

# Finger Confusion

The idea of “finger confusion” is simply forcing your fingers to adapt to different situations on the fretboard. Yes, muscle memory is real, but your fingers simply can not be trusted to think for themselves. The player must be able to adapt as the music changes and commands the fingers to move the way the player wants them to move. Muscle memory is the result of this afterthought. Meaning, that if you train your fingers to move in diverse ways, as situations arise on the fretboard then they gain the ability to move the way the guitar player needs them to move in order to adapt. This is where the “muscle memory” kicks in as the guitar player gives the command. The fingers move, not because the muscles remember, but because they have been trained to move a certain way when the command is given by the player.

The “Semi-Chromatic” exercise in the 9<sup>th</sup> position serves as a great example of “finger confusion”.

It is important to attempt the excerpt with a beginner’s tempo in mind, such as 60 beats per minute.

Normally the “Semi-Chromatic Exercise” in the 9<sup>th</sup> position is in sequential order frets 9, 10, 11, 12 then 10, 11, 12, 13 (fingers 1, 2, 3, 4) with a speed burst in the middle. However, in this exercise the sequence changes to frets 9, 11, 10, 12 then 10, 12, 11, 13 (fingers 1, 3, 2, 4). This change in frets and use of fingers forces the mind to adapt and train the muscles to move diversely.

The result will be “finger confusion” as they will want to continue to move in their standard sequence. Using this concept of “finger confusion” can and should be applied to other exercises such as scales.

