



FROGS

for really outstanding guitar skills

Why?

- To train your fingers to do what you want them to
- For speed, strength and relaxed fingers
- To help you progress with more difficult repertoire

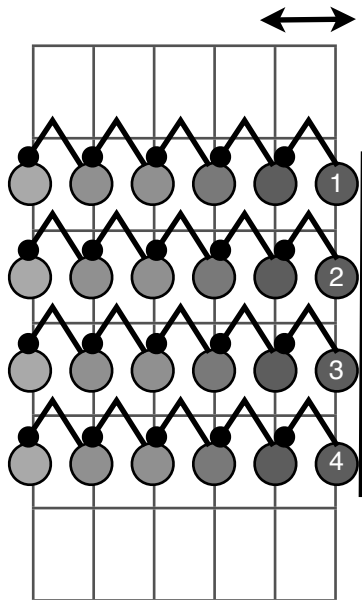
How?

- Hop your fingers in the patterns of your level
- Keep your fingers in their own frets and arch them onto their fingertips
- Keep your hand relaxed and close to the neck of the guitar

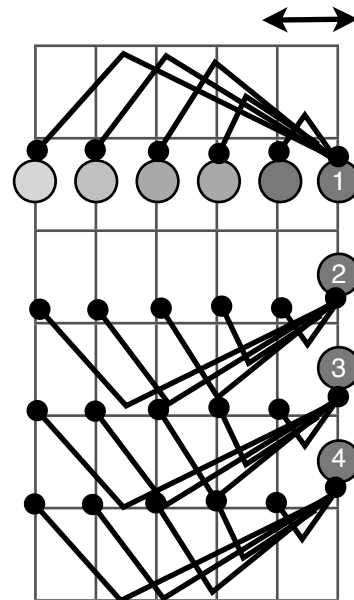
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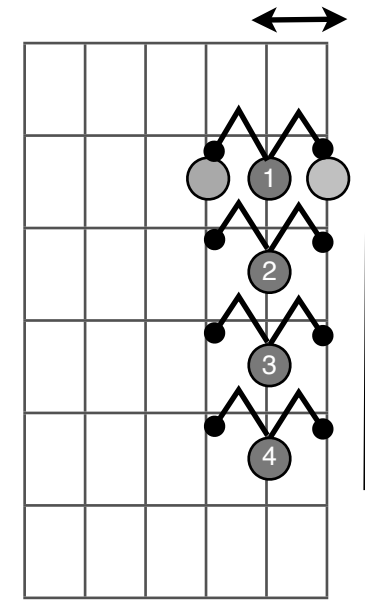
level 1



level 2



level 3



Instructions @ the 5th fret:

Keeping your fingers locked in a row on the 'e' string, 'hop' across the fretboard to the 'E' string.

Then hop back to the high 'e' string, always keeping your fingers in a row, inside their own frets and going onto the strings at the same time!

Instructions @ the 5th fret:

Keeping your fingers locked in a row on the 'e' string *individually* hop each finger across the fretboard to the thicker 'E' string.

Make sure you advance one string each time (e.g: e-b-e, e-g-e, e-D-e), and repeat this process with all four fingers!

Instructions @ the 5th fret:

Keeping your fingers locked in a row, start on the 'b' string. Now hop your first, then second, third and fourth fingers, forwards and backwards a string (e.g: 1st finger b-g-b-e-b, 2nd finger b-g-b-e-b etc). When all fingers have hopped, move to the 'g' string and start again!