

Hand Mechanics Workshop #9

-The Art of Bending-

Practice Routine

Week1:

-**Squeeze Bends:** Practice the blues lick slowly, focusing on listening to the distance of the bend

-**A Minor Squeezes:** Make sure you are actually doing a squeeze bend & not a half-step

-**Half Step Bend:** Practice hearing when the bend reaches the half step, and double check it with a tuner

-**Descending Half Step Bends:** Pay attention to the distance you half to move the string to achieve the half-step...it will increase the farther you move toward the headstock

Week2:

-**Dirty Pool:** This one is tough so listen back to the recording to get the rhythm. The bends are fast so you have to accelerate through them.

-**Scuttle Buttin':** The bends are slow and you have to make sure you reach the half step just before playing the next note (on the E string).

-**Whole Step Bends:** Don't blow through this exercise, take time to listen to the bend and take note of when it reaches the unison pitch.

-**Blues Intro Lick:** Keep time with a metronome and practice this over a backing track.

Week 3:

-**You Give Love A Bad Name:** Practice adding vibrato at the top of the bend as you hold it and play along with the recording.

-**All Along The Watchtower:** These bends are really fast so you have to be sure how far you need to bend in order to reach the whole step (and don't overshoot the landing!)

-**Bend Release:** The bend/release should sound the same as the slides. Use a tuner to make sure you're reaching the correct pitch.

-**Pedal Steel Lick:** This is tough because you need to do a bar with your pinky, so make sure you can play that and your thumb is in the correct position before attempting the bend.

Week 4:

-**Country Lick:** You have to reach with your pinky which will encourage you to drop the bend early...don't let that happen. Make sure to hold the bend at the pitch while you stretch.

-**Kid Charlemagne:** The tough part is the double bend/release. You have to accelerate through the bend in order to keep the sustain long enough to get both bends to sound.

-**Pre Bend:** Practice by guessing the distance of the bend and then playing it while looking at a tuner. You really have to know your guitar and the distance for each bend in order to get this right.

-**Blues Deluxe:** This is the hardest one because you have to bend 1 ½ steps as a pre bend. The last pre bend you have to release a half step then go back up to 1 ½...which means you have to really listen and be aware of the pitch as you manipulate the string.