

# Right Hand Technique For Guitar - E. Arnold, Bruce

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Tendonitis, Carpal Tunnel Syndrome and Repetitive Stress Injury are specters haunting the life of every musician; they are career stoppers. It is unfortunate that the teaching of contemporary guitar rarely includes the basics of proper stance, posture or positioning of the arms, wrists and hands, even though this is the most basic foundation of technique! Most students tend to fixate on the left hand, due to the complex nature of its task, but the right hand has an equally important, if seemingly simple function. Incorrect technique in this area and its painful consequences can be avoided by applying the information found in this book. The exercises and positions described have been developed by the author in conjunction with physiotherapists and major players in both the classical and jazz world. This book is invaluable for the beginning student who wishes to get on the right path immediately, the musician who is experiencing fatigue or pain in playing, and the musician who may already have some damage. The exercises are geared to help the muscles respond smoothly to the demands placed upon them, and develop fast, precise playing. 24 exercises can be downloaded from the internet to facilitate correct practice and aid internalization. Author: Arnold, Bruce, E. Publisher: Muse Eek Publishing Company Illustration: N Language: ENG Title: Right Hand Technique for Guitar Pages: 00000 (Encrypted PDF) On Sale: 1997-09-01 SKU-13/ISBN: 9781594899355 Category: Music : Instruction & Study - General

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