

Rutina zagrijavanja

Lijeva ruka

1. Rastezanje ruku (objašnjeno u videu)

2. Rastezanje prstiju lijeve ruke na vratu gitare:

Jedan krug vježbe					Drugi krug (polje ulijevo)					Treći krug (polje ulijevo) itd...				
TAB	8	8	5	5	7	7	4	4	6	6	3	3		
	7	6	6	7	6	5	5	6	5	4	4	5		
	6	7	7	6	5	6	6	5	4	5	5	4		
	5	5	8	8	4	4	7	7	3	3	6	6		
TAB	5	5	2	2	4	4	1	1						
	4	3	3	4	3	2	2	3						
	3	4	4	3	2	3	3	2						
	2	2	5	5	1	1	4	4						

Verzija za napredne:

itd...

TAB	13	13	8	8	12	12	7	7	11	11	6	6	10	10	5	5
	11	10	10	11	10	9	9	10	9	8	8	9	8	7	7	8
	10	11	11	10	9	10	10	9	8	9	9	8	7	8	8	7
	8	8	13	13	7	7	12	12	6	6	11	11	5	5	10	10

3. Hammer on i pull of

Hammer on i pull of s kažiprstom (ostali prsti stoje na žici)

TAB notation for hammer on and pull off with the index finger (kažiprstom). The notation shows two measures of music on a six-string guitar. The first measure contains eight pairs of notes (5-0, 5-0, 5-0, 5-0, 5-0, 5-0, 5-0, 5-0) connected by a slur. The second measure contains eight pairs of notes (5-0, 5-0, 5-0, 5-0, 5-0, 5-0, 5-0, 5-0) connected by a slur. Below the staff, there are eight groups of three vertical lines representing the strings, with the first string (highest) being the active string for the hammer on and pull off exercise.

Hammer on i pull of sa srednjim prstom

TAB notation for hammer on and pull off with the middle finger (srednjim prstom). The notation shows two measures of music on a six-string guitar. The first measure contains eight pairs of notes (6-0, 6-0, 6-0, 6-0, 6-0, 6-0, 6-0, 6-0) connected by a slur. The second measure contains eight pairs of notes (6-0, 6-0, 6-0, 6-0, 6-0, 6-0, 6-0, 6-0) connected by a slur. Below the staff, there are eight groups of three vertical lines representing the strings, with the second string (middle) being the active string for the hammer on and pull off exercise.

Hammer on i pull of sa trećim prstom

TAB notation for hammer on and pull off with the ring finger (trećim prstom). The notation shows two measures of music on a six-string guitar. The first measure contains eight pairs of notes (7-0, 7-0, 7-0, 7-0, 7-0, 7-0, 7-0, 7-0) connected by a slur. The second measure contains eight pairs of notes (7-0, 7-0, 7-0, 7-0, 7-0, 7-0, 7-0, 7-0) connected by a slur. Below the staff, there are eight groups of three vertical lines representing the strings, with the third string (ring) being the active string for the hammer on and pull off exercise.

Hammer on i pull of s malim prstom

TAB notation for hammer on and pull off with the pinky finger (malim prstom). The notation shows two measures of music on a six-string guitar. The first measure contains eight pairs of notes (8-0, 8-0, 8-0, 8-0, 8-0, 8-0, 8-0, 8-0) connected by a slur. The second measure contains eight pairs of notes (8-0, 8-0, 8-0, 8-0, 8-0, 8-0, 8-0, 8-0) connected by a slur. Below the staff, there are eight groups of three vertical lines representing the strings, with the fourth string (pinky) being the active string for the hammer on and pull off exercise.