Hand Mechanics Workshop #15

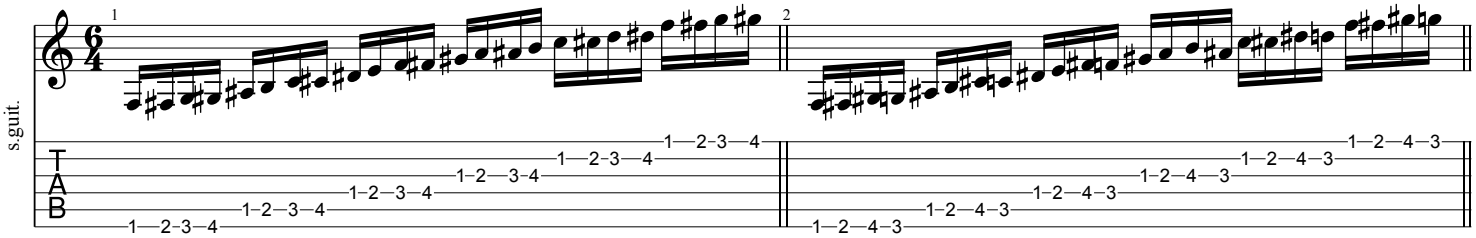
Syncing Both Hands

Standard tuning

♩ = 120

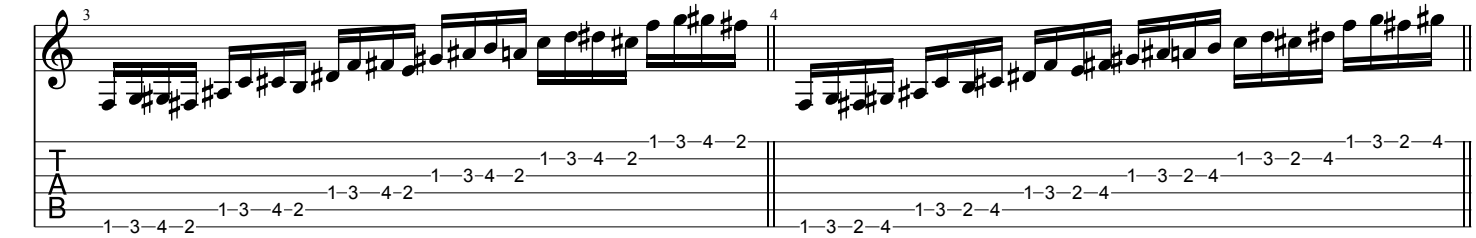
Fingering Beginning With 1: 1-2-3-4

1-2-4-3



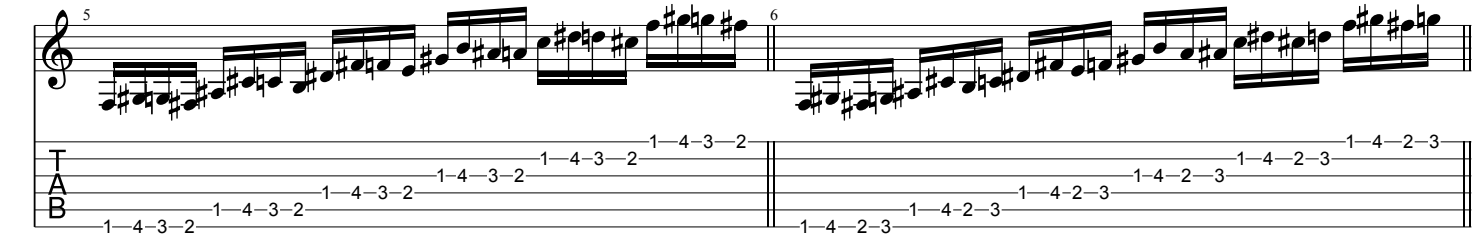
1-3-4-2

1-3-2-4



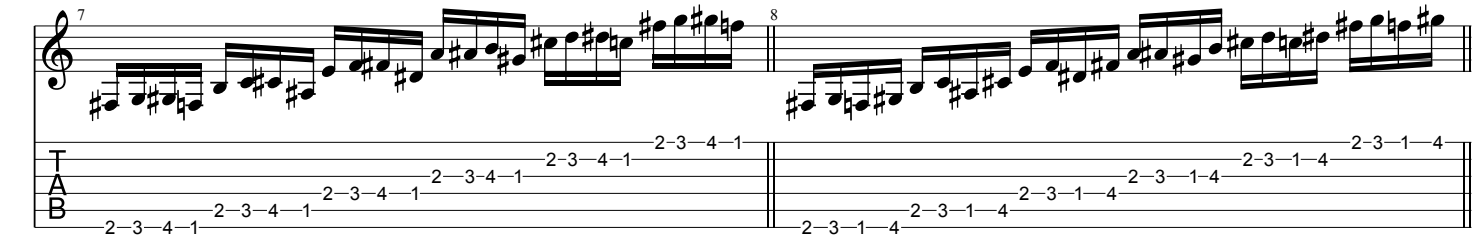
1-4-3-2

1-4-2-3



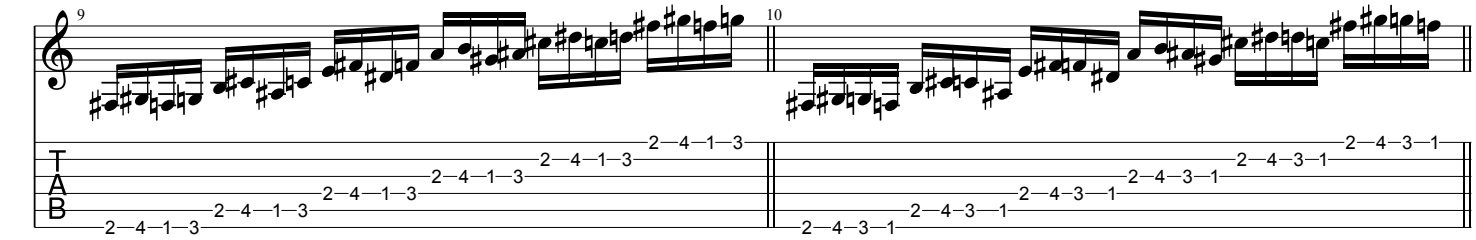
Fingering Beginning With 2: 2-3-4-1

2-3-1-4



2-4-1-3

2-4-3-1



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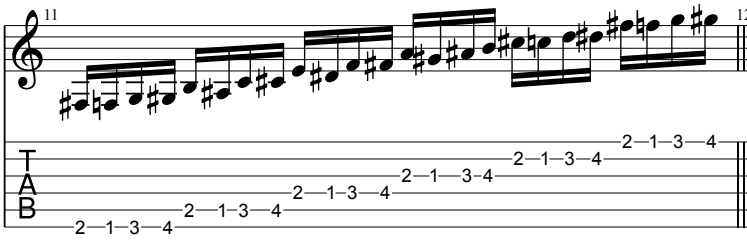
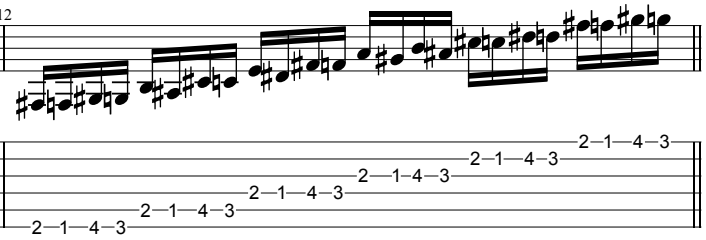
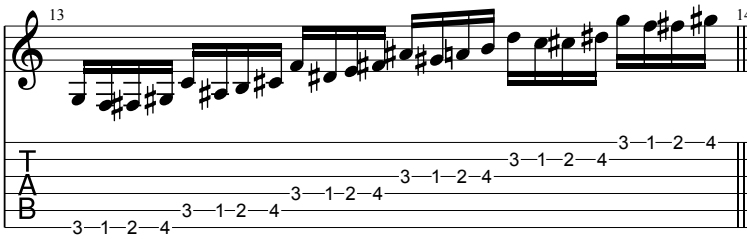
2-1-3-4



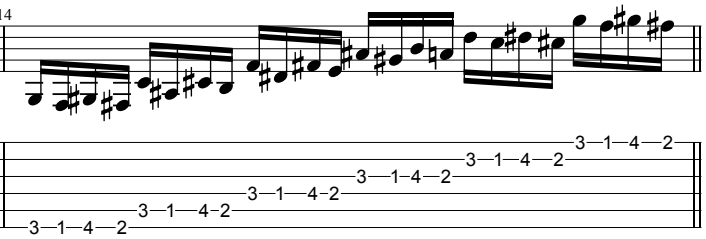
2-1-4-3



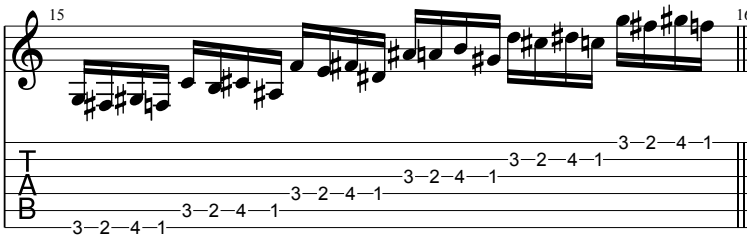
Fingering Beginning With 3: 3-1-2-4



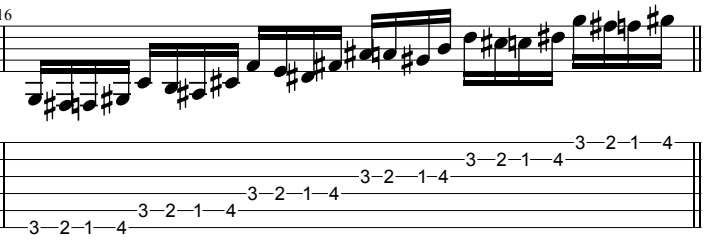
3-1-4-2



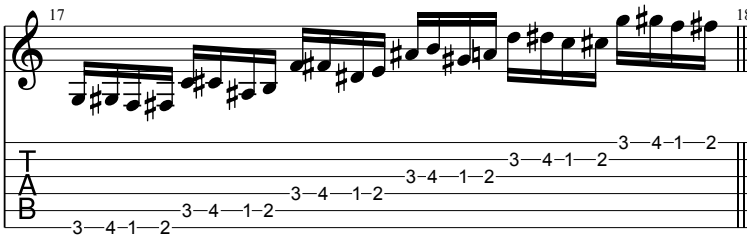
3-2-4-1



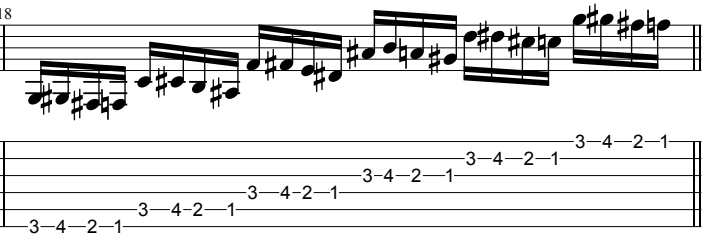
3-2-1-4



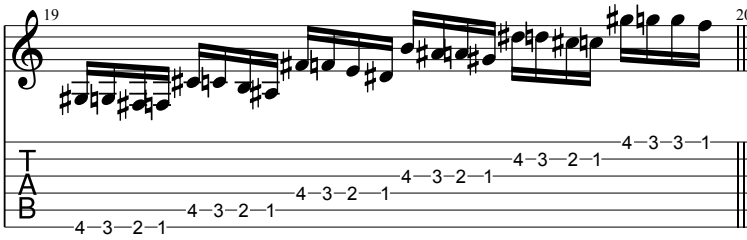
3-4-1-2



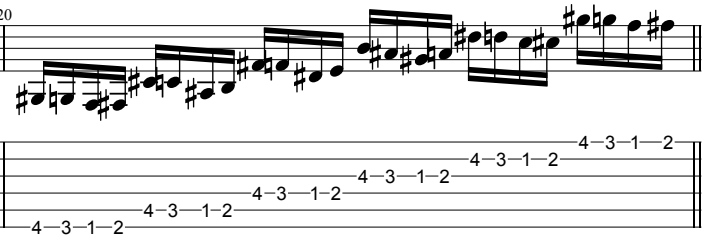
3-4-2-1



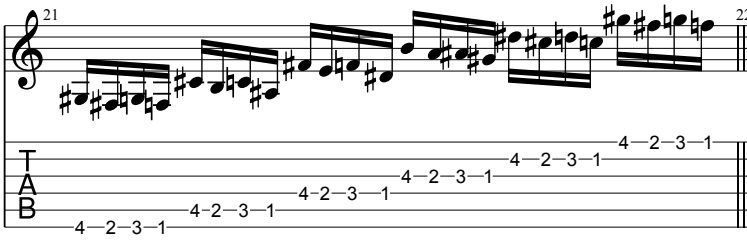
Fingering Beginning With 4: 4-3-2-1



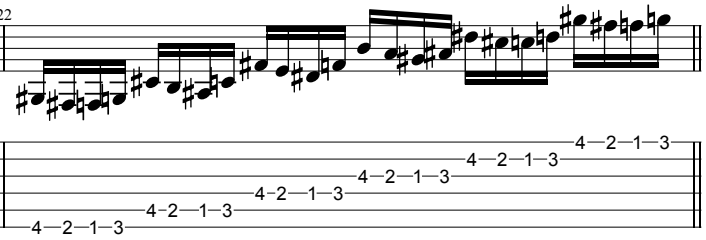
4-3-1-2



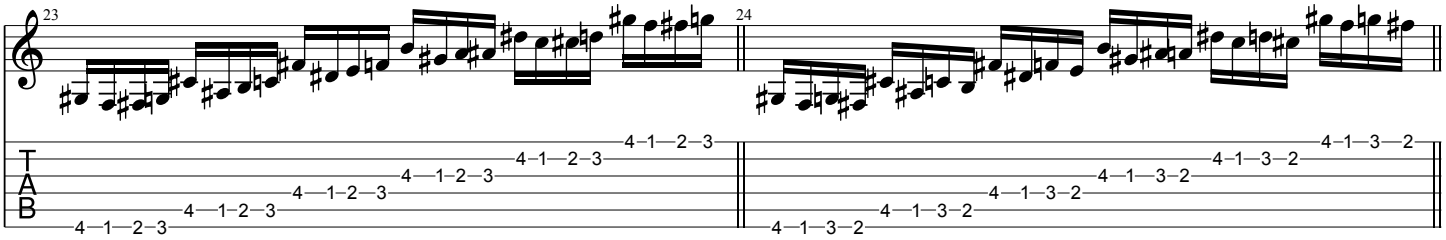
4-2-3-1



4-2-1-3

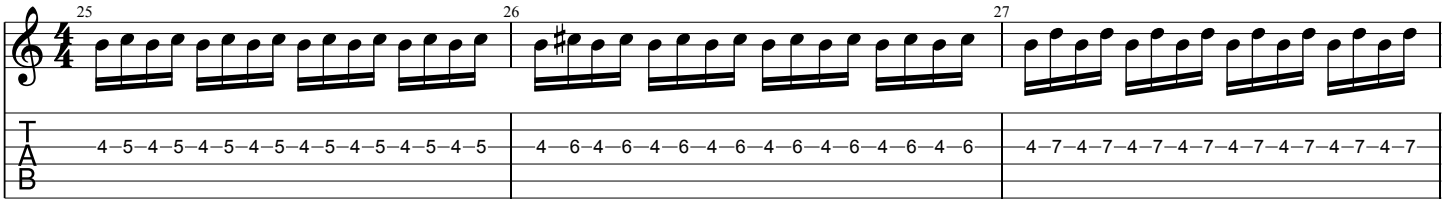


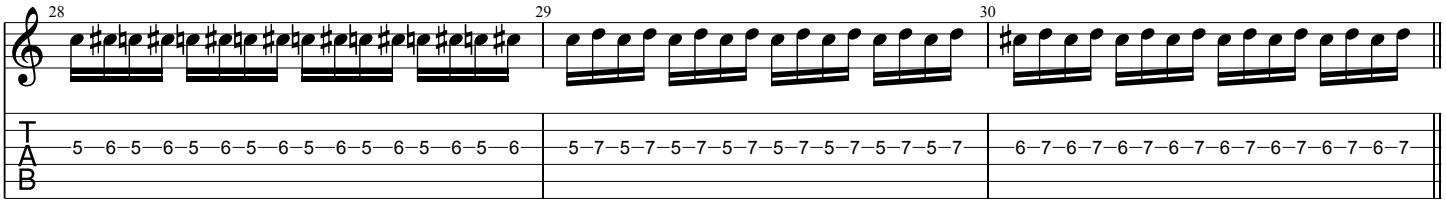
4-1-2-3 **4-1-3-2**



Dual Finger Lifts

Lift Each Finger After Playing
Index=4th Fret, Middle=5, Ring=6, Pinky=7

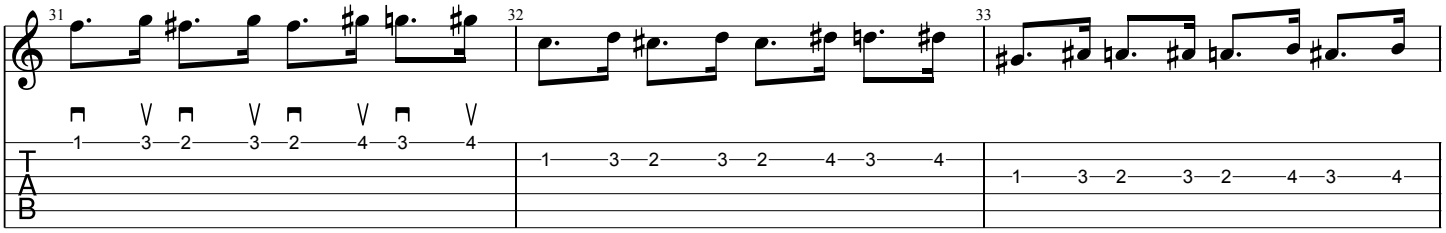


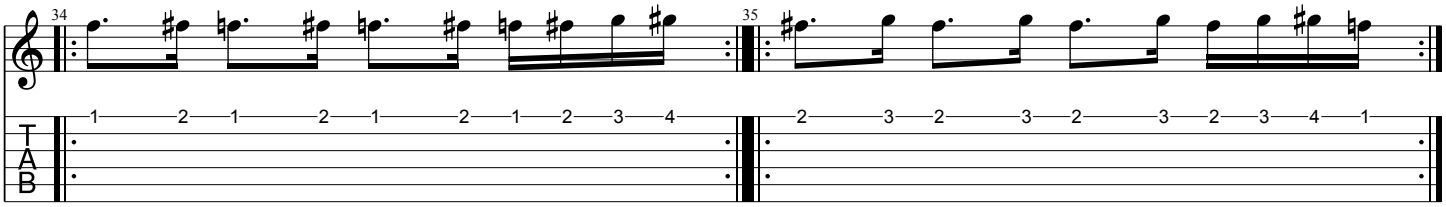


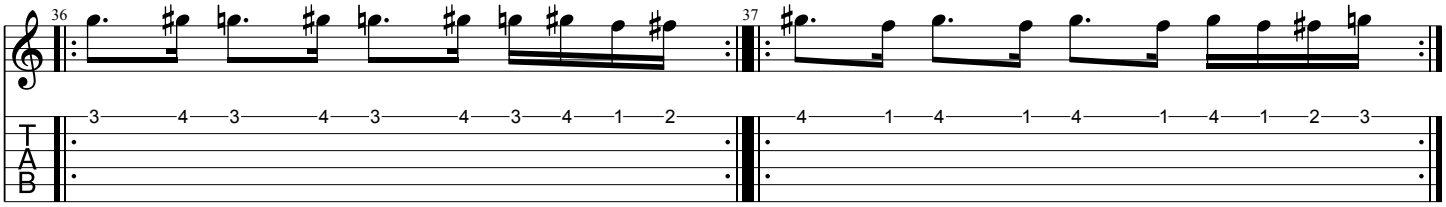
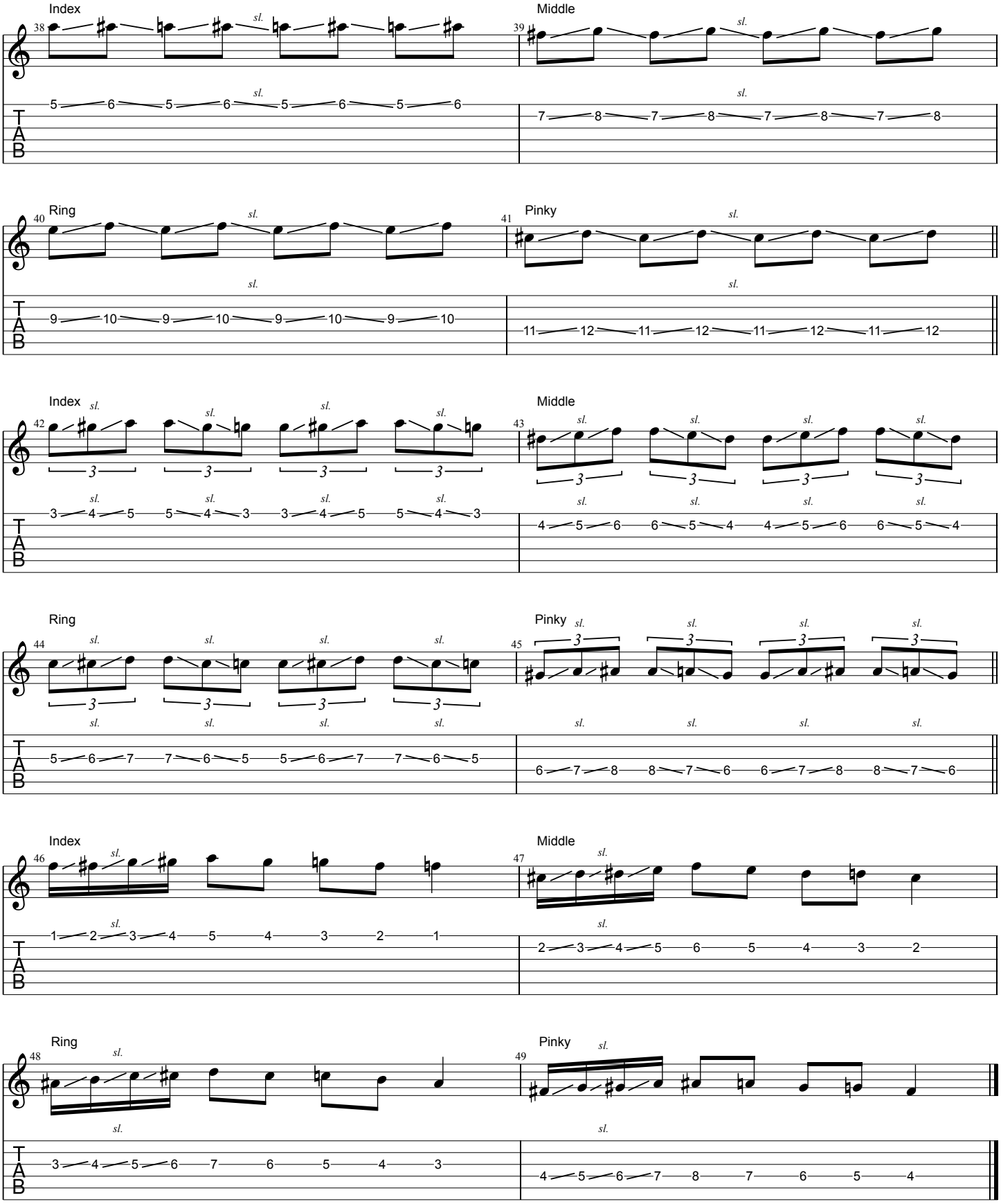
Dotted Rhythms

For fingerstyle use: i-m, m-a, i-a

Continue on each string







Single Finger Slides