



## Holding the Pick

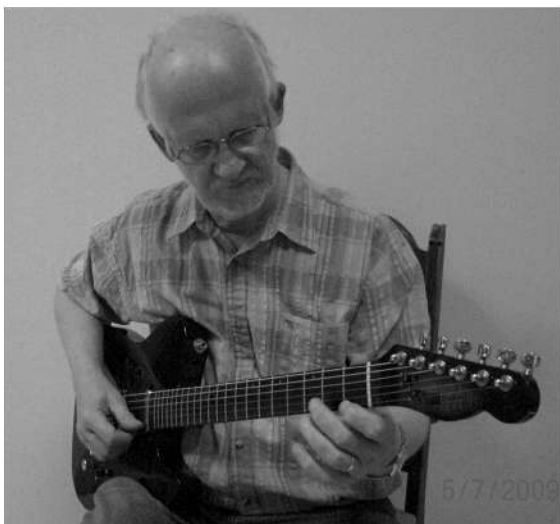
Perhaps there is no such thing as the perfect method of holding the pick but the conventional wisdom is to grip the pick with the side of the index finger and the pad of the thumb. Notice that the pick is not held at the tip of the thumb but on the pad and closer to the first joint. One or more of the extra fingers will be used to lightly support the hand while playing. Also notice that the hand is not crunched into a tight fist but the fingers are curled as if holding a golf ball.

Hold the pick firmly but not in a death grip. If you drop the pick accidentally every once in a while, you are pretty close to the correct tension.



## Sitting Posture

With an acoustic instrument, the right arm crosses the guitar body at the widest part of the lower bout. Notice that the extra fingers of the right hand are lightly touching the face of the guitar. The neck of the guitar can be angled slightly upward.



With an electric guitar the posture is not that much different but notice that the right arm crosses the body, not so much in the crook of the elbow but about half way between the elbow and wrist. This of course has to be adjusted for the size of the player. Once again, the right hand is lightly supported with the fingers which are not used for gripping the pick.