

Thursday, June 16, 2022

Practicing slurs like a boss

I. Introduction

A. Warm up with me!

II. Special Strategies

A. Descending slurs (pull-offs)

1. LH prep
2. Direction of movement in pull-off (down or up)
3. Weight dist.
4. Skin of the fingertip for relaxation + increase independence for hammer-on
5. Isolating movement consciously

B. Ascending slurs

1. Speed vs. distance
  - a) Practicing far and close
2. Accuracy
  - a) Imagining our finger bones

C. The 4th finger

1. Rethinking the anatomy of the 4th finger
2. Forearm + elbow rotation to assist

D. Trills

1. Think of each step in the mechanics, such as single trills (hammer on - pull off)
2. Continuous trills using 3 fingers

III. Basic Exercises

A. Using the metronome

B. Chromatic

1. Remember to prepare fingers 2-3-4 all at once on the next string when doing descending exercises

C. Open string

D. First position

1. Focus on weaker fingers

E. Barres + slurs

F. 3 note slurs ascending and descending

Ashley's warmup slurs Routine:

Use a metronome! Be sure your hands are warmed up before with 5-10 minutes of simple scales or chromatic exercise

10-15 minutes of 4-finger chromatic slurs on 7th fret

- descending stepwise ( fingers 4-3, 3-2, 2-1)
- ascending stepwise ("1-2, 2-3, 3-4)
- ascending whole-steps (1-3, 2-4)
- descending whole-steps (4-2, 3-1)

5 minutes of 1st position 2 note slurs

- play frets 0-1, 1-2 on ascending, 2-1, 1-0 on descending
- Focus on weaker fingers but do not overdo it!