

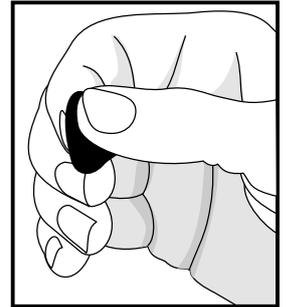
A Scale Exercise in D, G and A

THIS IS A very simple exercise consisting of playing up and down various scales. Very quickly you should be able to do this without much thought. However, the harder exercise is applying thought to each note. However, start by simply playing the notes; repeat until you can play the sequence through two or three times with confidence. You don't have to play it fast: that's not the point.

1. Scale Exercise in D

1a. Right Hand

Think about your left hand holding the pick, and try a few things. Have only 6-7mm showing from your thumb, and don't go too deep into the strings: 3mm at the most. The plectrum should slide over the strings with a forward tilt, the front edge picking on the downstroke, the back edge on the upstroke. Don't worry if you only sound one string on the upstroke - that's quite normal. With that in mind, now play the exercise again.



1b. Body

Think about your right arm, and try to relax the forearm and wrist. Do not hold the plectrum very tightly, but find out how loosely you can hold it without your dropping it. Be aware of the rest of your body - shoulders, back, head, etc. Identify any tension, and attempt to release that tension. Now play the exercise again.

1c. Left Hand

MAKE SURE the tips of your fingers are near the strings - 12mm or thereabout. Learn how much - or how little - strength you need to press your fingers down to produce the note. Try to leave your first finger down until after you've engaged your second finger; same with second and third fingers. Note where the fingertip is within the fret: too near the fretwire may affect the tone. Listen to the purity and volume of each note and think about whether it could be improved.

2. Scale Exercise in G

3. Scale Exercise in A

Now go through the same checklists before playing the scale exercise in G, and then for the key of A.