

# CLASSICAL GUITAR

## Groupon Promotional Lessons



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## **Materials Needed**

In addition to this guide, you will need the following materials for your first lessons. You can find links to everything on this page or use the alternative suggestions listed.

[Classical Guitar](#): It is critical to have a classical guitar for these lessons. Feel free to purchase a cheaper one or use your own if you would like. If you are not sure if yours is a classical, feel free to bring it to your first lesson to inquire.

[Footstool](#): This is a fairly inexpensive investment. The linked footstool is affordable, but feel free to purchase a less expensive one if you can find it.

[Tuner](#): This is a nice tuner although you can also use any free tuner app.

## **What You Will Learn**

- Proper sitting, left hand & right hand position
- Right Hand shifting
- Your first scale
- Songs that utilize your new notes & skills

# **Lesson 1**

## **Sitting and Holding the guitar**

1. *Establish the correct height of the footstool or other device*
2. *Sit straight on the chair (make sure to sit on the front edge of the chair). Keep the spine naturally straight and the shoulders dropped and even.*
3. *The right leg should be flat on the floor (heels underneath the kneecaps). 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 (pointed in) 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.*

# FUNDAMENTAL TECHNIQUES

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## SITTING POSITIONS

Guitarists should adopt a sitting position that enables them to be alert, yet free of excessive tension, and that will allow ease of movement of the arms. Most players will adopt one of two basic approaches, shown in Figure 8. A classical sitting style is shown on the left of the figure, and a popular sitting style is shown on the right. Either can be used to accomplish the ideal blend of physical characteristics described above.

Figure 8



## LEFT-HAND POSITION

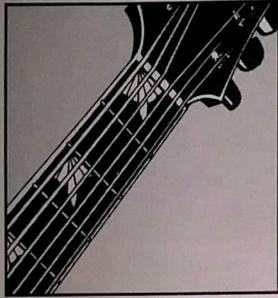
Use the following steps to set up the left hand.

1. Allow your left hand to hang by your side, palm turned face up.
2. From the elbow, lift the forearm until the fingers are in front of the guitar neck and the thumb is behind it.
3. Place the fingers on the first string, lining up with corresponding frets. Place the thumb behind the neck roughly behind the middle finger.
4. Make sure that the knuckles are parallel to the neck.
5. Place the fingers on their tips and snug to each corresponding fret. If your fingers are on top of the frets, they will thud; if they are too far away, they will buzz. The first and fourth fingers should be pointed slightly toward the middle two (see Figure 12).
6. Feel the weight of the arm (hanging from your elbow) depressing the notes.

Also note the numberings of each finger, as shown in Figure 12: index (1), middle (2), ring (3), and pinky (4). These designations are standard for notating and discussing the left-hand fingers.

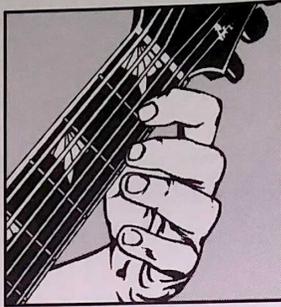
# The Notes on the Second String

**B**  
Open



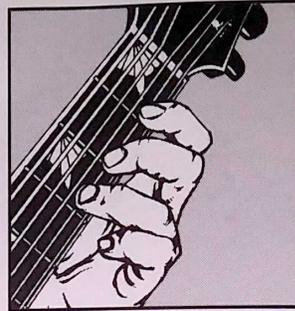
B (Open)

**C**  
First Finger  
First Fret



C (1st Fret)

**D**  
Third Finger  
Third Fret



D (3rd Fret)

7

1

Count: 1 2 3 4

2

Count: 1 2 3 4

3

Count: 1 2 3 4

## String Combination Study:

Say notes aloud as you play.

# DCB Exercise

Musical score for "DCB Exercise" in 4/4 time. The score consists of two systems. The first system has six measures with chord names D, D, C, C, B, and B above the staff. The guitar tablature below shows fingerings: 3-3, 1-1, and 0-0. The second system is empty.

# Spanish Theme

Hal Leonard

Musical score for "Spanish Theme" in 4/4 time. The score consists of two systems. The first system has four measures with guitar tablature: 0-0, 1-1-3-1, 0-0, and 1-1-3-1. The second system starts with a measure number '5' and has four measures with guitar tablature: 0-1-3-1, 0-1-3-1, 0-1-3-1, and 0. The guitar tablature is on a six-string staff.

# Lesson 2

## Shifting Exercise

The image shows a musical score for a stringed instrument, likely a guitar, in 4/4 time. The score consists of two staves: a treble clef staff and a tablature staff. The treble staff contains a sequence of seven notes: G, G, B, B, E, E, B. Above each note is its letter name. The tablature staff shows the corresponding fret numbers: 0, 0, 0, 0, 0, 0, 0. Below each note in the treble staff is a fingering instruction: *i*, *m*, *i*, *m*, *i*, *m*, *i*. The time signature is 4/4, indicated by a '4' over and a '4' under the staff. The piece concludes with a double bar line.

# The Notes on the Third String

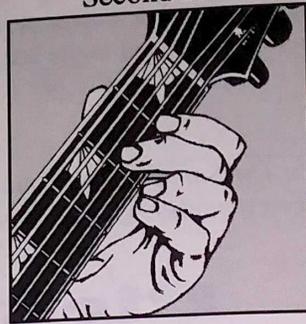
G  
Open



G (Open)

16

A  
Second Finger  
Second Fret



A (2nd Fret)

1

2

3

## String Combination Study:

Say notes aloud as you play.

# Lesson 3

## G Scale

G G A A B B C C D D C C B B A A G

*i m i m i m i m i m i m i m i m i*

TAB 4/4 0 0 2 2 0 0 1 1 3 3 1 1 0 0 2 2 0

# Lesson 4

## Twinkle, Twinkle

Traditional

G G D D E E D C C B B A A G

*i m i m i m i i m i m i m i*

TAB 4/4 0 0 3 3 0 0 3 1 1 0 0 2 2 0

5 D D C C B B A

*i m i m i m i i m i m i m i*

TAB 3 3 1 1 0 0 2 3 3 1 1 0 0 2

9 G G D D E E D C C B B A A G

*i m i m i m i i m i m i m i*

TAB 0 0 3 3 0 0 3 1 1 0 0 2 2 0

# **Bibliography**

If you are interested in reading further, I have included the sources I have cited. [Chord Companion](#) is my book. It is a method intended for learning chords, but contains an excellent section on plectrum style technique (If I do say so myself). [Aaron Stang's method](#) is great for learning how to play with a pick, but I would not recommend it for classical guitar.

Barone, Francesco. [Chord Companion: A Chord Method Supplement](#). 1st ed., Kindle Direct Publishing, 2020.

Stang, Aaron. [Belwin's 21<sup>st</sup> Century Guitar Method: Guitar Method 1](#). Warner Bros. Publications, 1993.

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