

Left hand finger exercises

These exercises build both finger strength and finger independence. If you apply the exercises to the notation, you will also learn to slide into various positions using the index finger and the pinky to lead your hand position.

24 Finger combinations

There are 24 possible finger combinations for exercising your left hand (see chart below (index finger=1, middle =2, ring=3 and pinky=4).

1 2 3 4	2 3 4 1	3 1 2 4	4 1 2 3
1 2 4 3	2 3 1 4	3 1 4 2	4 1 3 2
1 3 2 4	2 4 1 3	3 2 1 4	4 2 3 1
1 3 4 2	2 4 3 1	3 2 4 1	4 2 1 3
1 4 3 2	2 1 3 4	3 4 1 2	4 3 1 2
1 4 2 3	2 1 4 3	3 4 2 1	4 3 2 1

Try one of the combinations every day for a week and then move on to the next one.

See exercises below for application

Exercise 1.

Using first finger combination (1 2 3 4)

Exercise 1 notation: Two staves of music. The first staff shows a sequence of notes on the G, D, A, and E strings, with fingerings 1, 2, 3, 4 indicated above each note. The second staff shows a similar sequence, but with the notes on the D, A, and E strings, and the G string is empty. Fingerings 1, 2, 3, 4 are indicated above the notes.

Exercise 2

Using first finger combination forward and reversed (1 2 3 4, 4 3 2 1)

Exercise 2 notation: Two staves of music. The first staff shows a sequence of notes on the G, D, A, and E strings, with fingerings 1, 2, 3, 4 indicated above each note. The second staff shows a sequence of notes on the G, D, A, and E strings, with fingerings 4, 3, 2, 1 indicated above each note.

Exercise 3

Using first finger combination

Exercise 3 notation: Two staves of music. The first staff shows a sequence of notes on the G, D, A, and E strings, with fingerings 1, 2, 3, 4 indicated above each note. The second staff shows a sequence of notes on the G, D, A, and E strings, with fingerings 3, 4, 5, 6 indicated above each note.

Spider Fingers

Use only the correct finger per note.

A musical staff with four strings (G, D, A, E) and two treble clefs. The notes are: G (1st fret), D (3rd fret), A (2nd fret), E (4th fret), G (3rd fret), D (1st fret), A (4th fret), E (2nd fret). Fingerings are indicated by numbers 1, 3, 2, 4, 3, 1, 4, 2.

Fingers 1st 3rd 2nd 4th 3rd 1st 4th 2nd

You can then move up one fret and continue the exercise in the same manner up to the 12th fret

A musical staff with four strings (G, D, A, E) and two treble clefs. The notes are: G (2nd fret), D (4th fret), A (3rd fret), E (5th fret), G (4th fret), D (2nd fret), A (5th fret), E (3rd fret). Fingerings are indicated by numbers 2, 4, 3, 5, 4, 2, 5, 3.

Fingers 1st 3rd 2nd 4th 3rd 1st 4th 2nd

You can also move across the strings instead of advancing up the fingerboard (use the same fingering as before)

A musical staff with four strings (G, D, A, E) and two treble clefs. The notes are: G (1st fret), D (3rd fret), A (2nd fret), E (4th fret), G (3rd fret), D (1st fret), A (4th fret), E (2nd fret), G (1st fret), D (3rd fret), A (2nd fret), E (4th fret), G (3rd fret), D (1st fret), A (4th fret), E (2nd fret). Fingerings are indicated by numbers 1, 3, 2, 4, 3, 1, 4, 2, 1, 3, 2, 4, 3, 1, 4, 2.

A musical staff with four strings (G, D, A, E) and two treble clefs. The notes are: G (1st fret), D (3rd fret), A (2nd fret), E (4th fret), G (3rd fret), D (1st fret), A (4th fret), E (2nd fret), G (1st fret), D (3rd fret), A (2nd fret), E (4th fret), G (3rd fret), D (1st fret), A (4th fret), E (2nd fret). Fingerings are indicated by numbers 1, 3, 2, 4, 3, 1, 4, 2, 1, 3, 2, 4, 3, 1, 4, 2.

A musical staff with four strings (G, D, A, E) and two treble clefs. The notes are: G (1st fret), D (3rd fret), A (2nd fret), E (4th fret), G (3rd fret), D (1st fret), A (4th fret), E (2nd fret). Fingerings are indicated by numbers 1, 3, 2, 4, 3, 1, 4, 2.