

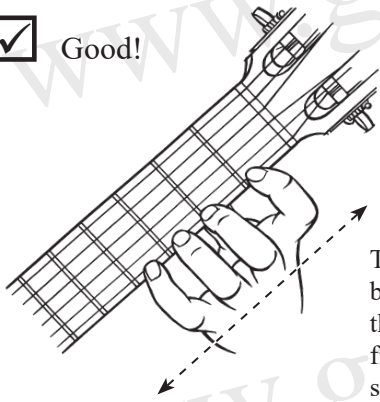
# Technique Revision

I hope you're taking care to play with the correct technique and not falling into bad habits. The following pictures show you the best way to hold your hands as well as some common mistakes to avoid.

## Hand Positions

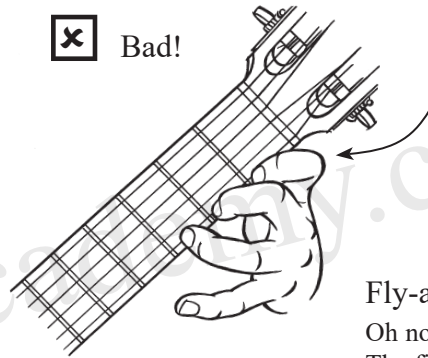
### Left Hand

✓ Good!



The knuckles should be held parallel to the fingerboard. Any fingers not being used should hover just above the strings.

✗ Bad!

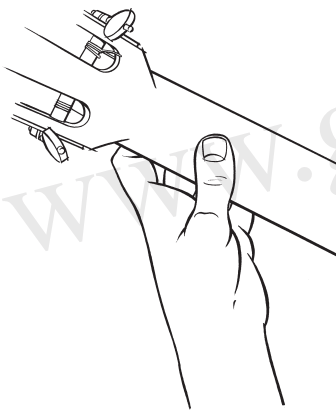


**Sleepy finger**  
Do not let the index finger fall asleep on the fingerboard. It has to stand to attention!

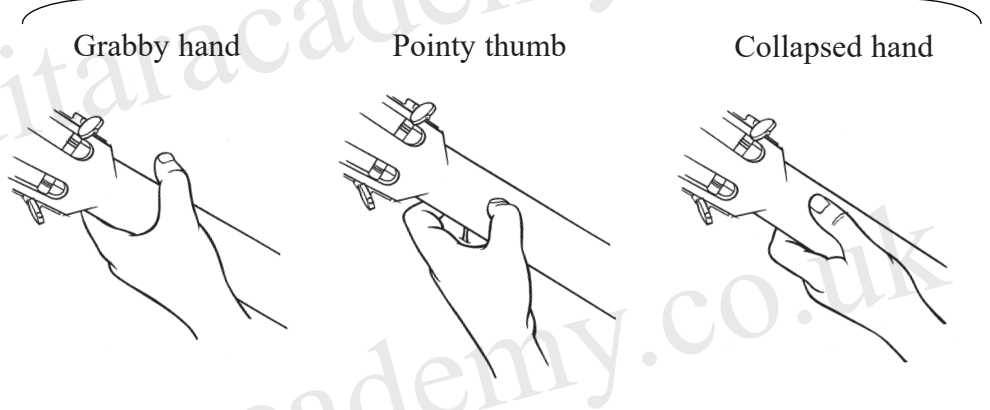
**Fly-away fingers**  
Oh no! This is terrible! The fingers are all twisted and flying away from the fingerboard!

### Left-Hand Thumb

✓ Good!



✗ Bad!



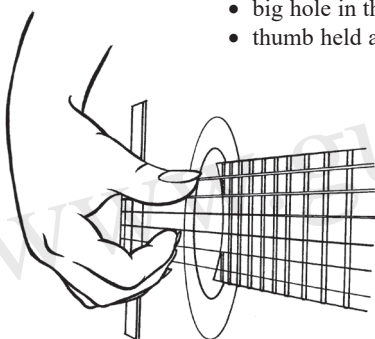
This is the correct position for the thumb – the thumb should be bent backwards.

A thumb that is 'grabby', 'pointy', or 'collapsed' will restrict the movement and control of your fingers; using a footstool helps encourage correct thumb placement.

### Right Hand

✓ Good!

- relaxed hand
- wrist slightly arched
- high knuckles
- big hole in the hand
- thumb held away from the hand

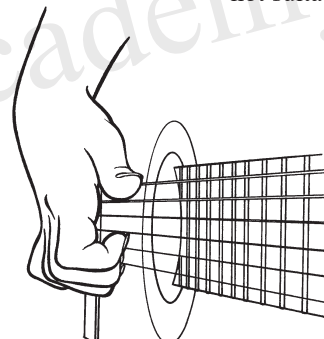


✗ Bad!

**Scratchy hand**

Great for scratching someone, but not suitable for playing the guitar!

- tense hand
- low wrist
- flat knuckles
- collapsed hand
- thumb inside the hand



## Posture

The classical guitarist's sitting position is recommended because it gives the player more technical control.

### The Classical Guitarist

Good!



### The Folk/Pop Guitarist

Acceptable for non-classical styles.



## Spot the Mistakes

Compare and contrast this guitarist's technique with the ones shown above. This guitarist is breaking every rule in the book – I certainly hope you never play like this! Study the advice on the previous page (as well as that given on pages 4/5), and then explain below where exactly you think this guitarist is going wrong.

Very bad!

**Sitting position**

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**Right arm**

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**Left-hand thumb**

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**Right hand**

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**Left-hand fingers**

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**What about his legs?**

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