

Finger Stretches

As in the vertical exercises, once a finger comes down it stays down until it must come up to play a fret below. Read these tabs very carefully to be sure you are doing the exercise correctly.

In stretch exercises the Index finger never leaves the fifth fret and notes on either side of the dash are played with the same finger. If you have trouble making the stretches from the 5th fret move the entire exercise up - perhaps until the Index finger is at the 7th fret. I only wrote the exercise from 5th position to avoid double digit fret numbers. You can also place a capo on your banjo to lower the action.



Repeat until tired

The dashes are the places where you are doing the actual stretch. In the first measure Index plays 5, Middle plays 6 Ring plays 7, and Pinky plays the 8, 9, and 8 while the other fingers remain on their assigned frets. You are stretching the left hand at the pinky to make that 9th fret note, and bringing it back to the 8.

In the second measure the stretch is done with Ring playing first 7, then 8. With the stretch in place you then play 9 with Pinky, followed by 8 with Ring again before relaxing it back to 7.

The third measure puts the stretch on Middle finger, and the fourth is back to the Ring finger, leaving you ready to begin again.

Remember you must not over-do these exercises.