

# Finger Exercises

PEBBLES found along the shores of the wiki wacki web.

## Chromatic Scale - finger exercise 1.

**Ref:** March 2012 handout "Pickin' the scales". The Chromatic Scale is our number one finger exercise. It not only gets you playing up the fret board but you can learn all the scales at the same time.

**Numbers represent left hand fingers to be used. 1 = pointer finger, 2 = middle finger, 3 = ring finger, and 4 = little finger**

Start out by playing the **Key of C** in the first position, like you see below.

For the **Key of D** slide up to the second fret (one whole step) and pick the new pattern shown.

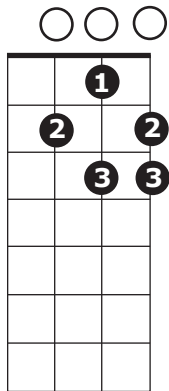
Unlike the **Key of C** where you picked a couple of open strings... once in **D** and in the other keys... you're going to have to position that first finger to cover those upper frets to get the right note. (you can also barre it, if you find that easier).

Follow this picking pattern all the way through the scales. Good luck and take it slow. Once you have it try picking it backwards.

Our movement up the fret board, until you come to the key of C again, is:

**Whole Step Whole Step Half Step Whole Step Whole Step Whole Step Half Step**

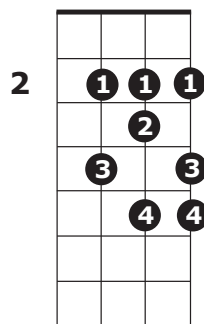
**Start at the top with the key of C**



**Key of C:**  
 I = C (open)  
 II = D  
 III = E (open)  
 IV = F  
 V = G  
 VI = A (open)  
 VII = B  
 I = C higher octave

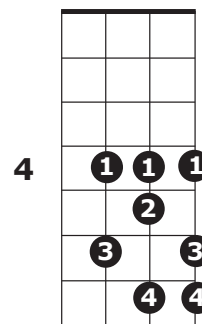
○ = Play this string open

**Move up a whole step to the key of D (2nd fret)**



**Key of D:**  
 I = D  
 II = E  
 III = F#  
 IV = G  
 V = A  
 VI = B  
 VII = C#  
 I = D higher octave

**Move up another whole step to the key of E (4th fret)**



**Key of E:**  
 I = E  
 II = F#  
 III = G#  
 IV = A  
 V = B  
 VI = C#  
 VII = D#  
 I = E higher octave

**Move up a half step to F (5th fret)**

**Move up another whole step to G (7th fret)**

**Move up a whole step to A (9th fret)**

**Move up a whole step to B (11th fret)**

**Move up a half step to C (12th fret)**

Do you remember why we move only a half step between E and F, and B and C? That's right... there's no # or b's between those notes. And, as mentioned in the January handout, 'Know your Fretboard', no matter what key you start on, we always move with the same pattern:

## Walk The Strings - finger exercise 2

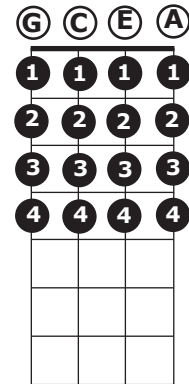
Numbers represent left hand fingers to be used. 1 = pointer finger, 2 = middle finger, 3 = ring finger, and 4 = little finger

Numbers also represent sequential finger placement. Place finger and pluck the string with your thumb. Start out slow as you get better speed up.

### First Progression

1. Walk you fingers up the G string using the proper fingers as shown. 1, 2, 3, 4.
2. Move to the C string and walk up this string 1, 2, 3, 4.
3. Now move to the E string and do the same.
4. finally move to the A string and repeat the pattern.

Now walk it backwards, back to that number 1 position on the G string. **That's one round.**



Now lets walk it backwards.

Back to that first position on the G string.

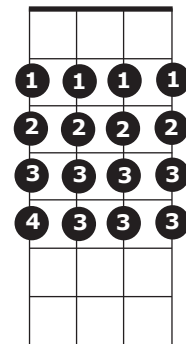
A- 4, 3, 2, 1

E- 4, 3, 2, 1

C- 4, 3, 2, 1

G- 4, 3, 2, 1

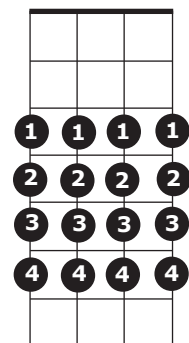
Now move the whole finger progression down one fret and repeat the above. Make sure you come on back to that G string.



Move this same pattern up one half step to the 2nd fret and do it again.

Remember to do it in reverse, back to that G string.

Keep moving down one fret after each progression until you run out of frets... you sopranos will run out of frets first.



Again move it up one half step (3rd fret) and do it again.

Now back again to that G.

Keep moving one half step up the fret board until you run out of frets.