

Finger-independence exercise (2)

"FIND THE STRING"

(Most recent version available at www.dmcclore.org/banjo)

1. (This exercise is for the left hand only. Don't play any of these notes with the right hand.)
2. Place all four fingers in a straight line on a single string. Each finger should be just behind its respective fret and should not be touching any other string.
3. Lift one finger and move it around (in the air) while the other three fingers are still on the string. (You WANT the finger to "forget" where it had been, so that it will have to "search" again for its proper place.) Then, without looking at the fingerboard, place the finger back in its original position, just behind the fret. Try not to touch another string. Repeat with each of the other three fingers.
4. Now do this for six PAIRS of fingers: 1+2, 2+3, 3+4, 1+4, 1+3 and 2+4. Do not hurry! This is a "perfectionist" exercise and should be done slowly. (If you want, you can also do it with 1+2+3, 1+2+4, 1+3+4, 2+3+4 and 1+2+3+4.)
5. Repeat steps 3 and 4 on all strings.
6. This exercise is deliberately extreme. It is not necessary (or desirable) to be so fanatically perfect most of the time! Do not practice this exercise for more than a few minutes a day.

Raise and lower fingers at the hollow dots, without looking at the fingerboard. Then repeat on the other 3 strings.

