

# Beginning Guitar Exercise 2

(Hammer On and Pull Off)

▮ = Down Stroke

H = Hammer on

P = Pull Off

#1. ▮ H

1 - 2

2 - 3

3 - 4

1 - 3

2 - 4

1 - 4

The numbers indicate the fingers as well as the frets your fingers will play on. For example, 1-2 means you use your first and second fingers on frets one and two.

Make sure you maintain constant pressure on the first note and hold down while *hammering on* the second note. If the first note is released before the *hammer on* is complete then the string will stop producing sound.

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#2. ▮ H P

1 - 2 - 1

2 - 3 - 2

3 - 4 - 3

1 - 3 - 1

2 - 4 - 2

1 - 4 - 1

Now add the pull off to the exercise.

*Pull offs* are executed by gently pulling the finger off the string in a downward motion. This action plucks the string to keep it vibrating and producing sound.

Remember to keep your first note pressed down firmly.

- Do one finger group on all six strings before moving to the next group -

- Remember to keep your first and second fingers separated -