

Hammer On/Pull Off Exercise



Cheat Sheet

Hammer Ons (Going Up)

First system of the exercise, 4/4 time signature. The treble clef staff shows a sequence of hammer-ons and pull-offs between frets 1, 2, 3, and 4. The bass clef staff shows the corresponding fret numbers for the left hand.

Treble Clef Staff: 1 2 2 3 3 4 3 4 3 4 3 4 1 2 2 3 3 4 3 4 3 4 3 4

Bass Clef Staff: 1 2 2 3 3 4 3 4 3 4 2 3 3 4 4 5 4 5 4 5 4 5

Second system of the exercise, 4/4 time signature. The treble clef staff continues the sequence of hammer-ons and pull-offs between frets 3, 4, 5, and 6. The bass clef staff shows the corresponding fret numbers for the left hand.

Treble Clef Staff: 3 4 4 5 5 6 5 6 5 6 4 5 5 6

Bass Clef Staff: 3 4 4 5 5 6 5 6 5 6 4 5 5 6

Third system of the exercise, 4/4 time signature. The treble clef staff continues the sequence of hammer-ons and pull-offs between frets 6, 7, 8, and 9. The bass clef staff shows the corresponding fret numbers for the left hand.

Treble Clef Staff: 6 7 6 7 6 7 6 7 5 6 6 7 7 8 7 8 7 8

Bass Clef Staff: 6 7 6 7 6 7 6 7 5 6 6 7 7 8 7 8 7 8



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Pull Offs (Going Down)

First system of musical notation for Pull Offs (Going Down). The top staff is in treble clef with a key signature of one sharp (F#). The bottom staff is labeled "TAB" and shows fret numbers. The exercise consists of four measures, each containing a series of pull-off patterns. Fingerings are indicated by numbers 1-4 above the notes.

Second system of musical notation for Pull Offs (Going Down). The top staff is in treble clef with a key signature of one sharp (F#). The bottom staff is labeled "TAB" and shows fret numbers. The exercise consists of four measures, each containing a series of pull-off patterns. Fingerings are indicated by numbers 1-4 above the notes.

Third system of musical notation for Pull Offs (Going Down). The top staff is in treble clef with a key signature of one sharp (F#). The bottom staff is labeled "TAB" and shows fret numbers. The exercise consists of five measures, each containing a series of pull-off patterns. Fingerings are indicated by numbers 1-4 above the notes.



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- ◇ In this written version I'm starting with the first finger on the first fret... On the video I start with the open string. Choose either one. I generally practice it the way it's written here, but often I like students to practice hammering on the open string also.
- ◇ Start slow and go for accuracy at first. Pick up speed little by little over several practice sessions.
- ◇ Once you're comfortable with the exercise try using a metronome sometimes. It will give you a chance to measure the progress of your speed.
- ◇ Try not to get hung up on how fast you can go. It's fine to go fast and push your limits from time to time. But it's better to be relaxed and accurate in the long run.