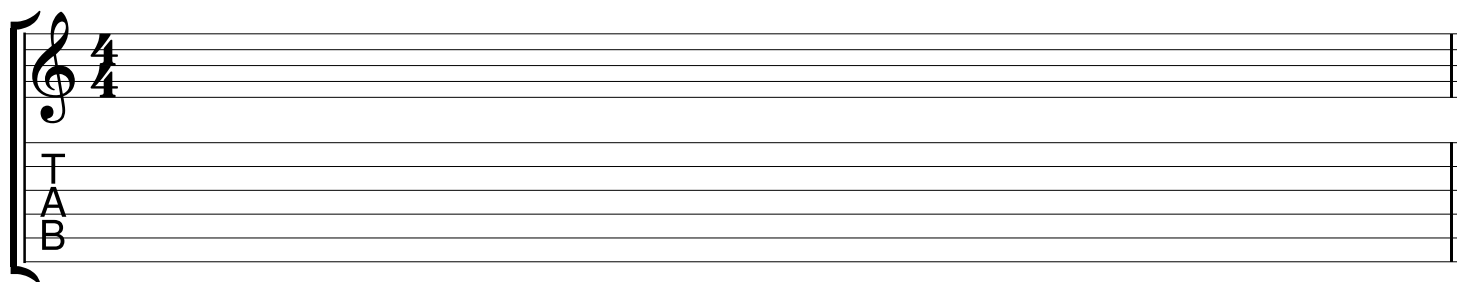


# The Fingerstyle 101

## *video course*

Dan Thorpe

**Step #1 - Don't Play. Physically warm up (watch the video for this)**



**Step #2 - Warming up the picking hand**

The "Outwards" Pattern

The "Inwards" Pattern

Musical notation for Step #2. The "Outwards" pattern is shown in 4/4 time, starting with a *mf* dynamic. The "Inwards" pattern is also shown in 4/4 time. Both patterns are repeated four times (4x). The guitar tablature below shows the fretting for each pattern, with '0' indicating open strings.

**Step #3 - Warming up the fretting hand**

Version 1 - Fret all notes with INDEX and RING

Version 2 - Fret all notes with MIDDLE and PINKIE

Musical notation for Step #3. The notation is in 5/4 time. The guitar tablature below shows the fretting for each note, with '5' and '7' indicating the fret number.

## Step #4 - Ways of making warming up more fun

Idea #1 - Play and pattern with any two chords

G Em

4-measure sequence of eighth-note patterns over G and Em chords.

Guitar Tab (TAB):

Measure	1	2	3	4
Chord	G	G	Em	Em
Tab	0 3 0 3	0 3 0 3	0 0 0 0	0 0 0 0
Bass	3 3	3 3	0 0	0 0

Idea #2 - Strumming all the variations of any chord you know

C Cmaj7 C Cadd9 C C C C7

8-chord sequence: C, Cmaj7, C, Cadd9, C, C, C, C7.

Guitar Tab (TAB):

Chord	1	2	3	4	5	6	7	8
Chord	C	Cmaj7	C	Cadd9	C	C	C	C7
Tab	0 1 0 2 3	0 0 0 2 3	0 1 0 2 3	0 3 0 2 3	0 1 0 2 3	0 3 0 2 3	0 1 0 2 3	0 1 3 2 3
Bass	3	3	3	3	3	3	3	3

Idea #3 - Fingerpicking each of the above chord variations

C Cmaj7 C Cadd9

4-measure sequence of eighth-note patterns over C, Cmaj7, C, and Cadd9 chords.

Guitar Tab (TAB):

Measure	1	2	3	4
Chord	C	Cmaj7	C	Cadd9
Tab	0 1 0 1	0 0 0 0	0 1 0 1	0 3 0 3
Bass	3 3	3 3	3 3	3 3

C C7 C C (with pinkie)

5-measure sequence of eighth-note patterns over C, C7, C, and C (with pinkie) chords.

Guitar Tab (TAB):

Measure	1	2	3	4	5
Chord	C	C7	C	C (with pinkie)	C (with pinkie)
Tab	0 1 0 1	3 1 3 1	0 1 0 1	0 1 3 3	0 1 0
Bass	3 3	3 3	3 3	3 3	3