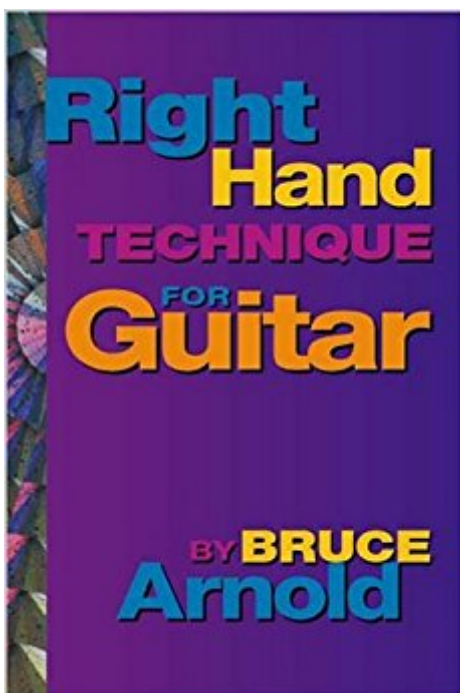


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# Right Hand Technique For The Guitar Volume One



## Synopsis

Tendonitis, Carpal Tunnel Syndrome and Repetitive Stress Injury are specters haunting the life of every musician; they are career stoppers. It is unfortunate that the teaching of contemporary guitar rarely includes the basics of proper stance, posture or positioning of the arms, wrists and hands, even though this is the most basic foundation of technique! Most students tend to fixate on the left hand, due to the complex nature of its task, but the right hand has an equally important, if seemingly simple function. Incorrect technique in this area and its painful consequences can be avoided by applying the information found in this book. The exercises and positions described have been developed by the author in conjunction with physiotherapists and major players in both the classical and jazz world. This book is invaluable for the beginning student who wishes to get on the right path immediately, the musician who is experiencing fatigue or pain in playing, and the musician who may already have some damage. The exercises are geared to help the muscles respond smoothly to the demands placed upon them, and develop fast, precise playing. 24 exercises can be downloaded from the internet to facilitate correct practice and aid internalization.

EXCERPT 1 Right hand technique on guitar is one of the most misunderstood and overlooked aspects of guitar playing. With the myriad of right hand styles used by guitarists it is difficult to know which technique is best. Whether you are an occasional strummer of the guitar or are seeking to become a "world class" guitarist, utilizing the muscles of your right arm in the proper way will insure you years of pain-free development. Volume 1 of this series will cover the basics for good right hand technique. It is a big commitment to stop one's current right hand technique and start on a new course, but I have found that the students I teach have substantially better speed and accuracy in 6 to 8 months utilizing the suggestions found in this book. These students usually come to me experiencing pain from improper technique. Even partial implementation of the methods put forth in this book will help you to play more fluidly. The guitar is a very versatile instrument and is capable of many different sounds and styles, and the right hand is your tool for creating many of them. Volume one of the right hand technique series will only cover some of the more basic techniques. Styles such as harmonics, muting ,alternative picking applications etc. will be covered in future volumes. Frequently when people discuss right hand technique they overlook the most basic things. Guitar placement in relation to your body and pick placement within your hand have to be addressed before proper right-hand movement can be obtained. These two aspects along with the correct movement of your forearm and elbow comprise a right hand technique that can be sustained for a lifetime. It is important to remember that every person is built differently. What works for one person may cause severe pain to another. Don't figure that because your friend or superstar hero plays with the guitar

at knee level means that it will work for you. If you are experiencing pain or if you have tried a technique and don't feel that you are progressing, start questioning the wisdom of continuing with a position that's probably not right for you. Admittedly, the method presented here is tedious and time consuming but keep in mind that it will not cause you a fraction of the anguish you will experience if you have to start a new way of picking half way through your career, or never reach your goal because of bad form. **GUITAR PLACEMENT** The placement of the guitar in relation to your body is a tricky subject because of the many body types that exist. (This applies to both people and guitars!)....

## **Book Information**

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## **Customer Reviews**

"I stopped playing a few years back because my doctor said I had developed tendonitis in my elbow. Your method seems to be working, I think it will take me awhile to get any chops but I have new hope. Thanks so much for bringing the guitar back into my life." -- B. Elliott, Kalamazoo, MI

"Thanks so much for your Right Hand Technique book I've had wrist problems for a few years now and after working with your book for a few months I see some light at the end of the tunnel." -- C. Burton, Eagle River, WI

The Right Hand Technique book is the only book available that gives a guitarist a pain-free method for developing excellent right hand technique and avoiding the pitfalls of improper position. The exercises and guide lines presented here are the result of research and application, and now

appear in print for the first time. We are very excited about Mr. Arnold's innovative instruction series. He is a well-respected pedagogue, and we believe that this series of books will help more students and professional musicians to perfect their technique through the use of an interactive "practice partner." We know of no other books to compare with them; they are truly a teaching method for the New Millennium!

I want to thank Bruce Arnold very very much! He saved my life. I was struggling with my right hand for 3 years... I've been searching information, how to solve my problems in technique, how to play relaxed and nothing worked. But this book along with the video by Bruce Arnold "Guitar Physiody" makes my technique in both hands much better SO fast! Even in the first day of practicing I solved great part of my problems. Thank you once again, Arnold!

The copy of this book I received from had no page numbers after page 15. None of the exercises were numbered and much of the text had words that were printed over each other. I could see the possibilities here but after going through and numbering the pages myself and trying to figure out which exercise was which left little time for actually learning anything about right hand technique. I was very disappointed in this book.

Hi, wanted to let others know of my experience with this book. I've been playing a couple of years and developed carpal tunnel syndrome in my wrist. Was about to give up because of the pain. I was searching and saw this book. The book gives you a step by step procedure to develop a stress free right hand technique which involves moving the forearm rather than the wrist. It also contains many pages of exercises to play to develop rhythmic fluidity in your forearm. You will have to be able to read music to use the fluidity studies. I think the best part of this purchase was my interaction via email with the author. He really spent a lot of time with me back and forth. This really helped me realize the root of some of my problems. He also gave me encouragement and helped me see that re-cooperation takes time. My process of rehabilitation took about 7 months but I'm now playing and improving with no pain. I've continued with Mr. Arnold's series of books and find them very organized and directed toward the serious student. He gives concise descriptions of each process. He realizes that not all people understand or learn the same so he provides free email access so you can bounce your problems off from him. I really don't know what more a student would want other than a well organized course of study with a teacher that is willing to work with you. I highly recommend this book and others by Mr. Arnold.

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