

Daily Finger Picking Exercises - Chords

Practice each exercise for 60 seconds

Set 2

Moderate ♩ = 60

Ex 1. Thumb rest stroke. i free stroke

Exercise 1 consists of four measures in 4/4 time. The first measure starts with a treble clef and a key signature of one sharp (F#). The notes are: G4 (quarter), A4 (quarter), B4 (quarter), C5 (quarter), D5 (quarter), E5 (quarter), F#5 (quarter), G5 (quarter). The second measure has notes: G4 (quarter), A4 (quarter), B4 (quarter), C5 (quarter), D5 (quarter), E5 (quarter), F#5 (quarter), G5 (quarter). The third measure has notes: G4 (quarter), A4 (quarter), B4 (quarter), C5 (quarter), D5 (quarter), E5 (quarter), F#5 (quarter), G5 (quarter). The fourth measure has notes: G4 (quarter), A4 (quarter), B4 (quarter), C5 (quarter), D5 (quarter), E5 (quarter), F#5 (quarter), G5 (quarter). The tablature below shows: Measure 1: 3-0-0-0-0-0-0-0; Measure 2: 0-0-0-0-0-0-0-0; Measure 3: 3-0-0-0-0-0-0-0; Measure 4: 0-0-0-0-0-0-0-0.

Ex 2. Thumb rest stroke. fingers free strokes

Exercise 2 consists of four measures in 4/4 time. The notes are: G4 (quarter), A4 (quarter), B4 (quarter), C5 (quarter), D5 (quarter), E5 (quarter), F#5 (quarter), G5 (quarter). The second measure has notes: G4 (quarter), A4 (quarter), B4 (quarter), C5 (quarter), D5 (quarter), E5 (quarter), F#5 (quarter), G5 (quarter). The third measure has notes: G4 (quarter), A4 (quarter), B4 (quarter), C5 (quarter), D5 (quarter), E5 (quarter), F#5 (quarter), G5 (quarter). The fourth measure has notes: G4 (quarter), A4 (quarter), B4 (quarter), C5 (quarter), D5 (quarter), E5 (quarter), F#5 (quarter), G5 (quarter). The tablature below shows: Measure 1: 3-0-0-0-0-0-0-0; Measure 2: 0-0-0-0-0-0-0-0; Measure 3: 3-0-0-0-0-0-0-0; Measure 4: 0-0-0-0-0-0-0-0.

Ex 3. Thumb rest stroke. fingers free strokes

Exercise 3 consists of four measures in 4/4 time. The notes are: G4 (quarter), A4 (quarter), B4 (quarter), C5 (quarter), D5 (quarter), E5 (quarter), F#5 (quarter), G5 (quarter). The second measure has notes: G4 (quarter), A4 (quarter), B4 (quarter), C5 (quarter), D5 (quarter), E5 (quarter), F#5 (quarter), G5 (quarter). The third measure has notes: G4 (quarter), A4 (quarter), B4 (quarter), C5 (quarter), D5 (quarter), E5 (quarter), F#5 (quarter), G5 (quarter). The fourth measure has notes: G4 (quarter), A4 (quarter), B4 (quarter), C5 (quarter), D5 (quarter), E5 (quarter), F#5 (quarter), G5 (quarter). The tablature below shows: Measure 1: 3-0-0-0-0-0-0-0; Measure 2: 0-0-0-0-0-0-0-0; Measure 3: 3-0-0-0-0-0-0-0; Measure 4: 0-0-0-0-0-0-0-0.

Ex 4.

Exercise 4 consists of four measures in 4/4 time. The notes are: G4 (quarter), A4 (quarter), B4 (quarter), C5 (quarter), D5 (quarter), E5 (quarter), F#5 (quarter), G5 (quarter). The second measure has notes: G4 (quarter), A4 (quarter), B4 (quarter), C5 (quarter), D5 (quarter), E5 (quarter), F#5 (quarter), G5 (quarter). The third measure has notes: G4 (quarter), A4 (quarter), B4 (quarter), C5 (quarter), D5 (quarter), E5 (quarter), F#5 (quarter), G5 (quarter). The fourth measure has notes: G4 (quarter), A4 (quarter), B4 (quarter), C5 (quarter), D5 (quarter), E5 (quarter), F#5 (quarter), G5 (quarter). The tablature below shows: Measure 1: 3-0-0-0-0-0-0-0; Measure 2: 0-0-0-0-0-0-0-0; Measure 3: 3-0-0-0-0-0-0-0; Measure 4: 0-0-0-0-0-0-0-0.

Ex 5. Thumb rest stroke. fingers free strokes

Musical notation for Exercise 5, measures 17-20. The notation consists of a single staff with a treble clef and a key signature of one sharp (F#). The melody is written in quarter notes. The fretboard diagram below shows the fingerings: measures 17-18 use a thumb rest stroke (X) on the first string with fingers 2 and 0; measures 19-20 use a thumb rest stroke (X) on the first string with finger 0.

Ex 6. Thumb rest stroke. fingers free strokes

Musical notation for Exercise 6, measures 21-24. The notation consists of a single staff with a treble clef and a key signature of one sharp (F#). The melody is written in quarter notes. The fretboard diagram below shows the fingerings: measures 21-22 use a thumb rest stroke (X) on the first string with fingers 2 and 0; measures 23-24 use a thumb rest stroke (X) on the first string with finger 0.

Ex 7. Thumb rest stroke. a free strokes

Musical notation for Exercise 7, measures 25-28. The notation consists of a single staff with a treble clef and a key signature of one sharp (F#). The melody is written in quarter notes. The fretboard diagram below shows the fingerings: measures 25-26 use a thumb rest stroke (X) on the first string with fingers 0 and X; measures 27-28 use a thumb rest stroke (X) on the first string with finger 0.

Ex 8. Thumb rest stroke. a and m free strokes

Musical notation for Exercise 8, measures 29-32. The notation consists of a single staff with a treble clef and a key signature of one sharp (F#). The melody is written in quarter notes. The fretboard diagram below shows the fingerings: measures 29-30 use a thumb rest stroke (X) on the first string with fingers 0 and 2; measures 31-32 use a thumb rest stroke (X) on the first string with finger 0.

Ex 9. Thumb rest stroke. a free strokes

Musical notation for Exercise 9, measures 33-36. The notation consists of a single staff with a treble clef and a key signature of one sharp (F#). The melody is written in quarter notes. The fretboard diagram below shows the fingerings: measures 33-34 use a thumb rest stroke (X) on the first string with fingers 0 and X; measures 35-36 use a thumb rest stroke (X) on the first string with finger 0.

Ex 10. Thumb rest stroke. a free strokes

37

0 0 0 0 | 0 0 0 0 | 0 0 0 0 | 0 0 0 0

2 2 2 2 | X 0 0 0 | 2 2 2 2 | 0 0 0 0

X X X X | X X X X | X X X X | X X X X

3 3 3 3 | 0 0 0 0 | 3 3 3 3 | 0 0 0 0

Ex 11. Thumb rest stroke. fingers free strokes

41

0 0 0 0 | 0 0 0 0 | 0 0 0 0 | 0 0 0 0

2 2 2 2 | 0 0 0 0 | 2 2 2 2 | 0 0 0 0

0 0 0 0 | 0 0 0 0 | 0 0 0 0 | 0 0 0 0

3 3 3 3 | 0 0 0 0 | 3 3 3 3 | 0 0 0 0

Ex 12. Thumb rest stroke. fingers free strokes

45

X 0 0 0 | 0 0 0 0 | 0 0 0 0 | 0 0 0 0

X 0 2 0 | 0 0 0 0 | 0 2 0 0 | 0 0 0 0

X 0 0 0 | 0 0 0 0 | 0 0 0 0 | 0 0 0 0

3 0 3 0 | 0 0 0 0 | 3 0 0 0 | 0 0 0 0

Ex 13. Thumb rest stroke. fingers free strokes

49

X 0 0 0 | 0 0 0 0 | 0 0 0 0 | 0 0 0 0

X 0 2 0 | 0 0 0 0 | 0 2 0 0 | 0 0 0 0

X 0 0 0 | 0 0 0 0 | 0 0 0 0 | 0 0 0 0

3 0 3 0 | 0 0 0 0 | 3 0 0 0 | 0 0 0 0