



Self
CONTAINED
GUITARTM
Alex Gordon Hi-Fi

The
STRONGHAND

a division of Self Contained Guitar

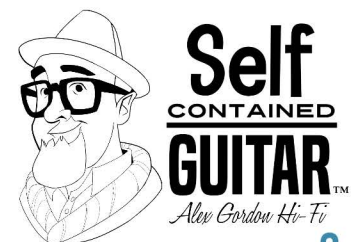
CHRONICLES

NO. 001

Anchor Finger

Anchor Finger is a commonly-used Self-Contained Guitar technique where a single, static note is either played continuously or allowed to sustain clearly on one string, while a multi-note passage is simultaneously played on adjacent strings. The key to Anchor Finger is to allow all notes played to be even, clear and distinct, despite any challenging stretches or finger crowding that may occur in close quarters.

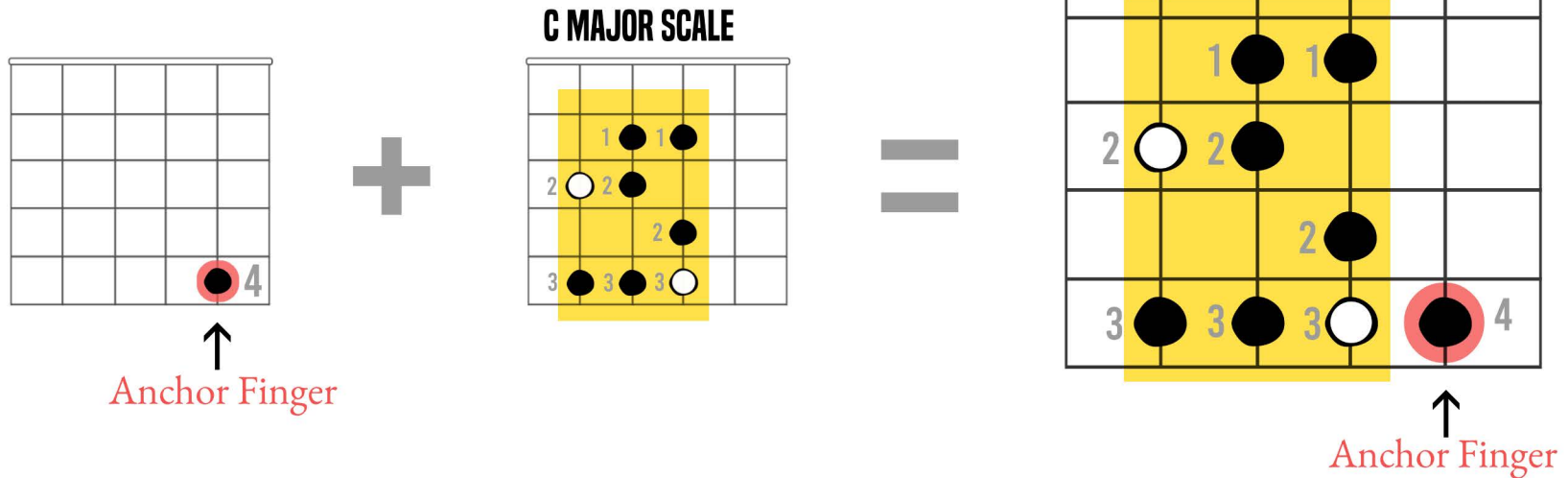
In this chapter of The Stronghand Chronicles, we'll be using Anchor Finger to hold a single note on the B string while playing a one octave C major scale on the A, D & G strings above.



FRETTING HAND

Use your 4th finger to ANCHOR an E note at the 5th fret of the B string and then use your remaining fingers to concurrently play the one octave C major scale (highlighted in yellow).

Apply the fingering *exactly* as listed on the diagram.



PICKING HAND

Pick Anchor Finger note with an 8th note alternate picking pattern using the middle & index fingers of your picking hand, while simultaneously using the thumb of your picking hand to play different rhythmic variations of the one octave scale over the 8th notes.

M - MIDDLE FINGER
I - INDEX FINGER

M I M I M I M I M I M I M I

T - THUMB

T T T T T T T

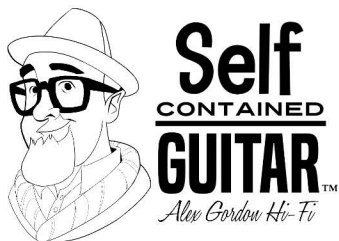


FIGURE A

WHOLE NOTES WITH THUMB

FIGURE B

HALF NOTES WITH THUMB

COLOR & SHADING

Once we begin feeling comfortable performing FIGURES A-E, we can then attempt to make them a bit more musical by applying variations in technique for creative effect.

DYNAMICS

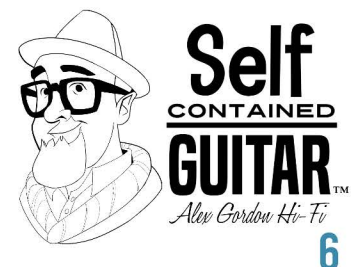
Experiment with picking hand dynamics. You could select specific notes or beats to accent (for example, every other quarter note) or randomize the accents as you go through each figure.

MUTING

Apply picking hand muting as you play through the figures while employing varying degrees of pressure. From barely touching the strings to dampening quite heavily. Combine muting with dynamics as well for more expressive, even percussive options.

STACCATO

Practice playing every scale tone in each figure staccato by cutting it off immediately and sharply after playing it, regardless of the rhythm indicated. Combine staccato with dynamics and muting.



Self-Contained Guitar MODULE

1

includes

"The Crux"

"Picking Hand Basics"

"Create Your Own Arrangements"



Self
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GUITAR™
Alex Gordon Hi-Fi

Each part of Module 1 is available as an online class taught by Alex Gordon
To find out more information and to register for a class, visit:

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