

## How to Read Guitar Tablature

TABLATURE is a type of musical notation that guitarists have developed to describe what strings on the guitar are being played at any point and what frets need to be fingered.

**Figure 1**

The Tablature Staff

**Strings**

- 1st - E
- 2nd - B
- 3rd - G
- 4th - D
- 5th - A
- 6th - E



The 6 lines correspond to the 6 strings on your guitar.

**Figure 2**

Single Notes in Tablature



The numbers tell you which frets you need to put your fingers on and which strings to use. In this example you would play the first string fretted at the first fret. The next note would be the first string at the third fret. Then, the second string at the third fret and so on.

**Figure 3**

Chords in Tablature



In this example you would play all of the strings at the same time. The first, second and sixth strings would be open. Your first finger would fret the first fret on the third string. The fourth and fifth strings would have fingers on the second frets of each string.

## Finger Exercises

These finger exercises are designed to build coordination between your right and left hand. Proper picking and fingering hand coordination is vital to good controlled guitar playing.

**Directions:** Play each finger pattern on each string. Start on the first string, then the second, third, etc... Although a little difficult at first, these exercises quickly build the motor skill control needed to play the guitar effectively. Practice with an even, steady rhythm. The goal is control, not speed.

1.



Right Hand Picking: Down-Up-Down-Up

Repeat for all Strings

2.



Right Hand Picking: Down-Up

Repeat for all Strings

3.



Right Hand Picking: All Down

Repeat for all Strings

# Guitar Learning Manual Practice Workbook

**Ying Liu**



## **Guitar Learning Manual Practice Workbook:**

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chair with your back straight perform 10 repetitions with each arm before taking thera band exercises for

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web put your arms in front of your body with elbows slightly bent pull theraband outwards across your chest hold for 3 seconds slowly return to starting position repeat 10 times shoulder flexion sit or stand with theraband held at hip or waist height point your thumb toward the ceiling

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web triceps help with transfers pressure reliefs and locking the elbow basic home exercise equipment theraband tie a knot in the end of the band and shut the knotted end in a door this allows you to adjust the height for different exercises choose a resistance that you can do for 2 sets of 15 reps if it s too easy

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web keep your upper arms at your side bend from your elbows to pull your lower arms up toward your head 3 repeat times page 4 for exercises 5 and 6 tie a theraband to the head of the bedframe 5 elbow extension 1 bend your elbow and grasp the band 2 straighten your elbow and stretch the band down toward the foot

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