

PLAYING WITH PRESSURE

BUILDING MUSCLE MEMORY



PLAYING WITH PRESSURE

Lightly rest fingers over strings, in the chord shape.

- ▶ Take 4s to progressively squeeze chord
- ▶ Stay 2s fully “squeezed”
- ▶ Take 4s to fully release the tension
- ▶ Focus on relaxing the fingers at the end



ADVANCED CYCLE

*Instead of resting your fingers on the chord in between squeezes, get your fingers hovering **OVER** the strings (in the correct position).*



THE PRACTICE ROUTINE

- ▶ 5x squeeze & release with fingers resting on strings
- ▶ *Check your chord (each string should ring)*
- ▶ 5x squeeze & release with fingers hovering
- ▶ **Repeat once**

