

Hand Mechanics

Workshop #10

Designing Exercises

Step 1: Film yourself

Step 2: Watch it back in slow motion

Step 3: Look for the following...

- Double Escapes
- Changing pick distances
- Changing pick angles
- Change in movement (wrist vs rolling forearm)
- Is descending a mirror image of ascending?
- Changing pick depth

Step 4: Pinpoint the problem(s) as best as you can.

Step 5: Decide what would be an improvement. For example...

- Double escapes should be made into single escape to reduce excess travel
- Uneven distances on up/downstrokes could be made symmetrical so you travel the same distance past the string in both directions
- If the angle is changing as you play, you must try to prevent that and keep it the same throughout
- If the movement is changing you must decide which movement(s) are ideal and stick to them
- If descending & ascending are different, you have to decide which one is more efficient and work on the opposite to bring it more in line with the better one.

Step 6: Create Exercises:

- Knowing the problem(s) and solutions, you need to implement a strategy to ingrain better habits
- Isolate one problem and work to make the change on one string only, with no LH
- Make it extremely slow so you can watch and focus on the correction
- Don't speed up, instead add in more strokes, strings or other variables at the same tempo.
- Attempt a single string scale/melody at the same BPM
- Build up tolerance to variables other than speed...then add in increasing BPM