

# Daily Finger Strength and Independence Exercise

	<u>Permutations</u>			
	<u>A</u>	<u>B</u>	<u>C</u>	<u>D</u>
I.	1234	2134	3124	4123
II.	1243	2143	3142	4132
III.	1324	2314	3214	4213
IV.	1342	2341	3241	4231
V.	1423	2413	3412	4312
VI.	1432	2431	3421	4321

## Objectives:

- 1) Develop strength and independence in each finger
- 2) Synchronization of both fretting and picking hands and fingers

## Stage 1:

- a) Start in First or Fifth Position
- b) Start on first String
- c) Straight Up and Straight Down
- d) Start next pattern

## Stage 2:

- a) Up a String, Up a Fret
- b) Straight Down (at 6th fret)
- c) Up a String, Back a Fret
- d) Straight Down (at 1st fret)

## Stage 3:

- a) Up a String, Up a Fret
- b) Down a String, Up a Fret
- c) Straight Down (at 11th fret)
- d) Up a String, Back a Fret
- e) Down a String, Back a Fret

## Finger Style:

- a) Select from:  
*I-M, A-M, A-I,*  
*M-I, M-A, I-A*
- b) Play each note as either 1/4, 1/8th or 1/16th note rhythms.

## Pick Style:

- a) Use Alternate picking
- b) Play each note as either 1/4, 1/8th or 1/16th note rhythms.

Metronome: 60, 80, 100, 120 b.p.m.