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Your left hand - fretting 1

Prepared for: 3 string fretted cbg

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Fretting a note

Objective

The frets are placed so that each one determines the vibrating length of the string when the string contacts it cleanly. To make this contact happen you apply just enough pressure onto the fretboard directly behind that fret. This lesson will show you how to make that happen.

Goals

For this lesson your goal is to learn how to hold your left hand and use your first finger to select a note to play.



Hand position

Your left shoulder needs to relax so that your arm falls naturally by your side. Flex your elbow to bring your hand to your guitar and position your hand as I describe in the video lesson:

- Make a cup with your left hand so that your fingers and thumb point upward.
- Position your thumb so that it can easily close to join with your second and third fingers, open your hand up again.

Playing a note

- Position your hand at the guitar so that your first finger can curl up and point directly in to the neck of the guitar, just behind the third fret.
- Apply enough pressure to the string on the fretboard so that when you play the note it sounds cleanly.
- Gradually release some pressure as you play the note until you hear it buzz and then come back on just enough to stop the buzz. This is the minimum pressure you'll need for that string at that fret. Do this a number of times to learn how much pressure you'll need.
- Take your finger off, play the note and then back on and play the note again. Can you get a clean sound by pressing as lightly as possible on the string?
- Repeat these movements looking for that minimum pressure every time.

Sometimes you'll want to use more pressure to get a different tone but for now it's important to find the point where you can play a note with a light, relaxed touch.