

Cheat Sheet

Hammer Ons (Going Up)

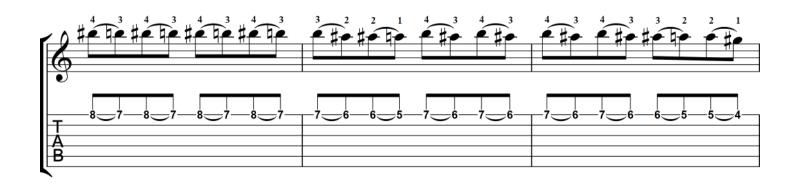


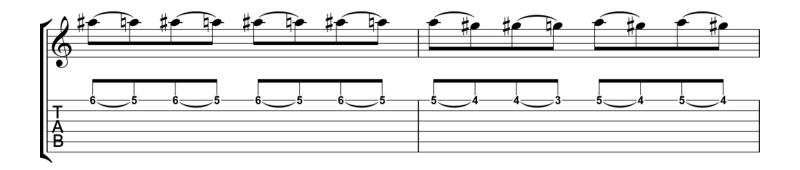


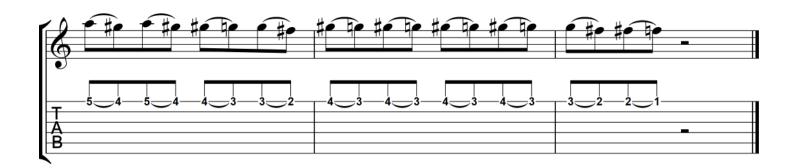


Hammer On/Pull Off Exercise Cheat Sheet

Pull Offs (Going Down)







Hammer On/Pull Off Exercise Cheat Sheet



- 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.