

Scales Patterns Bending Exercises Level

There are three basic types of bending exercises:

- **Whole-step bends:** These are the most common type of bend, and they involve bending the string up a whole step (two frets).
- **Half-step bends:** These bends are less common, but they can be used to create a more subtle effect. They involve bending the string up a half step (one fret).
- **Pre-bends:** These bends involve bending the string up before you pick it, and then releasing the bend as you pick. This technique can create a more dramatic effect.

To practice bending exercises, you will need to start by finding a comfortable position for your hand. Place your thumb on the back of the neck, and your fingers on the front. Make sure that your fingers are close to the frets, and that your thumb is not touching the strings.

Once you are in a comfortable position, you can begin practicing the different types of bends. To perform a whole-step bend, simply press down on the string with your finger and bend it up two frets. Hold the bend for a second or two, and then release it. To perform a half-step bend, follow the same procedure, but only bend the string up one fret.

Scales, Patterns, & Bending Exercises #2: Level 3

by David Barrett

★★★★☆ 4.6 out of 5

Language : English

File size : 12381 KB



Screen Reader : Supported

Print length : 32 pages



To perform a pre-bend, bend the string up before you pick it. Once you have picked the string, release the bend. This technique can create a more dramatic effect.

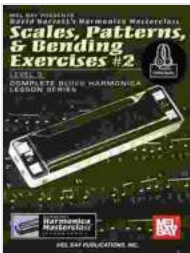
As you practice bending exercises, you will find that you will gradually improve your accuracy, control, and speed. With time and practice, you will be able to bend strings with ease and precision.

Here are some tips for practicing bending exercises:

- Start slowly and gradually increase your speed as you get more comfortable.
- Focus on accuracy and control rather than speed.
- Use a metronome to help you stay in time.
- Experiment with different types of bends to find the ones that you like the best.
- Be patient and don't get discouraged. Learning to bend strings takes time and practice.

Bending exercises are a great way to improve your guitar playing. By following the tips in this article, you can quickly and easily learn how to bend strings with accuracy, control, and speed.

A young guitarist practices bending exercises on his electric guitar.



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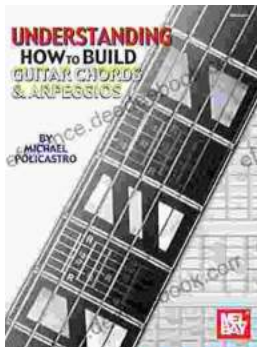
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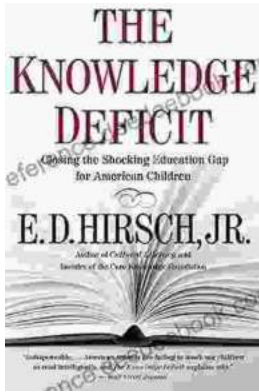
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