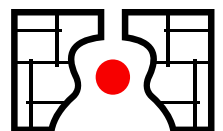


Essential Hammer-on And Pull-off Exercises for Guitar

by Greg O'Rourke
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Essential Hammer-on and Pull-off Exercises for Guitar

Hammer-ons and Pull-offs (collectively known as 'slurs') are techniques are common to every style of guitar playing, and they are really important to learn as they help lines sound much smoother (or *legato* in music speak). What they essentially are is playing the guitar with your fretting hand instead of your picking hand. Doing slur exercises are one of the building blocks to developing solid left hand technique on guitar, as they improve not only the slur technique itself but also helps to develop coordination and speed of the left hand.

There are endless different left hand combinations to practice slurs, however in this guide I've attempted to boil it down to what are the essential ones to practice for the developing guitarist.

How To Practice The Exercises

- Allocate a few minutes at some point in your practice session to practice a few of these exercises daily. Initially just work on one at a slow tempo, then once you have it under your fingers add a new exercises to your practice regime. Gradually gain familiarity and speed over all the exercises, give yourself a couple of weeks to get there. Once you have learned all of them just choose a couple of them to play each day to keep the technique under your fingers.
- I've arranged the exercises from the most simplest to more difficult.
- As you play the exercises have a lot of awareness of your posture and try to relax your left hand as much as possible.
- Watch the video at www.fretdojo.com/episode1 for instructions on how to do the techniques properly.
- Fingering is straightforward for these exercises as it is the same as the fret numbers written in the TAB. (1 = index, 2 = middle, 3 = ring, 4 = pinky)
- Once you gain proficiency try to play the exercises across each of the strings, and also repeating the exercise moving up one fret at a time (I detail how to do this in the video mentioned above)

If you would like more quality instruction on developing your technique and expanding the boundaries of your guitar playing, head on over to my website at fretdojo.com. Have fun and wishing you all the best in conquering these techniques!

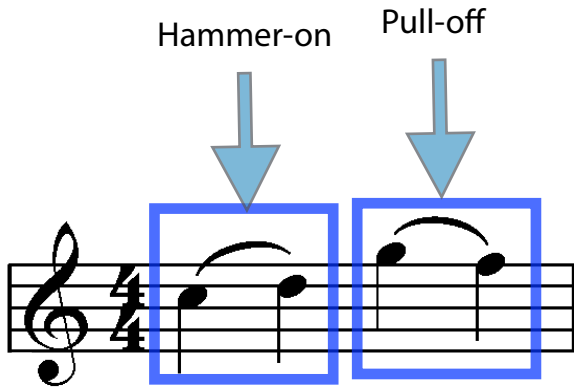
Cheers,

Greg O'Rourke

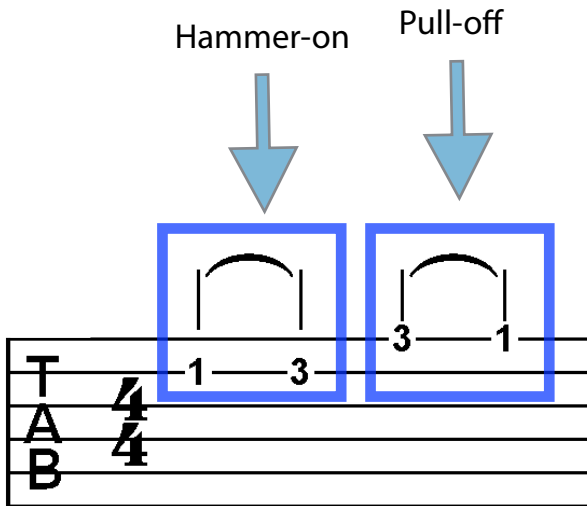
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Notation Guide:

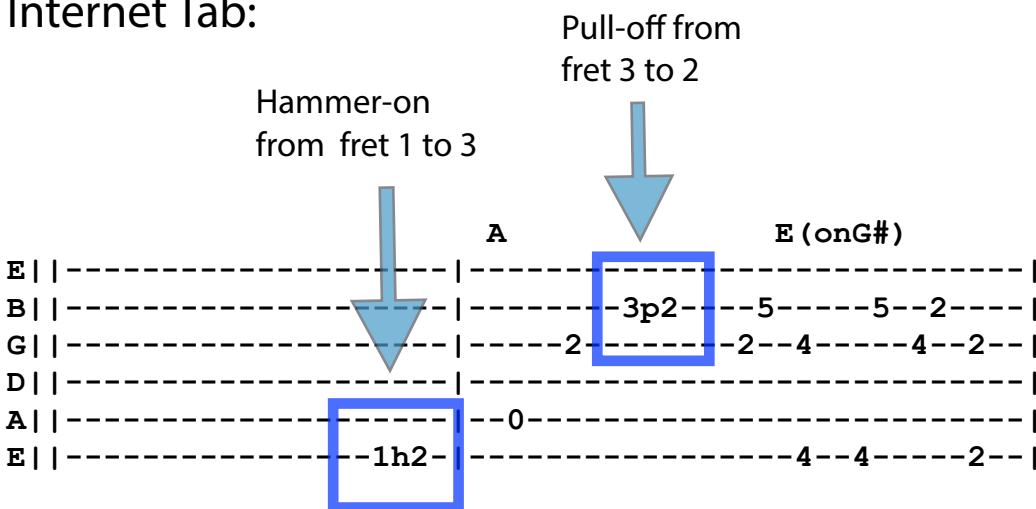
Music Notation:



Notated Tab:



Internet Tab:



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Series 1

Basic hammer-on patterns:

Try to keep the left hand as relaxed as possible.

1.1

1-2-1-2-1-2 1-3-1-3-1-3 1-4-1-4-1-4 1-3-1-3-1-3

1.2

5

1-2-1-2-1-2 2-3-2-3-2-3 3-4-3-4-3-4 2-3-2-3-2-3

Series 2

Basic pull-off patterns:

Remember to 'pluck' the string with the left hand finger - don't just lift the finger off.

2.1

9

2-1-2-1-2-1 3-1-3-1-3-1 4-1-4-1-4-1 3-1-3-1-3-1

2.2

13

2-1-2-1-2-1 3-2-3-2-3-2 4-3-4-3-4-3 3-2-3-2-3-2

Series 3

Combination hammer-on and pull-off patterns:

(3.3 is especially a good one to practice a lot.)

17

3.1

3.2

TAB

3/4

22

3.3

TAB

4/4

Series 4

Melodic patterns:

These patterns are often found in guitar licks and composed pieces.

26

4.1

TAB

3/4

30

4.2

TAB

3/4

Series 5

Open string slurs:

These are also quite common - most well known example is the ACDC's classic 'Thunderstruck' riff.

34 5.1 5.2

38 5.3

43 5.4 5.5

47 5.6

Series 6

Trill exercises:

A trill is a hammer-on immediately followed by a pull-off on the same notes (or vice versa)

51 6.1

T
A
B

53 6.2

T
A
B

Series 7

Slurring across strings:

You can treat any of the previous exercises like this and play them once on each string sequentially.

55 7.1

T
A
B

57 7.2 etc... 7.3 etc...

T
A
B

etc...