

# The Ultimate Guide To Fingerpicking

The Fingerpickers' Warm-Up

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

Musical notation for Step #1, showing a treble clef with a 4/4 time signature and an empty guitar TAB staff.

Step #2 - Warming up the picking hand

The "Outwards" Pattern

The "Inwards" Pattern

Musical notation for Step #2, including a treble clef with a 4/4 time signature, a dynamic marking of *mf*, and guitar TAB notation for the "Outwards" and "Inwards" patterns. The "Outwards" pattern is marked with **4x** and the "Inwards" pattern is marked with **4x**.

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, showing a treble clef with a 5/4 time signature and guitar TAB notation with fret numbers 5 and 7.

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

Idea #1 - Play and pattern with any two chords

G Em

TAB

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

C Cmaj7 C Cadd9 C C C C7

TAB

Idea #3 - Fingerpicking each of the above chord variations

C Cmaj7 C Cadd9

TAB

C C7 C C (with pinkie)

TAB