



Self
CONTAINED
GUITARTM
Alex Gordon Hi-Fi

The
STRONG HAND

Complimentary Video Lesson Series

CHRONICLES

NO. 002

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STRONGHAND
Complimentary Video Lesson Series

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created, written & designed by Alex Gordon



Self
CONTAINED
GUITARTM
Alex Gordon Hi-Fi

a division of Self-Contained Guitar

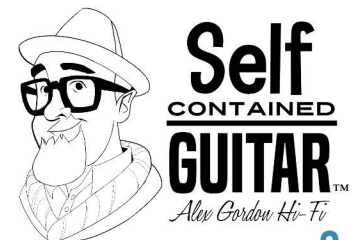
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Crowdfinger

Crowdfinger is a finger strengthening technique whereby the four fingers on the fret hand “crowd” themselves onto the same fret and string and repeatedly play the same note in steady or rapid succession, one finger after the other. This is a practice that fortifies the fret hand and instills its fingers with control, accuracy and stability, especially the frequently neglected pinky (4th finger). Crowdfinger also conditions the fingers to remain close to the strings & fretboard, ready and vigilant, even when not actively engaged in fretting notes.

Possible Side Effects for Crowdfinger:

finger stability, note accuracy, digital strength (especially the pinky), hand control, fretboard proximity

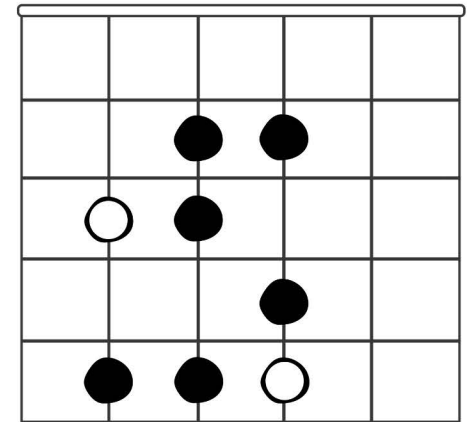


Play through one octave of a C Major Scale using Crowdfinger.

Play each scale tone four times (once for each fret hand finger) before moving onto the next scale tone. Begin by playing the root note with your first, second, third and fourth finger and then, reverse the finger order as you move onto the second scale tone (4, 3, 2, 1). Alternate the starting finger between 1 and 4 with each successive scale tone.

Count the notes as quarter notes to begin with and keep the tempo agreeable in order to more easily establish control. If necessary, the notes can be slowed to half or even whole notes.

C MAJOR SCALE

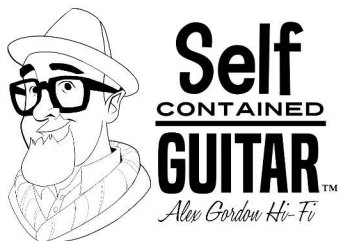
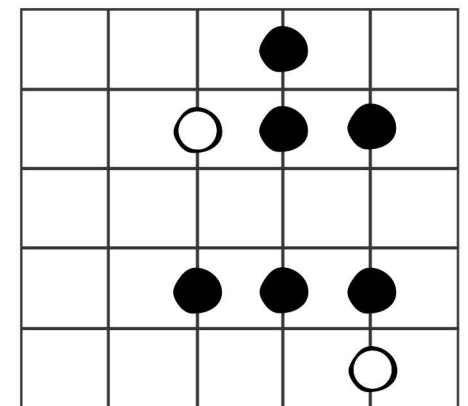


* Keep the fingers as close to the strings as possible and focus heavily on arching the fingers properly in order to use the fingertips for every note.

SUPPLEMENTAL STUDY

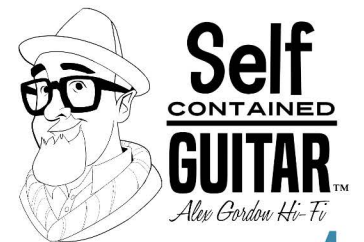
Once comfortable with the octave in the first study, move the Crowdfinger exercise to another octave further up the fretboard, where the frets are closer together.

10TH FRET →



CROWDFINGER EXERCISE FINGERING

The image displays four staves of musical notation for a guitar exercise. Each staff begins with a treble clef and a 4/4 time signature. The notes are quarter notes, and the exercise is divided into four measures per staff. Red numbers above the notes indicate the required fingering for each note. The fingering sequence for each staff is: 1 2 3 4 | 4 3 2 1 | 1 2 3 4 | 4 3 2 1.



Self-Contained Guitar MODULE

1

includes

"The Crux"

"Picking Hand Basics"

"Create Your Own Arrangements"



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