

Right Hand Warmup – Sharon Gilchrist

- 1) G & E – skip 2 strings
- 2) G & A – skip 1 string
- 3) D & E - skip 1 string
- 4) A & E - neighboring strings
- 5) D & A - neighboring strings
- 6) G & D – neighboring strings
- 7) G - single string
- 8) D - single string
- 9) A - single string
- 10) E - single string

OVERALL TECHNIQUE:

This exercise is for establishing good posture in the right hand, wrist, forearm and pick grip.

The over all technique here incorporates the forearm and wrist into the picking motion.

The forearm moves the pick from string to string.

The wrist does the finer picking motion at the string.

EXERCISE:

1 - Alternating down and up strokes with the pick, play series 1-10 of open strings listed above using only your forearm – no wrist!

The wrist, hand and pick hold learn what it feels like to be 110% relaxed.

Meanwhile, the forearm learns the location of each string and each string combination.

2 - Once you have finished step 1, play the series of open strings backwards (10-1) shifting the main source of motion from the forearm to the wrist now. Maintain the same level of relaxation in the wrist and hand as much as possible.

Here, we are learning just how much wrist or forearm is helpful for the various string combinations. Smaller spaces like single strings and neighboring strings use mostly wrist.

Larger string spaces like skipping one or two strings use a little more forearm to skip strings and a small flick of the wrist at the string to actually pick the string.

*You want to feel the meat of the palm of the hand always lightly brushing the bridge.

This tells you you are not locking the wrist.

The wrist should never lock and start moving separately from the forearm.

Even when using mostly wrist motion on a single string for example, the area where the wrist meets the forearm remains relaxed and the forearm is free to move in response to the wrist motion. This might feel like a little wiggle in the forearm.