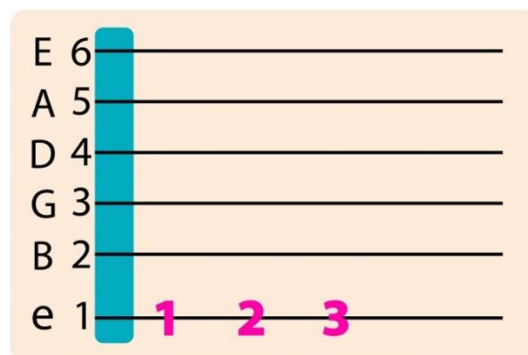


## Episode-1

### Posture and Finger Exercise

Let's get started with a seemingly simple exercise to get you familiar with the fretboard. This may seem to be a simple movement of fingers but, beware! look out for synchronicity between both hands.



(Diagram: Finger Exercise)

Following the above diagram, here we are making our first three fingers habitual of the fretboard and the Right hand habitual of picking notes downwards. The Fingers of the left hand should press the string exactly with the downward movement of the right hand. Only then there will be synchronicity between the two hands. Watch the movement in the video if necessary.

Practice these hand movements shown in the Video till you feel comfortable and can play smoothly. You should not feel any pain in your fingers and arms, your shoulders should be relaxed and there should be no stress in any part of the body.

This exercise will make both your hands sync together, which is very important to get an equal duration of notes. The notes should ring for an equal amount of time when played in a series. Consistency is the key here. Practice slow and steady this will make you perfect at guitar playing.