

Syncing Exercise: *Right & Left Hand*

Students following the Truth Guitar Method should begin their guitar routine by daily working out the left hand with “Finger Lifts” ([Lesson 1 can be found on Truth Guitar Method YouTube Channel](#)) followed by the right hand warm up, and then they syncing exercise.

In this exercise, the goal is to sync each finger playing with your picking or i & m fingers on the right hand. It doesn't take a lot of pressure to press the string down, so make sure that you are trying to remain “stress free”. If you notice that you are pulling the string down toward the second and first strings as you are pressing down, then you should relax and press into the fretboard instead. Many times, we can't see out mistakes. This is why I always encourage having a teacher present!

*** Things to know before attempting ***

Note reading is not a must, that is why there are TABS in this exercise. Make sure you understand tablature before attempting to read.

TABS are a simplified way of locating notes on the fretboard. Bottom line is the 6th string and the top line is the 1st string. The numbers on the TAB represent the fret that must be played.

If you notice, there are numbers above each of the notes on the staff lines. These numbers are there to help you with which finger you will be using to play that note. The numbers above the notes will only ever go as high as 1, 2, 3 or 4.

Have Fun!

Right Hand / Left Hand Syncing Exercise



i m i m

Guitar



Guitar

T	5	5	5	5	6	6	6	6	7	7	7	7	8	8	8	8
A																
B																

Gtr.



Gtr.

7	7	7	7	6	6	6	6	5	5	5	5
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Remember if you are using a pick then your alternating is down and then up, instead of i and then m