

THE FRETTING HAND

The four golden rules for these exercises:

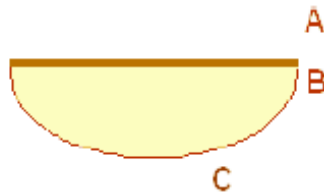
- **Keep unused fingers close to strings (about ½ inch)**
- **Play on fingertips – your thumb resting on the back of the neck**
- **Lift each finger as the next one is pressed**
- **Keep fingers in line with the metal frets, do not have your fingers slanted towards the body of the guitar or you will have trouble later on.**

It is harder to correct the later you leave it to learn these rules, but it is never too late.

THUMB POSITION

One question that many people ask is 'what is the correct position your thumb should be in when trying to play fast licks?' Basically, there are 3 positions your thumb COULD be in (see below diagram for reference):

- Wrapped all the way around the neck with the tip in the air (A)
- Wrapped mostly around the neck with the tip around the level of the fretboard (B)
- Or with the tip rested on the back of the neck



There isn't a right or wrong position to place your thumb really, but each does have its advantages. Position A restricts your reach and reduces your speed, but makes bending much easier, position C grants your fingers all the speed and room to move that you will need but makes bending hard, and position B is somewhere in the middle. Depending on what style of music you are playing you will find one position more natural than the rest, but this doesn't necessarily mean it is the correct position for you, you may be restricting yourself.

For playing extremely fast guitar and really pushing yourself to the limits with screaming solos and never-ending runs up and down the fretboard, you want position C. Look at any pro guitarist really going for it and I can guarantee you won't be able to see his thumb sticking up round the back of the neck, it just isn't practical.