

Finger-independence exercise (1)

"FROM STRING TO STRING"

(Most recent version available at www.dmcclure.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 to an adjacent string; press it down (just behind the fret) and then move it back to the original string. It should not touch any other string, not even a little. The other fingers should not move AT ALL.
4. Do this for all fingers on all strings. Repeat many times but rest frequently. Do not hurry! This is a "perfectionist" exercise and should be done slowly.
5. Remember: only one finger moves at a time. The other fingers should not move or bend in any direction and should stay perfectly placed, right behind their respective frets. If you touch another string, rest a little and try again.
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.

