

technique

BOOTCAMP



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Technique Bootcamp

Preface

These exercises present some of the most foundational techniques for guitar playing in a quick and easy to learn method.

The exercises are broken down into three phases: right hand, left hand and moveable patterns.

It's highly suggested that you cycle through one phase per day, meaning that you can work on purely on your technique three days per week. You could also repeat the cycle and do 6 days per week.

You're also encouraged to spend about 10 minutes on each phase, which is roughly 2-3 minutes per exercise. You could also practice all exercises in one 30 minute session daily.

Please remember to:

- Use a metronome for all exercises
- Use a mirror or recording device for self correction
- Anticipate where your fingers are going next for both hands
- Try to find the best position for your hands, rather than use force or power

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Day 1: 10 Minutes Total

Phase 1

Right Hand

**Open strings
Extreme Planting
Basic Tremolo
Strumming**

1. Open Strings

Phase 1: Right Hand
Day 1: 2-3 Minutes

Focus on:

- 1) Stability: Avoid movement of your hand. Anchor your thumb on string 6. Primary movement comes from the knuckle joints, moving the fingers straight back into the palm (think “one-handed clap”).
- 2) Preparation: Prepare the finger that plays next onto the string it will pluck before it plays.
- 3) Tone: Ensure your nails are smooth, keep your wrist straight and use the side of your finger/nail.

Extra Points:

- 4) Play slowly! Please note the slow rhythm that is used. Play slowly enough so you can easily count each note for 2 beats. A good starting tempo would be 60 BPM.
- 5) Use rest stroke first and then free stroke. Try to emulate the sound of your rest stroke when you play free stroke.
- 6) Once string 1 is mastered with i-m, then use different right hand combinations and practice on all remaining strings.
- 7) Once all the above are mastered, then practice this exercise and increase the tempo.

Free stroke

Rest stroke

im-ia-ma

pi-pm-pa

cp-ci-cm-ca

Use a metronome for all exercises!

The image shows musical notation for an open string exercise. It consists of a treble clef staff with a 4/4 time signature and a bass clef staff with a 4/4 time signature. The treble staff contains six measures of music. The first two measures are for string 1 (E), the next two for string 2 (D), and the last two for string 3 (C). Each measure contains a rest stroke followed by a free stroke. The bass staff shows the corresponding fretting for each string, with '0' indicating an open string. The strings are labeled T (Treble), A (Alto), and B (Bass) on the left side of the staff.

Take notes here: what do you observe in your technique that you can improve?

2. Extreme Planting

Phase 1: Right Hand
Day 1: 2-3 Minutes

Focus on:

- 1) Finger Independence: Ensure the fingers you're not using are not affected by the finger you pluck with.
- 2) Relaxation: Keep your fingers together and watch they don't splay apart.
- 3) Speed: Plant the finger you're using quickly back onto the string after it's played.
- 4) Wrist: Keep it straight (but in a natural and relaxed way)

Extra Points:

- 5) Play slowly! Give yourself enough time to relax in-between each note. A tempo of about 60 BPM would be ideal.
- 6) Ensure that your fingers pluck straight back into the palm and move from the knuckle joint.
- 7) Ensure that your hand stays completely still.

Plant all
7 fingers

The musical notation shows a sequence of notes for the right hand (treble clef) and left hand (bass clef). The right hand notes are: c, a, m, i, m, a, c. The left hand notes are: c, a, m, i, m, a, c. The notes are grouped in pairs: (c, a), (m, i), (m, a), (c, c). The notes are marked with 'p' for piano. There are also some notes marked with 'i' and 'm'. The notation includes fingerings and dynamics.

Take notes here: what do you observe in your technique that you can improve?

3. Basic Tremolo

Phase 1: Right Hand
Day 1: 2-3 Minutes

Focus on:

- 1) Even rhythm: use a metronome for precise tempo control. Gently accent the first note of each beat.
- 2) Even tone: ensure each finger and the thumb sound uniform in tone.
- 3) Even articulation: each note is consistently legato.

Extra Points:

- 4) Play slowly! Give yourself enough time to relax in-between each note. A tempo of about 60 BPM would be ideal.
- 5) Ensure that your fingers pluck straight back into the palm and move from the knuckle joint.
- 6) Ensure that your hand stays completely still.
- 7) You can increase the tempo drastically (up to 160-200 BPM) to make this more advanced
- 8) You are recommended to practice this on the remaining strings as well.

13

p a m i

p a m i

T
A
B

Take notes here: what do you observe in your technique that you can improve?

Day 2: 10 Minutes Total

Phase 2

Left Hand

Finger Independence

Shifting

Slurring

Barring and Stretching

1. Finger Independence

Phase 2: Left Hand
Day 2: 2-3 Minutes

Focus on:

- 1) Ensure the fingers you're NOT using are CURLED and RELAXED.
- 2) Ensure all of your fingers stay CLOSE to the fretboard.
- 3) Ensure you place your fingers as close to the fret as possible.

Extra Points:

- 4) Watch your thumb position. It's dynamic and should move with your hand.
- 5) Always aim to decrease the amount of pressure you use
- 6) Always maintain a slow and even tempo. A tempo of 40 BPM is ideal. Speed it up to make it a more advanced exercise.

Finger Independence: Adjacent Fingers

20

Repeat on all strings

Finger Independence: Non-Adjacent Fingers

21

Repeat on all strings

Take notes here: what do you observe in your technique that you can improve?

2. Shifting

Phase 2: Left Hand Day 2: 2-3 Minutes

Focus on:

- 1) Look ahead to the position you are going to.
- 2) Ensure the note before you shift is as legato as possible.
- 3) Minimize string noise on the bass strings by lifting your fingers in an upward direction before shifting. Sideways movement results in friction and string noise.
- 4) Move your elbow in anticipation of where you're shifting.

Extra Points:

- 5) Watch your thumb position. It's dynamic and should move with your hand.
- 6) Always aim to decrease the amount of pressure you use
- 7) Always maintain a slow and even tempo. A tempo of 40 BPM is ideal. Speed it up to make it a more advanced exercise.

Shifting: Adjacent Fingers

22

3 4
2 3
1 2

Repeat on all strings

Shifting: Non-Adjacent Fingers

23

2 4
1 3

Repeat on all strings

Take notes here: what do you observe in your technique that you can improve?

3. Slurring

Phase 2: Left Hand Day 2: 2-3 Minutes

Focus on:

- 1) Keep your movements efficient, don't lift your fingers too high when you slur.
- 2) Ensure your slurs are even in rhythm, not lopsided.
- 3) Ensure your wrist is straight at all times, especially when playing on the bass strings.

Extra Points:

- 4) Watch your thumb position. It's dynamic and should move with your hand.
- 5) Always aim to decrease the amount of pressure you use
- 6) Always maintain a slow and even tempo. A tempo of 40 BPM is ideal. Speed it up to make it a more advanced exercise.

Slurring: Adjacent Fingers

24

Repeat up fretboard

26

Repeat up fretboard

Take notes here: what do you observe in your technique that you can improve?

4. Barring and Shifting

Phase 2: Left Hand
Day 2: 2-3 Minutes

Focus on:

- 1) Ensure clarity of every note within the bar chord.
- 2) Ensure the note before the shift is as legato as possible.
- 3) Ensure your wrist is straight at all times, especially when playing on the bass strings.

Extra Points:

- 4) Watch your thumb position. It's dynamic and should move with your hand.
- 5) Always aim to decrease the amount of pressure you use
- 6) Always maintain a slow and even tempo. A tempo of 40 BPM is ideal. Speed it up to make it a more advanced exercise.

30 CI----- CIV----- CVII----- CIV----- CI-----

Repeat on all remaining strings

T
A
B

1 4 4 7 7 10 7 7 4 4 1 4

Take notes here: what do you observe in your technique that you can improve?

Day 3: 10 Minutes Total

Phase 3

Moveable Exercises

Chromatic Pattern
Moveable Major Scale
Spider
Stretching

1. Chromatic Pattern

Phase 3: Moveable Patterns
Day 3: 2-3 Minutes

Focus on:

- 1) Ensure your left wrist is straight and thumb is positioned well: palm close to the neck when playing on string 6 and moving away when playing towards string 1.
- 2) Ensure the note before you shift is legato.
- 3) Move your elbow in anticipation of where you're shifting.

Extra Points:

- 4) Repeat on all remaining strings.
- 5) Use i-m fingering, but also experiment with other combinations.
- 6) Always maintain a slow and even tempo. A tempo of 40 BPM is ideal. Speed it up to make it a more advanced exercise.

32 **Chromatic Pattern**

8 0 1 2# 3 4# 1 2# 3 4 1# 2 3# 4 3 2 1

T
A
B

0 1 2 3 4 5 6 7 8 9 10 11 12 11 10 9

33

8 4 3 2b 1 4b 3 2b 1 0

Repeat on all strings

T
A
B

8 7 6 5 4 3 2 1 0

Take notes here: what do you observe in your technique that you can improve?

2. Moveable Major Scale

Phase 3: Moveable Patterns
Day 3: 2-3 Minutes

Focus on:

- 1) Aim for a beautiful singing like quality and legato.
- 2) Hold fingers down when possible and keep movements very efficient.
- 3) Ensure your wrist is straight and that your thumb moves across as you play across the strings.

Extra Points:

- 4) Use i-m fingering, but also experiment with other combinations.
- 5) Always maintain a slow and even tempo. A tempo of 40 BPM is ideal. Speed it up to make it a more advanced exercise.
- 6) You can repeat the pattern starting on string 5, but with a 2 for the top note.

34

8 2# 4# 1# 2 4# 1# 3# 4# 1#

Repeat up fretboard

T
A
B

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

Take notes here: what do you observe in your technique that you can improve?

3. Spider

Phase 3: Moveable Patterns

Day 3: 2-3 Minutes

Focus on:

- 1) Snap your fingers quickly when they make the opposing motion. Elbow rotation can help.
- 2) Maintain good legato throughout the whole exercise.
- 3) Ensure the fingers you're not using are always in preparation for the next set of notes.

Extra Points:

- 4) Use p-m or l-m fingering. Bring out the top note for clarity.
- 5) Always maintain a slow and even tempo. A tempo of 60 BPM is ideal. Speed it up to make it a more advanced exercise.

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Repeat up fretboard

Take notes here: what do you observe in your technique that you can improve?

4. Stretching

Phase 3: Moveable Patterns

Day 3: 2-3 Minutes

Focus on:

- 1) Try not to let your fingers be affected by the stretching finger (i.e. they are fixed and don't move).
- 2) Play each chord with beautiful tone.
- 3) Connect each chord with great legato.

Extra Points:

- 4) Use p-m or l-m fingering. Bring out the top note for clarity.
- 5) Always maintain a slow and even tempo. A tempo of 60 BPM is ideal. Speed it up to make it a more advanced exercise.

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Repeat down fretboard

Take notes here: what do you observe in your technique that you can improve?