## Daily Warm-Up

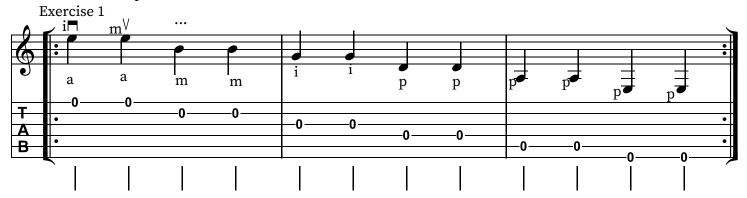
Three Steps for Striking/Attacking

1. Plant.

2. Relax the first joint.

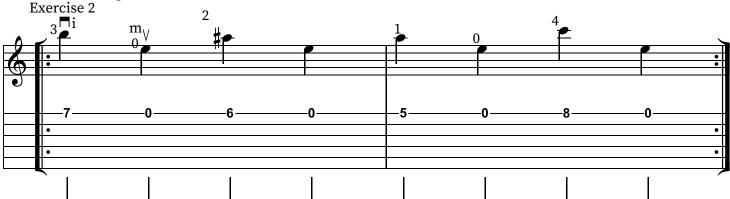
3. Touch the palm.

The Practice Room



Three step for positioning the Left Hand

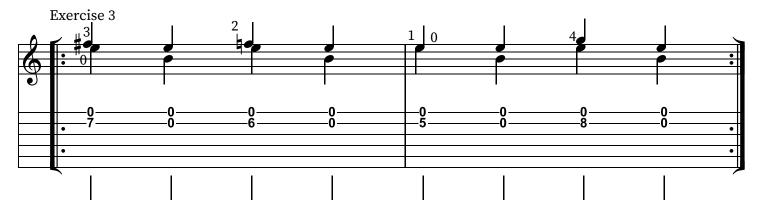
- 1. Thumb behind in the middle finger. In the middle of the neck pointing at a 45 degree towards the head of the guitar.
- 2. Palm up or parallel to the neck of the guitar.3. Arch fingers



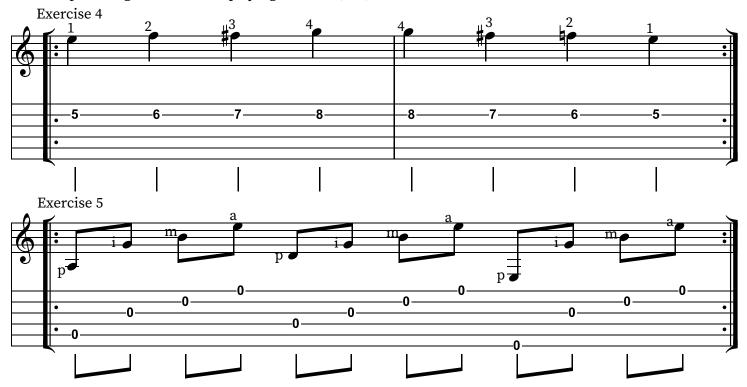
Position of The Fingers

1st finger High on the fret (Left side of the finger tip) 2nd finger High on the fret (Middle of the finger tip) 3rd finger Middle of the fret (Middle of the finger tip)

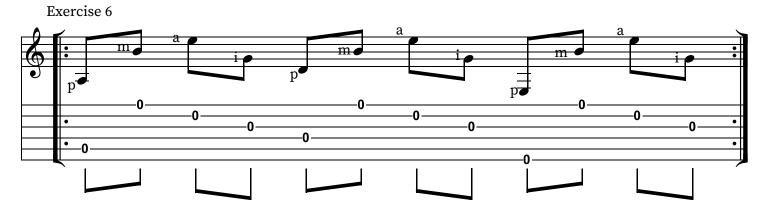
4th finger Low or Middle of the fret (Right side of the finger tip)



Keep the fingers down after playing the note (fret).



- Three steps for Arpeggios
  1. Full Plant.
  2. Relax the first joint for i,m,a.
  3. Thumb goes away from the fingers and i,m, a touch the palm.



Name the notes. Then play the notes.

