

HOW

TO

TOUCH

A GUITAR STRING

WHAT YOU NEVER KNEW





Hello, and thank you for downloading "How To Touch A Guitar String" !

My name is Jamie Andreas. I am an advanced classical guitarist, and I have played for 52 years. I have taught guitar for 49 of those years.

I studied classical guitar because it was clear to me at the start that this style was more concerned with **technique** and **mechanics** than other styles. I also loved the music!

But, I have studied many styles, including Rock, Jazz, and Blues. I teach them all .

I was playing for 25 years before I discovered what I am going to teach you here!

Yes, even though I studied with some of the top teachers in the world, no one ever taught me the things you are going to learn:

**THE LIGHT FINGER
THE FIRM FINGER
STRING PUSH DOWNS**



**THE HEAVY ARM
FEELING THE TENSION
OF EACH NOTE
RELEASING THE TENSION
OF EACH NOTE**

Everyone should learn these things at the start. Without this knowledge, you will never be as good as you could be on guitar.

No matter how long you have played, when you learn and use what I show you, your playing will never be the same!



**Norbert aged 46,
Doctor**

I had tried to play guitar for a year on my own from various net sources, conscientiously practicing daily.

I could not make a simple open chord change decently. All my practice in vain.

Then after finding Guitar Principles, in 2 months I nailed them. Now I'm 5 months into it and improving steadily.

"The Principles of Correct Practice For Guitar" is an excellent book and would recommend it to any guitar struggler! Keep it up! Thank you!

Norbert Lederer

LEFT HAND

**BEFORE
YOU TOUCH
THE STRING**

What You Don't Know

About Touching A String With The ***Left Hand***

FINGER CURVATURE & SEPARATION

**BEFORE YOU TOUCH THE STRINGS, YOU MUST
ESTABLISH CURVATURE & SEPARATION**

Let me explain...

IN ORDER TO PLAY WELL ON THE GUITAR...



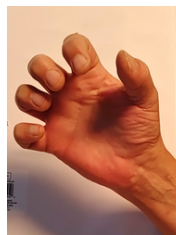
The small **muscles inside your hand** must be used to pull your fingers apart, that is separate them.

Then, the **muscles in your forearm** must be used to curl your fingers. That means they must be able to bend at all joints.

SEPARATION



CURVATURE



HOW TO PLACE YOUR FINGERS ON THE STRINGS



Hold your fretting hand out and spread your fingers apart



Start to curl all your fingers



Keep curling them until they are fully curled, making a right angle



Keep them curled but spread them apart.



Take your curled, spread fingers and place them on the 6th string, 5th fret.



Stacey
retired business owner

Jamie, I just want to say Thank You for your practice method and teaching guidance!

We had new friends over last night. They saw my guitars and asked if I played. I played and sang House of the Rising Sun on my electric and Fast Car on my acoustic.

I am thrilled to say that I had no problem playing and singing both songs and although I had a few butterflies, when I placed my first hand position the slow practice and continuous contact with the guitar paid off and I was calm and relaxed throughout the rest of the song.

Considering a few months ago I struggled with simple 3 chord strumming songs, to play flat-pick and finger style confidently for others is a huge milestone!

Stacey Welu

LEFT HAND

1

What You Don't Know

About Touching A String With The ***Left Hand***

THE LIGHT FINGER

FROM

"THE PRINCIPLES OF CORRECT PRACTICE FOR GUITAR"
ABOUT

THE LIGHT FINGER...



The Light Finger is the **completely relaxed finger** brought to the string and touching the string with only the weight of the finger.

Your finger should be light at the exact moment it touches the string. Failure to do this results in extra finger tension.

It does not press the string down until told to do so. We will discover the sensation of the Light Finger in the following exercises

HOW TO GET THE LIGHT FINGER

1

**HOLD YOUR HAND UP,
MAKE THE FINGER LOOSE**



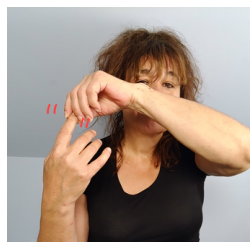
2

**WIGGLE IT
SIDE TO SIDE**



3

SPIN IT AROUND



Stacey
retired business owner

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Stacey Welu

LEFT HAND

DISCOVER THE LIGHT FINGER
WITH

FINGER FLAPPING

1



**Raise
arm**



**Grab
left
index
finger**



**Wiggle
it,
Make
sure it's
light**



**Tap it on
right
palm, up
and down,
light as a
feather**



**This is how
the finger
feels when
it first
touches the
string.**

GO AHEAD. GRAB YOUR GUITAR AND TRY THIS!



HOW TO HOLD THE GUITAR?

FOR BEST RESULTS, HOLD THE GUITAR THE WAY I SHOW YOU HERE.

2



**Hold
Guitar**



**Raise
Hand
to
Neck**



**Touch
String
With
Light
Finger**



**Flap
Finger Up
& Down
On String
LIGHTLY!**



**Do This
On
Different
Strings &
Frets**



THE MIDDLE FINGER TOUCHES SIXTH STRING WITH THE LIGHT FINGER.

**THIS LIGHT FEELING IS HOW YOUR FINGERS SHOULD
BE WHEN THEY FIRST TOUCH THE STRING TO PLAY A
NOTE, AND IT IS THE FEELING THEY WILL RETURN TO
WHEN THEY RELEASE FROM A NOTE.**



Andy

I took a few group lessons. I started feeling that I was attempting to play way beyond my ability. The number of complicated techniques boggled my mind and frustrated my fingers.

My right shoulder kept aching so much that I would have to stop playing and rub it.

The Principles explained many things about playing guitar that I had not noticed or knew to be on the lookout for.

I have looked at many guitar instruction books, and this is the only one that really addresses where to be within your body in order to become a musician.

That rushing, frenzied, frustrated feeling in practice is gone now. Also, I was in pain before and I am not anymore.

The "Principles" have helped me redefine and rediscover success in my playing and practicing."

Andy Guss

LEFT HAND

2

What You Don't Know

About Touching A String With The **Left Hand**

THE FIRM FINGER

FROM

"THE PRINCIPLES OF CORRECT PRACTICE FOR GUITAR"

ABOUT

THE FIRM FINGER...

After the Light Finger touches the string it becomes the "**Firm Finger**".

The Firm Finger is used to **apply pressure** to the string so that it **touches the fret** and a note may be sounded.

HOW TO GET THE FIRM FINGER

1

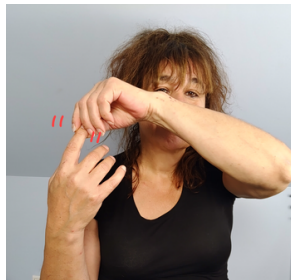
GRAB YOUR FINGER

2

WIGGLE IT

3

TIGHTEN IT SO IT CAN'T MOVE



David

I have struggled for years trying to learn left hand placement, and the mechanics of the various chord changes, but alone this is nearly impossible.

Everything Jamie describes is what I am experiencing, from having a bad teacher to trying to teach myself.

I watched videos of teachers saying "Watch me play it, now you do it." They never tell you the real mechanics of how the fingers must work. This is what is missing from everyone else's lessons.

I think I just found my inspiration again!

David Falguot

LEFT HAND

DISCOVER THE FIRM FINGER
WITH

STRING PUSH DOWNS



Touch String With Light Finger



SLOWLY!
Press the string to the fret HALFWAY



SLOWLY!
Press the string to the fret ALL THE WAY



Let the string push your finger back up



Push the string back down

1. DO THIS OVER AND OVER, SLOWLY, ON DIFFERENT STRINGS AT DIFFERENT FRETS.

2. DO THIS EVERYDAY FOR A MINUTE OR TWO BEFORE PLAYING.

3. GET VERY FAMILIAR WITH THE FEELING OF TOUCHING WITH A LIGHT FINGER, AND THEN FEELING IT CHANGE INTO THE FIRM FINGER.

TRY TO FEEL THESE SENSATIONS WHEN YOU PLAY.

YOUR PLAYING WILL BE MORE RELAXED, FLUID, AND MUSICAL



Kier

I've recently started using "The Principles". I'm absolutely loving it so far.

Your approach lines up perfectly with what I have learned in the past from meditation, yoga and lifting weights.

Seeing all the parallels is incredible and convinces me that your method will work for me.

I've been in a rut for a while, now I'm super excited about practice!

Kier

guitar PRINCIPLES LEFT HAND ③

What You Don't Know

About Touching A String With The **Left Hand**

THE HEAVY ARM

FROM

"THE PRINCIPLES OF CORRECT PRACTICE FOR GUITAR"



ABOUT

THE HEAVY ARM...

You must know how the arm feels when it is **allowed to relax** while holding notes down, so that it is "hanging heavy" and **its own weight is accomplishing a lot of the work** necessary to push the strings down.

This is called the "**Heavy Arm**". The relaxed shoulder allows the arm weight to come through the finger and do the work of pushing the string to the fret.

Because we are using arm weight instead of muscle power, our playing feels much more effortless.

HOW TO GET THE HEAVY ARM

1

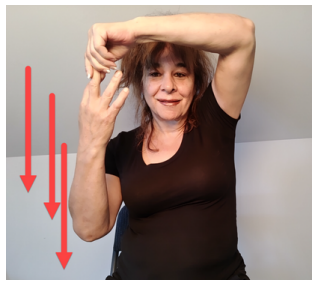
**GRAB YOUR FINGER
HOLD YOUR ARM UP
BY THE FINGER**

2

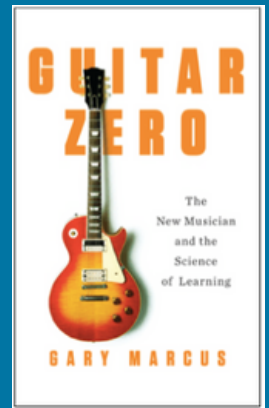
**RELAX YOUR SHOULDER
LET YOUR ARM HANG
BY ITS OWN WEIGHT**

3

**LET THE ARM
FALL BY ITS
OWN WEIGHT**



6



Guitar Zero

In 2012 Jamie Andreas was interviewed by Dr. Gary Marcus for his upcoming book on the science of how people learn guitar. Also interviewed were jazz legend Pat Martino and Tom Morello from "Rage Against The Machine".

"A teacher who impressed me immensely, and who takes a very different approach, was Jamie Andreas. Jamie is one of the few teachers who seems interested in the relationship between muscle and brain, and how to use one's body efficiently.

Swim coaches and golf teachers consider such questions all the time, but it's decidedly rare in the field of music instruction.

Gary Marcus PHD,
Author "Guitar Zero"

LEFT HAND

DISCOVER THE HEAVY ARM
WITH

THE HANGING EXERCISE

1



Hang your arm over the TOP of the guitar neck



RELAX
your shoulder and arm completely



Let the guitar neck completely support your arm



Lift the arm up and feel your shoulder muscles tense



Let the arm drop back down, relaxing completely on the neck

NOW WE WILL DIRECT THIS ARM WEIGHT THROUGH THE FINGERS AND ONTO THE STRING



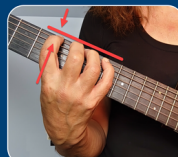
Hook fingers over the neck. Relax shoulder.
Hang on to the neck with only your fingers.
Feel the guitar press on your leg from arm weight.



Add the thumb. Keep fingers hooked on neck. Add thumb hooked on the neck



Lower thumb to back of neck. Place fingers on 6th string. Let arm weight come through fingers into the string.



Feel the relaxed shoulder.
Feel the fingers directing arm weight into the string.

IF YOU USE THE HEAVY ARM WHEN YOU PLAY, YOUR PLAYING WILL REACH A NEW LEVEL OF EFFORTLESSNESS



David Pike

Folks, it's absolutely true that Jamie is the only instructor who teaches the physical ability to play guitar. Except for those teachers who are wise enough to use Jamie's method, I suppose.

I look around at the state of instruction for guitar, and I only find one person out of all guitar educators, who bases instruction on the science of producing sound, the biomechanics of doing it, and the neurology of learning to do it well.

Jamie Andreas, of course. I just don't understand how out of 7 billion of us, only one has recognized the need to understand how our bodies and brains work, and how to apply that to playing and teaching guitar.

David Pike, guitarist

HOW DID THAT GO?



I know, that was a lot to take in!

*I was playing for 25 years before I discovered these things. When I did, it **changed my playing forever.***

As I started teaching these concepts to my students, it changed their playing also.

Pro players discover these sensations as the years go by. They don't even notice them, they just say "I'm getting better, playing feels easier"!

Students who were struggling to get better, struggling to get faster, were suddenly breaking through barriers that had kept them stuck on the same playing plateaus for years.

They discovered that they were playing with a **whole lot of extra tension.** This tension made it impossible to control their fingers.

USE THESE METHODS, YOU WILL DISCOVER **THE PATH TO GUITAR MASTERY!**

WHAT WE HAVE LEARNED SO FAR...

1. **THE LIGHT FINGER...**THE PERFECTLY RELAXED FINGER
2. **THE FIRM FINGER...**THE FINGER STARTS TO TENSE ENOUGH TO PRESS THE STRING DOWN
3. **STRING PUSH DOWNS...**SLOWLY PUSHING THE STRING DOWN AND FEELING THE FINGER CHANGE FROM LIGHT TO FIRM
3. **THE HEAVY ARM...**RELAXING THE SHOULDER SO THE ARM WEIGHT HELPS PRESS THE STRING DOWN TO THE FRET

LET'S LEARN ABOUT THE RIGHT HAND!



John G Harney

I use "The Principles" every day. I have had the book for over 10 years.

John



I have enjoyed changing the lives of thousands of guitar players over 50 years of [teaching_guitar](#).

Your guitar playing life will change also when you start to apply the left hand training I've given you so far.

But, there is more to the story!

FAMOUS GUITAR SAYING...

"THE LEFT HAND IS THE BIGGEST PROBLEM IN PLAYING THE GUITAR.

THE OTHER BIGGEST PROBLEM IS THE RIGHT HAND!"

RIGHT HAND

1

What You Don't Know

About Touching A String With The **Right Hand**



HOLDING THE PICK

FROM

"THE PRINCIPLES OF CORRECT PRACTICE FOR GUITAR"



Hold your right index finger in front of you, thumb side up



**Lay the pick on the index finger.
Point the tip of the pick in line with your fingertip**



**Place your thumb across the top of the pick.
The thumb should cross perpendicular to the fingertip**

PLACING THE ARM



**Place arm up on neck as shown.
Hand and forearm are flat against the neck.**



**Slide the arm down the neck.
Keep the elbow as low as possible**



**Stop when the hand is under the soundhole.
Relax the shoulder.
This is the correct position for pick practice.**



Kathy

The mind is a powerful practice tool, but first, the mind needs to have the right information.

This information is found in "The Principles Of Correct Practice for Guitar" and other publications by Jamie Andreas.

I've been using them for over five years now and know that this system works. Thank-you, Jamie!

Kathy Black

RIGHT HAND 2

What You Don't Know

About Touching A String With The **Right Hand**

BRINGING THE PICK TO THE STRING



FROM

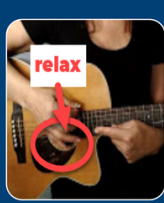
"THE PRINCIPLES OF CORRECT PRACTICE FOR GUITAR"



Hold the pick correctly



Place the arm correctly



Keep the fingers not holding the pick extended and relaxed



Place the pick flat on the 1st string.



Tilt the pick slightly toward the headstock



William

Jamie's work is so incredibly unique and necessary.

As a professional musician and music educator, I'm living proof that what Jamie teaches is completely valid, and it works!

If someone only cares about the chords or notes of a song, geez they don't need to pay me or any other teacher.

Use Google and find that info for free. But "how" to play these things? Much different story, and Jamie is THE master at this!

William Rustrum
professional guitarist & teacher

RIGHT HAND ③

What You Don't Know
About Touching A String With The Right Hand

HOW TO DO A CORRECT DOWN PICK A

FROM

"THE PRINCIPLES OF CORRECT PRACTICE FOR GUITAR"



PRESSING ON THE STRING TO MAKE A NOTE

...what you need to know

1. WHEN YOU PRESS ON THE STRING WITH THE PICK TO MAKE A NOTE – YOUR HAND AND ARM WILL TENSE. FEEL IT!
2. AFTER YOU SET THE STRING INTO VIBRATION TO MAKE THE NOTE **YOU MUST RELEASE THAT TENSION** AND RELAX THE ARM AND HAND.
3. IF YOU DON'T, YOU WILL CARRY THAT TENSION INTO THE NEXT NOTE. TENSION WILL BUILD WITH EACH NOTE YOU PLAY. YOU WILL FEEL A LACK OF CONTROL OF YOUR FINGERS.



Dinesh

Jamie, first off, thanks for the Principles of Correct Practice For Guitar.

It has helped me a lot. I had struggled a lot, without realizing the amount of tightness and tension that I was unnecessarily accumulating.

Whole body awareness had helped me tremendously.

Dinesh,
Orthopedic
Surgeon & Guitar
Player

RIGHT HAND 3

What You Don't Know

About Touching A String With The **Right Hand**

HOW TO DO A CORRECT DOWN PICK _B

FROM

"THE PRINCIPLES OF CORRECT PRACTICE FOR GUITAR"

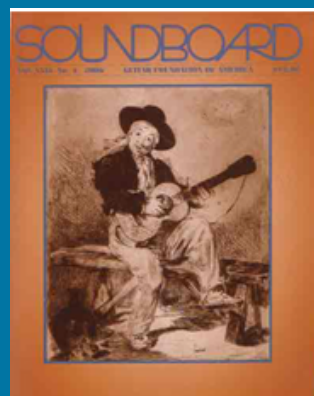


PUSHING THROUGH THE STRING TO MAKE A NOTE

...what you need to know

				
Hold the pick correctly	Place the pick on the first string. Slant it slightly.	Slowly press the pick on the string. Feel the hand and arm tense slightly.	Push through the string, sounding the note.	Stop the pick close under the string. Release the hand and arm tension

MAKE SURE YOU RELAX YOUR HAND AND SHOULDER AFTER YOU PLAY THE NOTE!



Soundboard Magazine

Soundboard Magazine is the official publication of one of the worlds premier Guitar Organizations: "The Guitar Foundation of America".

This organization adheres to the highest standards of professional guitar instruction.

Soundboard Says ...
"an excellent supplement to any other method book!" "enormously useful to teachers!"
"most guitarists would benefit from reading this book!" "especially useful for teachers of students at all levels!" "

I have recommended it highly in my guitar pedagogy class!"

David Grimes
editor, **Soundboard Magazine**

RIGHT HAND 4

What You Don't Know

About Touching A String With The **Right Hand**

HOW TO DO A CORRECT UP PICK

FROM

"THE PRINCIPLES OF CORRECT PRACTICE FOR GUITAR"



PRESSING ON THE STRING TO MAKE A NOTE

...what you need to know

1. WHEN YOU PRESS ON THE STRING WITH THE PICK TO MAKE A NOTE - YOUR HAND AND ARM WILL TENSE. **FEEL IT! THE UP PICK TENSION WILL FEEL A LITTLE DIFFERENT THAN THE DOWN PICK.**

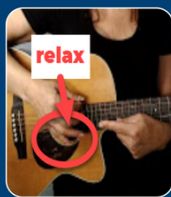
2. AFTER YOU SET THE STRING INTO VIBRATION TO MAKE THE NOTE **YOU MUST RELEASE THAT TENSION AND RELAX THE ARM AND HAND.**



Hold the pick correctly



Place the pick under the 1st string. Slant it slightly.



Slowly push the string upward with the pick. Feel the hand and arm tense slightly.



Push through the string, sounding the note. Release the hand and arm tension. Stop the pick AFTER it passes over the 2nd string



Have the pick end up on top of the 2nd string.



Guitar Techniques Magazine

Every once in a while we come across a guitar method that is different than all the others.

This was the case with Jamie Andreas' "The Principles of Correct Practice For Guitar".

It is chock full of useful advice and tips, including: how to sit, pick, pluck, fret, and achieve the most out of a practice session, attention to detail, developing the right kind of muscle memory, and the right way of building speed.

If that doesn't convince you, the book also received the silver award for best instructional material from Acoustic Guitar Magazine!

THE DOOR IS OPEN... THE PATH IS CLEAR... ...ARE YOU READY TO CLIMB?



YOU HAVE JUST TAKEN THE FIRST FEW STEPS...

...BUT YOU CAN GO SO MUCH HIGHER!

HERE IS WHAT IS WAITING FOR YOU IN "THE PRINCIPLES"

**26 FOUNDATION
EXERCISES TO
BUILD THESE SKILLS
INTO YOUR FINGERS**



**34 UNDERSTANDINGS
(CONCEPTS) WHICH
YOU MUST
UNDERSTAND TO
PRACTICE EFFECTIVELY**

**7 TOOLS (PRACTICE APPROACHES) TO BE USED TO
SOLVE PROBLEMS IN PLAYING.**

When it comes to the mountain of guitar excellence,
"**The Principles**" can take you as high as you're willing to
climb.

I hope you've got your hiking shoes on!

**GET THE PRINCIPLES BOOK NOW -
15% OFF
USE CODE PRIN15OFF**



**GET "THE
PRINCIPLES"
NOW!**