

# X Drill

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The image shows musical notation for a guitar exercise. It consists of a bass clef staff in 2/4 time, a treble clef staff, and a fretboard diagram below. The bass staff contains two measures of music, each starting with a triplet of eighth notes. The first measure has notes G2, F2, and E2. The second measure has notes D2, C2, and B1. The treble staff contains two measures of music, each starting with a triplet of eighth notes. The first measure has notes G4, F4, and E4. The second measure has notes D4, C4, and B3. The fretboard diagram below the treble staff shows fingerings for the strings: T (thumb), A (index), and B (middle). The first measure shows fingerings 3, 4, 5 for the first three strings. The second measure shows fingerings 5, 4, 3 for the first three strings.

1. Rhythmically, this is a triplet-based exercise.
2. **RIGHT HAND:** Make sure your right hand is muting the strings with the "floating thumb". Remember: "Your thumb has to be touching the strings in order to mute them".
3. Support your forearm from the shoulder. Everything pivots from the shoulder. Make sure you "move the mechanism". **DO NOT** anchor your thumb!
4. **DO NOT DROP YOUR ELBOW!**
5. **LEFT HAND:** Your fingers should have that "relaxed curl". Make sure you're playing "next to the fret".
6. Make the effort to teach your middle and ring fingers to "stay down". Get rid of the wasted motion/energy.
7. When you can perform this exercise correctly, then and only then should you add the metronome.
8. In the beginning, **SLOWER IS BETTER**...it exposes flaws and mistakes. But...once you have this exercise under your hands, increase the tempo until you begin to falter. Then, back it off about 5 clicks and "get to work". By increasing the tempo you'll teach your hands to "fire together".