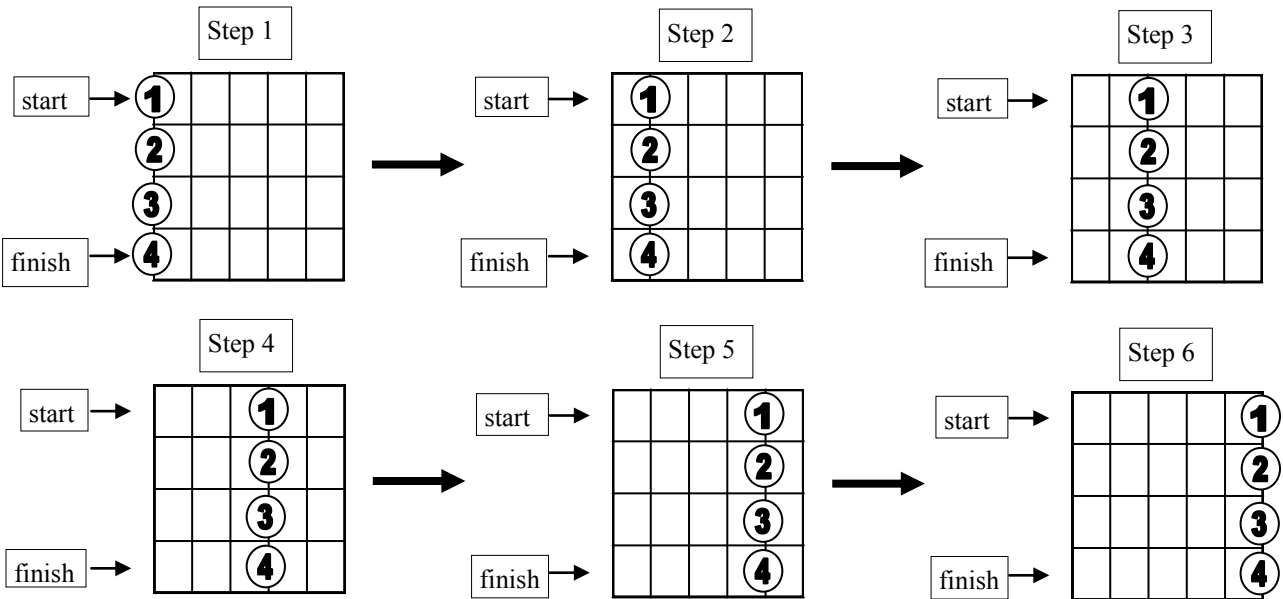




# The Chromatic Exercise

The Chromatic Exercise is a great way to get familiar with the guitar. Everything from speed, accuracy, rhythm, and flexibility can all be improved and from this one, simple exercise. Use this as a warm up every time you pick up your guitar. Practice 3 to 5 minutes and then move into your other studies. This will make a major improvement in your playing days, weeks, months and years down the road. It is a great workout for not only your fingers on the fretboard, but also your picking hand. There are many ways to vary and expand on this exercise to make it more and more challenging as you progress as a guitarist. Be patient, practice, practice, practice and most importantly... HAVE FUN!

To play this in its most basic form, start on any fret you want with your first finger (I suggest the seventh fret since the frets are not too big and not too small). On the sixth string, pick, and then move to the next fret with your second finger. Pick that note and proceed to your third and fourth fingers in the same fashion. Once you have played four frets, one with each finger, move to the fifth string and pick the same notes. Make sure to not move your hand to different frets than you played on the sixth string. If you stay in one four fret area, with one finger being responsible for each fret, you are playing in what is called a **position**. A position is a four fret area where you try and make one finger responsible for one fret each. If your first finger is on the 7th fret, this is called the 7th position.



Now that you have ascended up the guitar from the lowest pitch to the highest, you want to reverse it and play it exactly backwards! This is very important to practice as well since you will be descending from a high pitch to a low pitch just as much as ascending.

A number placed to the left of the fret graph indicates the fret that is shown. In this example the circled "7" indicates the 7th fret and the graph shows the 7th, 8th, 9th and 10th frets.

