

## Right Hand position steps

- 1) Make a fist and stick your arm straight out
- 2) Place your forearm on the guitar (about an inch or 2 away from the elbow keeping the wrist straight)
- 3) Stick out your right hand thumb and place it on the 4<sup>th</sup> string (keeping the wrist straight)
- 4) Relax your wrist
- 5) Relax and release your fingers (making sure they don't rest on the top of the instrument)

## Rest Stroke Alternation

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Guitar

i x m x i x m x i x m x i x m x 4x

x = prepare next finger on the string

## Left Hand position steps

- 1) Drop your left arm to your side making sure its relaxed
- 2) Turn your arm so that your palm is facing out
- 3) Bending at the elbow, bring your arm up to the guitar, placing the thumb vertically (up and down) behind the 2<sup>nd</sup> fret