

# Contents

<b>Prelude: About this book</b> .....	9
<b>1. Integrative Guitar Technique: an Introduction</b> .....	13
<b>2. Technique: A Contradiction of the Guitar in its Natural State?</b> .....	15
What is technique? .....	15
What purpose does technique fulfil? .....	15
When we speak of ‘technique’, we should use precise terms.....	17
<b>3. Physiological Basics for Guitarists</b> .....	19
Muscles.....	19
The most important muscles of the hand, their location and function .....	20
Long finger muscles: flexors und extensors .....	20
Pronators and supinators .....	25
Short finger muscles .....	26
Strength .....	29
Speed.....	29
Slow twitch muscle fibres – fast twitch muscle fibres.....	30
Muscle tone.....	31
Tendons.....	32
Tendon Sheaths.....	32
Nerves .....	33
Proprioception.....	35
Receptors .....	35
The sense of touch .....	36
Joints.....	37
The hand .....	38
The wrist .....	39
Carpal tunnel .....	40
Fingers and thumbs.....	40
Elbow, ulna and radius .....	41
The shoulder girdle .....	42
<b>4. Posture and Movement</b> .....	44
Posture when holding the guitar.....	44
A historical approach .....	45
Current trends: the footstool and its alternatives .....	47
Traditional posture when holding the guitar.....	48

Implications.....	49
Can a relaxed posture be stable?.....	52
How high must you hold the guitar?.....	59
Movements.....	59
Counter-movements.....	62
Compensatory movements.....	63
Musical consequences.....	65
Legato.....	65
Planting.....	67
Pre-tensing.....	69
Electromyography.....	70
Kinemetry.....	70
Pick-up.....	71
Metronome.....	71
Training.....	72
<b>5. Technique: Exercises.....</b>	<b>77</b>
Introduction.....	77
What should the daily programme of technique exercises look like?.....	79
Pre-tensing.....	80
Central movements.....	81
Training the right little finger.....	81
Counter-movements.....	82
Various training methods.....	82
Proprioception.....	82
How do you practise technique?.....	83
Slow practice: fast practice.....	84
Checking.....	84
<b>6. Warm-up: Proprioceptive Exercises.....</b>	<b>86</b>
Proprioceptive Exercises.....	88
Right hand: silent exercise.....	88
Exercise for differentiated perception of planting.....	90
Exercise for avoiding extraneous sound in playing (aggressive staccato).....	92
More proprioceptive exercises.....	93
Dexterity exercise for the right hand using <i>p, i, m, a, c</i> .....	93
Right hand, dexterity exercise with alternation.....	93
Left hand.....	94
Left-hand pressure exercise.....	96
Synchronization: left hand and right hand.....	100
Easy exercises for the left hand and synchronization.....	100

<b>7. Right-Hand Technique</b> .....	103
The superiority of sound obtained by rest stroke (apoyando) .....	104
Planting .....	105
The phases of playing free stroke or tirando.....	105
The wrist .....	106
The position of the right hand and its fingers on the strings .....	108
The fingers .....	110
The thumb.....	111
The little finger .....	112
Playing a chord as a basic technique of the right hand .....	114
Playing a chord .....	116
Right hand: Exercises on open strings only? .....	119
Exercises .....	120
Playing chords.....	120
Arpeggios.....	126
Thumb and index finger.....	127
Arpeggios: Alternation using alternating strings .....	129
Two-note arpeggios .....	129
Three-note arpeggios in alternation with the thumb .....	130
Practical three-note arpeggios alternating with the thumb .....	130
Preliminary exercises.....	131
Four-note arpeggios with alternating thumb.....	132
Five-note arpeggios with alternating thumb.....	132
Three-note arpeggios synchronized with thumb .....	133
The 12 forms of arpeggios .....	135
Tremolo.....	139
Performance of tremolo.....	140
What is the best way to practise tremolo? .....	141
Tremolo in the guitar repertoire.....	142
Sextuplets.....	144
Further exercises.....	148
Counter-movements.....	149
Rasgueados .....	149
Thumb technique.....	155
Training: Alternation .....	156
Repeated notes exercise.....	157
Trills with the right hand .....	158
Rest stroke (apoyando).....	160
<b>8. Left-Hand Technique</b> .....	161
Arm control .....	163
The basic position of the left hand.....	163

The wrist .....	166
The role of the thumb .....	166
Strength: How much to use; where to get it from; and how and when to use it.....	167
Stretching .....	168
Changing position (Shifts).....	169
Extraneous string noise: Squeaking and rasping .....	169
Exercises .....	170
Finger placement.....	170
Extreme stretching and easy stretching: abduction/adduction.....	171
Stability and dexterity: Static exercises.....	172
‘Spider’ .....	172
‘Odair’s exercise’ .....	174
The ‘combination exercise’ .....	174
Chromatic octave scale in 1st position.....	177
Exercises in changing positions (Shifts) .....	178
The next steps.....	179
Slurs .....	184
Exercises.....	185
Slur combinations.....	190
Barré .....	196
Further exercises with fixed fingers.....	202
Vibrato .....	207
Counter-movements.....	208
<b>9. Co-ordination and Synchronization.....</b>	<b>209</b>
Scales.....	209
Speed bursts .....	217
Co-ordination exercises.....	221
<b>10. Contorted and Bent.....</b>	<b>225</b>
Unusual postures and hand positions .....	225
<b>11. Appendix .....</b>	<b>234</b>
Bibliography and sources .....	234
Glossary .....	236