

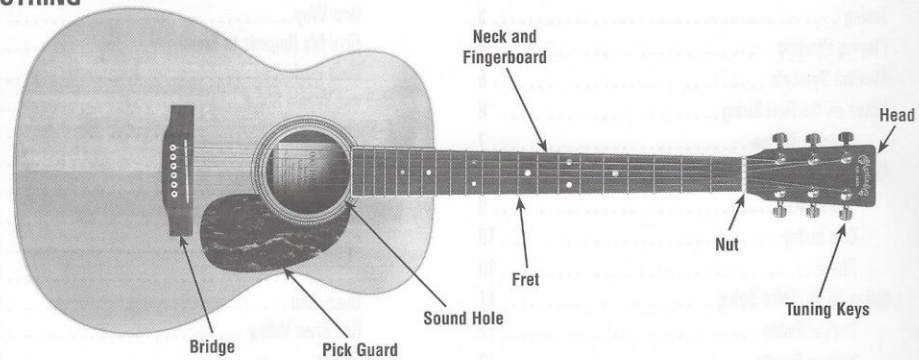
# Guitar Essentials

- Name of the parts of a guitar
- Playing position
- Tuning
- Metronome
- Changing strings

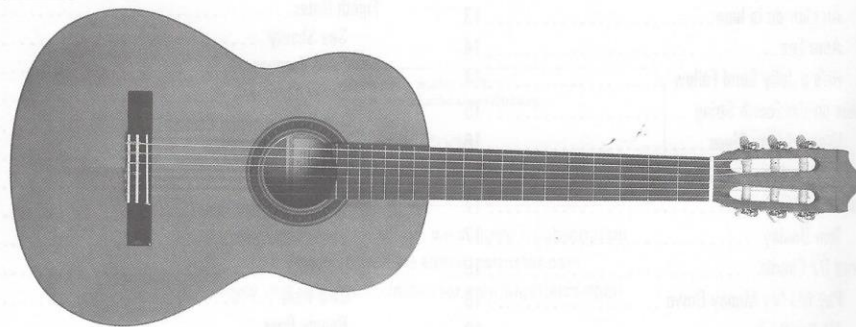
# YOUR GUITAR

This book is designed for use with any type of guitar—acoustic steel-string, nylon-string classical, or electric. Any of these guitars can be adapted for use in a wide variety of styles of music.

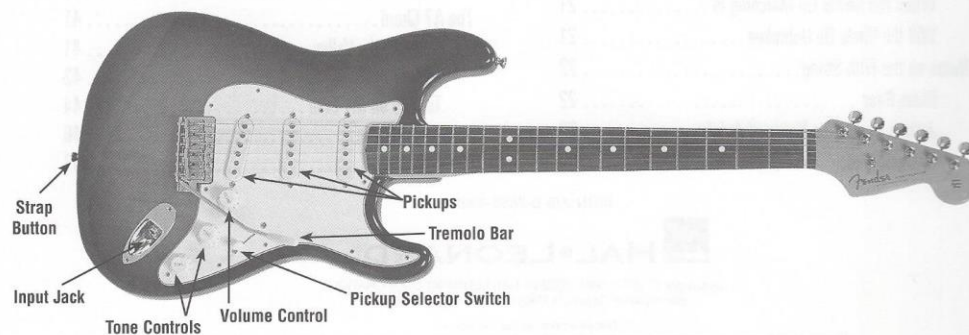
## STEEL-STRING



## NYLON-STRING



## ELECTRIC

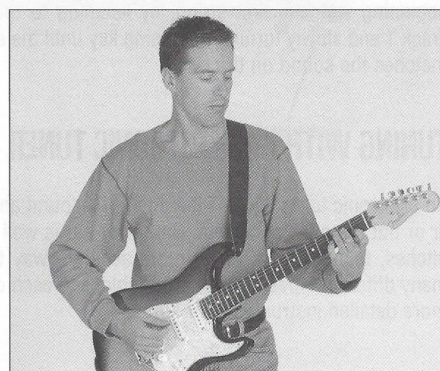
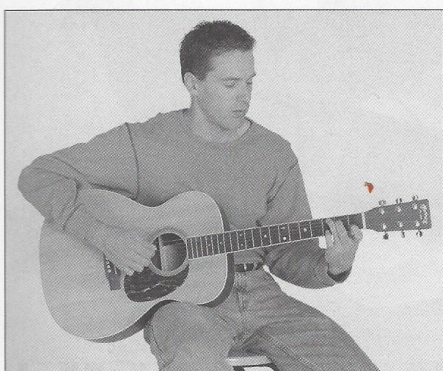


If you are using a solidbody-electric or an acoustic-electric be sure to practice with an amplifier some of the time.

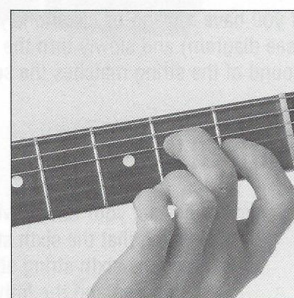
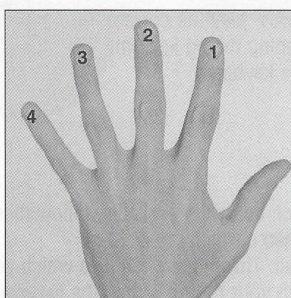
# PLAYING POSITION

There are several ways to hold the guitar comfortably. On the left is a typical seated position, and on the right is the standing position. Make sure you practice sitting and standing. Observe the following general guidelines in forming your playing posture:

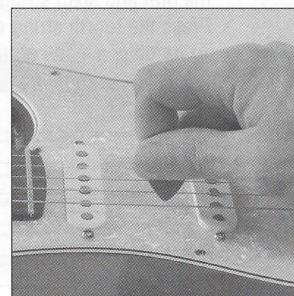
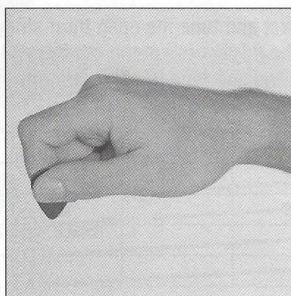
- Position your body, arms, and legs in such a way that you avoid tension.
- If you feel tension creeping into your playing, you probably need to reassess your position.
- Tilt the neck upwards—never down.
- Keep the body of the guitar as vertical as possible. Avoid slanting the top of the guitar so that you can see better. Balance your weight evenly from left to right. Sit straight (but not rigid).



Left-hand fingers are numbered 1 through 4 (Pianists: Note that the thumb is not number 1.) Place the thumb in back of the neck roughly opposite the 2nd finger. Avoid gripping the neck like a baseball bat with the palm touching the back of the neck.



These photos show the position for holding a pick and the right-hand position in relationship to the strings. Strive for finger efficiency and relaxation in your playing.



# Tuning Your Guitar...

## Buy A Tuner!





Metronome...

Use Your Phone!



# Changing Strings...

Most players should plan on changing strings about once every 3 months or 100 hours of practice—whichever comes first.

## 5 Signs It's Time to Change Guitar Strings

1. Dull Tone. New strings or strings that aren't worn sound clear and crisp, unlike strings that are worn out.
  - wash your hands before playing
  - wipe the strings & neck with a clean cloth after playing
2. Feel Dirty. Every time you play you leave your finger marks behind. ...
3. Splotchy Strings. ...
4. Won't Tune. ...
5. Stiff Strings.

**Cost: (DIY) ~\$7 + your time; ~\$30 at a music store + travel, etc.**

