

Great Guitar Technique

I. Overall Posture

- feet flat on floor
- guitar body perpendicular to floor
- guitar neck parallel to floor
- guitar neck perpendicular to body
- strap well-adjusted
- strap at same height for sitting or standing
- sit up straight
- sit on edge of chair

II. Picking Hand

- fingers curled
- not much pick sticking out
- pick tip right above strings
- pick from wrist; thumb knuckle should not move
- thumb and palm flat against strings so up & down strokes are at same picking angle
- fingers mute higher strings; palm mutes lower strings
- to test your picking-hand muting, try continuously picking high or low e string while doing hammer-ons and pull-offs on other strings to hear if there's any noise coming from those other strings

III. Fretting Hand

- knuckles curved / play on fingertips
- shoulder relaxed
- thumb behind 2nd finger, halfway up neck (except when bending)
- thumb only anchors hand and is very relaxed:
 - fret a note using only weight of the arm, so that if thumb removed, arm would fall
 - pull on string a little, but then use thumb just enough to keep it in tune
 - pick with strong articulation for now in order to practice 2 hand independence
 - rest often with hand down to remember relaxed feeling
 - thumb follows hand when changing position, and if there is resistance or sticking, there is too much pressure