CONTENTS

Preface	9
Introduction	
Technique	11
What is Technique?	
Developing and Practicing Technique	12
The Necessity of Optimizing Fundamental Technique · What are Movement Forms? · The Process of Optimizing a Movement Form · Refining Faulty Technique · Maintaining Internalized Technique	
Additional Thoughts	15
Technique or Natural Facility? · Modeling Nature? · Tension or Relaxation? · Balance and Weight · Compound Movements (<i>Gestures</i>) · Hands Separately · Ease of Execution · Awareness and Sensation · Putting the Idea Before the Execution and the Power of the Inner Ear · Balance in All Things · Avoiding Injury and Optimizing Playing Longevity · The Individual · About the Metronome · Keeping a Practice Journal	Ī
Using this Book	21
A Necessary Acknowledgement PART 1—Foundation	22
Introduction	25
Organization of the Right– and Left-Hand Sections · A Word About the Lessons · Practice Routines and Contextualization	23
Preliminaries	
Daily Technical Practice and Warm-Up Routines	29
Sitting-Position	34
Sitting \cdot Guitar Support or Footstool? \cdot Positioning the Guitar \cdot Positioning the Left Arm \cdot Positioning the Right Arm \cdot Seating Ritual	
Tuning Test Intervals	39

The Right Hand

Introd	luction	. 43
1 Han	d Position and Plucking Action	
1	The Basic Right-Hand Position	. 45
2	The Fingernails	.48
	Shape and Length · The Shaping Process · Polishing · Problem Nails	
3	The Basic Plucking Action	. 53
	The Non-Independent Finger-Group · Prepared Fingers-Only Block Chords · Finger-Pairs and Individual Fingers · Developing Finger Independence · Developing the Ring Finger · Incorporating the Little Finger · Free Stroke or Rest Stroke?	
4	The Thumb	. 57
	Solo Thumb Stroke · Thumb and Fingers Together	
5	Refining the Basic Stroke	.60
2 Arpe	eggio Technique	
6.	Arpeggio TechniqueFingers-Only Patterns · Practice Methods · Practice Routine and Contextualization	. 67
7	The Common Thumb-Finger Arpeggio Patterns	. 73
	Categories of Common Thumb-Finger Patterns · Practice Routine and Contextualization	, .
8	The Compound Stroke	. 75
3 Alte	rnation Technique	
9 :	Shared-String Alternation and String Crossing	. 79
10	Finger Alternation Accompanied by the Thumb Balance and Independence Between the Thumb and Fingers · Practice Routine	. 85
11	Developing Alternation Speed	87

4 Other

12 Tremolo91
Technical Development Sequence · Hand Position · am Compound Stroke · ami — amip — pami at Speed · Staccato Practice · Practice Routine and Contextualization
13 Rest Stroke
Rest Stroke with the Fingers · Single-Finger Rest Stroke String Crossings · Free Stroke / Rest-Stroke Mixture· Practice Routine and Contextualization
14 Introductory Rasgueado Exercises
The Left Hand
Introduction107
1 Hand Position
15 Basic Position of the Left Hand and Arm
16 Refinement of the Basic Position
17 Barres
2 Independence and Coordination
18 Precision, Tension, Coordination, and Independence
19 Touch (Sensitivity) and Independence Exercises
20 Melodic Coordination Exercises
21 Independence Between the Hands
22 Intervallic Coordination Exercises

3 Shifting

	23 Shirting Across the Strings	142
	Role of the Thumb and Arm · Practice Routine and Contextualization	
	24 Shifting Along the Strings	146
	Counterintuitive Aspects · Role of the Thumb · Ascending Shifts · Gauging Distances	•
	· Descending Shifts · Practice Routine and Contextualization	
	25 Fixed-Position Scale Practice	151
	$Practice\ Methods \cdot Right-Hand\ Fingerings \cdot Practice\ Routine$	
	26 Interval Scales	155
	Role of the Thumb · Practice Routine	
4 S	lurs	
	27 Ascending Slurs	157
	Hand and Finger Position · Control of Tension · Preliminary Exercises—Single	-57
	Fingers · Finger Pairs · Three and Four-Finger Groups · Controlling 'Fly-away'	
	$Fingers \cdot Slurring \ from \ Open-Strings \cdot Practice \ Methods \cdot Practice \ Routine$	
	28 Descending Slurs	164
	The Slurring Finger · Finger-Pairs · Simultaneous Placement of Fingers · Practice	
	Routine	
	29 Three- and Four-Finger Descending Slurs	168
	The Three-Finger Diatonic Figures 421 and 431 \cdot The Four-Finger Chromatic Group	
	4321 · Slurs in the Lower Position · Practice Routine	
	30 Compound Slurs	171
	Ascending-Descending Compound Slurs \cdot Descending-Ascending Compound Slurs	
	· Practice Routine and Contextualization	
Αŗ	opendices	
	1—Full Warm-Up Routine	175
	2—Tuning	1 Q 1
	Common Tuning Methods · Equal Temperament · Equal-Temperament Tuning	101
	Method · Biased Tunings · Dealing With Scordatura · Tuning in Performance	
	3—Practice Grids	187
	In Part 2 of Classical Guitar Technique (Mastery and Virtuosity)	193
	Critically-Acclaimed Editions by Stanley Yates	10F
	Circuity rectained Editions by Standey Tates	∸IJϽ