

Sitting and Holding the guitar

1. Establish the correct height of the footstool or other device
2. Sit straight on the chair. Keep the spine naturally straight and the shoulders dropped and even.
3. The right leg should be flat on the floor. The foot position should offer support for the back. If you are sitting correctly you will be encouraged to lean into the guitar rather than slump.
4. The curve of the body of the guitar sits on the left lap.
5. The side of the body of the guitar rests on the inside of the right thigh.
6. The head of the guitar should be at or above eye level.
7. The neck of the guitar is slightly forward to the plane of the body.
8. Both shoulders should be relaxed and level.

Est. Right hand position and teaching rest strokes

1. The forearm rests approx. one to two inches from the elbow on top of the guitar. Position the forearm over the bridge.
2. Position the forearm over the string approx. @ a 30 degree angle from the face of the guitar and make a fist.
3. Relax the wrist and place the thumb on the fourth string. Observe the angle of the wrist.
4. With the thumb on the fourth string, allow the fingers to open.
5. If necessary, rotate the wrist to achieve correct alignment.

Learning Rest Strokes

1. Place the middle finger on the first string (m).
2. Position the finger mid-knuckle over the string to be plucked.
3. Pluck the string by pushing the finger through the string. Rest on the next string.
4. Bring the next finger to pluck into position when the previous finger plays.
5. When m plays, always move the "a" and pinky with it.

Left hand Technique

1. While holding the guitar, drop the left hand by your side.
2. Raise the hand while rotating the wrist until the palm faces you.
3. Place the neck b/t the thumb and fingers.
4. The thumb is positioned mid-way on the neck being placed somewhere b/t the 1st and 2nd fingers.
5. Relax the shoulder and feel the weight of the elbow.
6. Place the fingers close to the frets, but don't be fanatical.
7. Fingers play the corresponding frets.
8. The normal curve of the fingers is on the third string. They become straighter as the student moves to the lower strings.
9. The first finger is held down while playing higher notes on the same string.
10. Keep the knuckles parallel to the edge of the fingerboard.