret.

The next step is to repeat this pattern on the fifth string and work your way likewise up through all of the strings until you come to the first string. Now, reverse the order you play the notes – i.e. third finger then first finger two frets below it - and work your way back down to the sixth string.

The correct position for this exercise depends on how easily your hand and fingers can stretch between the notes. If you have the correct guitar for your body size then you should be comfortable with your first finger on the fifth fret. But if this is too difficult then you can move to a higher fret until it feels comfortable. Once you can perform this exercise in one position you want to gradually work your way down the neck, back towards the first fret.

As mentioned previously, concentrate on the practice points listed below. Once you have mastered all of the practice points you should be able to play this exercise comfortably with your first finger on the first fret and maintain the correct technique spoken about in the technique manual (pages 3 – 7 and 16 - 18).

Practice Points:

1. Learn the exercise
2. Ensure you start with and maintain the correct posture
3. Ensure correct thumb position
4. Ensure correct finger position
5. Ensure correct finger angle