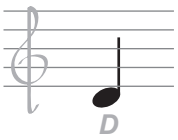
SYMPATHETIC TECHNIQUE

Week #1

Cumulative Daily Practice Routines

Skill #1 : Timing

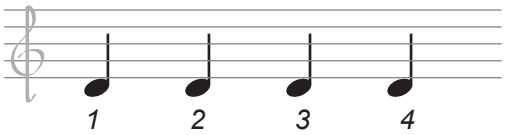


This is how we write the note "**D**" which is played on the guitar's open D string. You are going to use only this one note to acquire the skill of *excellent* **Timing**.

For the following exercises use a metronome or drum track with **TEMPO set to **60 bpm**.*

ESSENTIAL 5 MINUTES You *must* do these 5 exercises every day.

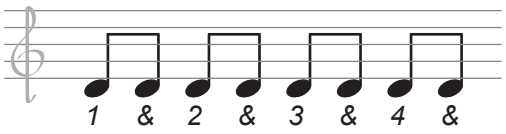
Exercise 1.1
Repeat this measure for 1 minute.



From now on this will be known as playing ***Quarter Notes ON THE BEAT***.

M T W T F S S ☐☐☐☐☐☐☐

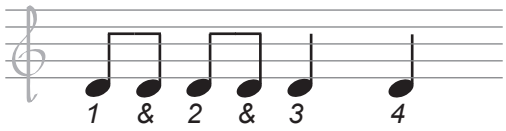
Exercise 1.2
Repeat this measure for 1 minute.



From now on this will be known as playing ***Eighth Notes ON THE BEAT***.

M T W T F S S ☐☐☐☐☐☐☐

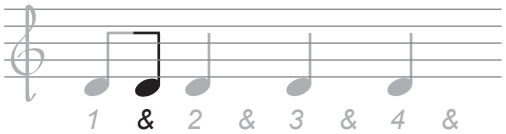
Exercise 1.3
Repeat this measure for 1 minute.



This is eighth notes on beats 1 and 2, quarter notes on 3 and 4.

M T W T F S S ☐☐☐☐☐☐☐

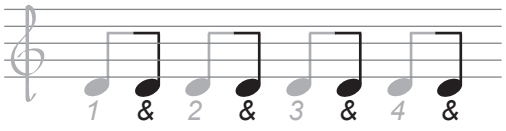
Exercise 1.4
Repeat this measure for 1 minute.



From now on this will be known as playing ***the AND of BEAT 1***.

M T W T F S S ☐☐☐☐☐☐☐

Exercise 1.5
Repeat this measure for 1 minute.



From now on this will be known as playing ***Quarter Notes OFF THE BEAT***.

M T W T F S S ☐☐☐☐☐☐☐

Extra Credit

- ADDITIONAL 5 MINUTES Repeat all 5 exercises on another guitar string. Try the exercises on all 6 strings if you have the time.

M T W T F S S ☐☐☐☐☐☐☐

- ADDITIONAL 5 MINUTES Repeat all 5 exercises using your thumb and/or fingers instead of the pick.

M T W T F S S ☐☐☐☐☐☐☐