

# The spider



**This is an excellent strength and independence-building exercise that's tons of fun.**

**Impress friends, family, scare children on Hallowe'en!**

- It promotes good left hand position and preparation! An excellent primer for contrapuntal music!
  - Can be done in any position—5<sup>th</sup> through 7<sup>th</sup> are easiest! Instructions are for 5<sup>th</sup> position
  - The study is most effective when you move (prepare) each pair of fingers into position while the previous notes are still sounding.
1. Place finger 3 at 7<sup>th</sup> fret, 4<sup>th</sup> string, finger 1 at 5<sup>th</sup> fret 2<sup>nd</sup> string; play notes together or in sequential 8<sup>th</sup> note pattern
  2. Move finger 2 to 6<sup>th</sup> fret, 4<sup>th</sup> string, finger 4 to 8<sup>th</sup> fret; 2<sup>nd</sup> string; play with even rhythm, together, or continuing the 8<sup>th</sup> note pattern
  3. Move finger 1 to fret 5, fourth string, finger 3 to fret 7; play together or continuing 8<sup>th</sup> note pattern
  4. Move finger 4 into position at the 8<sup>th</sup> fret, 4<sup>th</sup> string, finger 2 at the 6<sup>th</sup> fret, 2<sup>nd</sup> string; play continuing pattern.
  5. **Repeat until fatigued, rest, repeat....**

The left hand pattern looks like this:

String 4	String 2
3	1
2	4
1	3
4	2

- As with all exercises, don't go faster than you can play with 100 % accuracy and good tone quality
- Move fingers simultaneously in smooth opposing motions
- You can perform this on any pair of strings, and even change strings between patterns
- You can change frets at the start of each cycle, moving it up and down the neck