

Finger-independence exercise (3)

"CHORD NOTES"

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

1. (This exercise is for the left hand only. Don't play any of these notes with the right hand.)
2. Finger a four-note chord which you would like to practice. (The example used here is the III7 chord.) Each finger should be just behind its respective fret. (The exercise can also be used with three-note chords.)
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. 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.
5. Now do raise and lower THREE fingers at a time (1+2+3, 1+2+4, 1+3+4 and 2+3+4) and then all FOUR fingers (1+2+3+4).
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.

