Chromatic Octaves

Accompanying PDF for HCG Instagram reel

Instagram.com/HighCountryGuitar
(Original fretting hand exercise by Ricardo Iznaola)

This is a fretting hand exercise designed to increase dexterity and flexibility.

NOTES:
1. Adjust the angle of your fretting hand shoulder & forearm as you run through these combinations so that your wrist stays as straight and flat as possible (see IG video for demonstration).

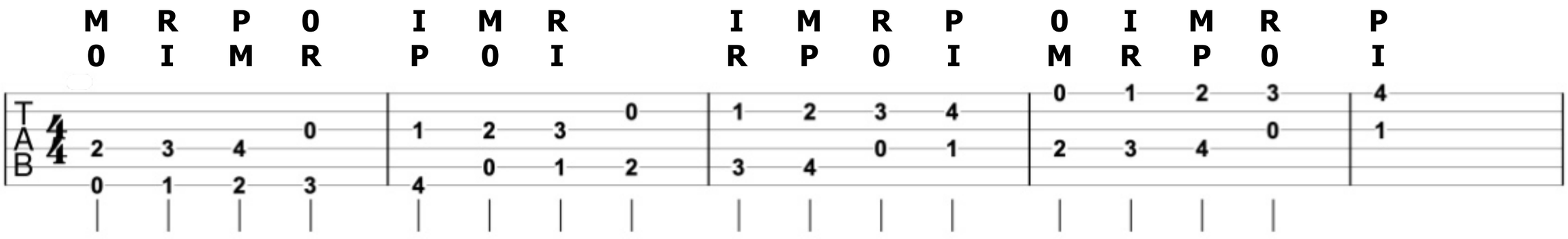
2. Re. your picking hand, use thumb and a finger to pluck each pair of notes at the same time.

3. Speed is not the goal here--just go for a smooth, even sound.

Each finger is responsible for one fret only:
Index finger = fret 1
Middle finger = fret 2
Ring finger = fret 3
Pinky = fret 4

Abbreviations for fretting hand fingers (shown above tab):
0 = open string
I = index finger
M = middle finger

ASCENDING:



DESCENDING (USE SAME FINGER COMBOS):

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