

Adduction 101

1. The object of this exercise is to adduct the fingers, that is to pull them toward each other as you use them, and to pass smoothly from finger to finger with no excess motion.
2. Only the very tips of the fingers should touch the strings.
3. The arm should hang relaxed directly below the hand at all times. The wrist should remain as unbent as possible throughout, much as it is when the arm hangs at rest at your side.
4. The lower finger is slowly placed on the string while the higher note is still sounding, and the higher finger is gently relaxed just as the lower note is played. (lower and higher = pitch)
5. Each time you cross to a new string, the arm moves slightly up or down from the elbow, carrying the relaxed finger over the new string, while the previous note is still sounding; the arm's motion will carry the thumb along with it.
6. The thumb will remain lightly held, approximately behind the second finger, the thumb's tip joint unflexed!
7. The thumb should not be opposed, that is, rolled inward toward the center of the palm. If the thumb is pressed at all, it should roll slightly away from the center of the palm, so there is no pressure on the carpal tunnel.

You may only be able to do a few higher frets at first. Don't force it; progress at your own rate. Adducting and shifting with good form are more important than speed or endurance., Play with a very slow metronome beat, letting balance, accuracy, and confidence progress daily, rather than speed. Do the same exercise with 3 to 1 and finally with 4 to 1.

Adduction exercise

Pat O'Brian

Very slowly and smoothly.

4i 2h	4i 2h	4i 2h	4i 2h	4i 2h	4i 2h	4i 2h	4i 2h	4i 2h	4i 2h	4i 2h	4i 2h

Continue on the next lower fret:

4h 2g	4h 2g	4h 2g	4h 2g	4h 2g	4h 2g	4h 2g	4h 2g	4h 2g	4h 2g	4h 2g	4h 2g

Move down one fret at a time until you finish at:

4r 2b	4r 2b	4r 2b	4r 2b	4r 2b	4r 2b	4r 2b	4r 2b	4r 2b	4r 2b	4r 2b	4r 2b

In time, you will be able to progress to whole tones, 4 to 1 almost immediately.

3 to 1 will take a little longer:

and finally 4 to 2 will take some time and patience:

All of these non-adjacent pairs of fingers will progress over time until they can be done in whole tones in first position:

To involve your left hand a bit more, play each note 2, 3, or 4 times, alternating thumb and index. Eventually, you will want to practice 4 to 1 as a minor third:

Go on playing these intervals upward, 2 to 4, 1 to 3, and 1 to 4; remember to gently release pressure on the lower finger as you play the higher.