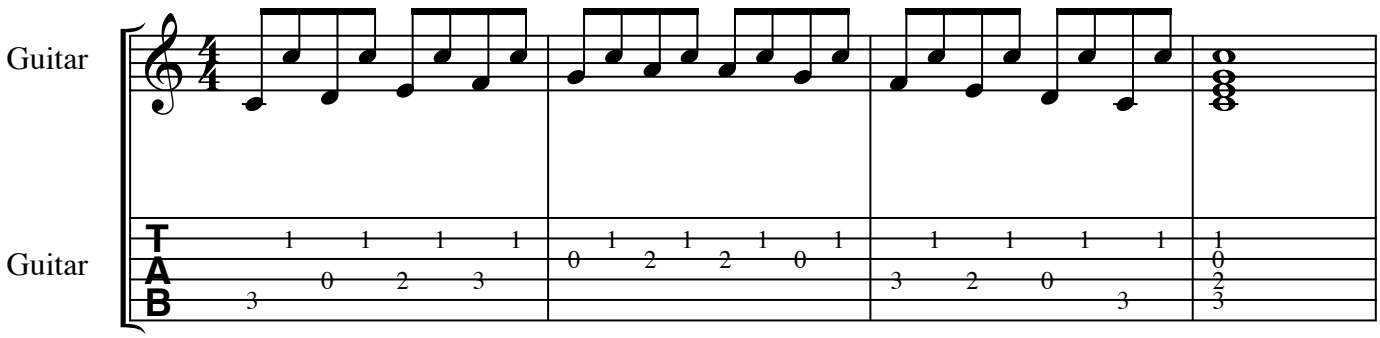
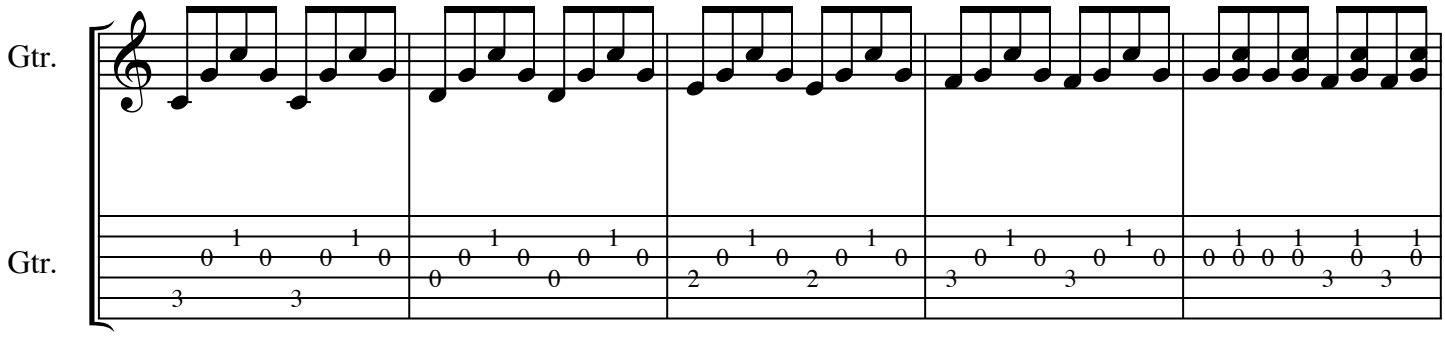
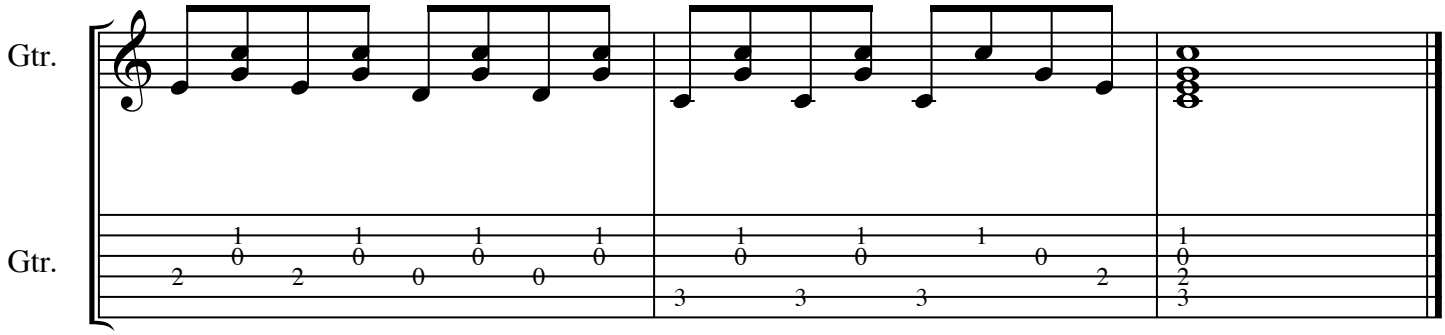
C Major Anchoring exercise

A Schlenker

Note: Make sure to keep the anchor in place (index finger on 1st fret of the B string)



Here is a Cross Pick exercise using the anchor. Try using different pick directions to bring out different sounds from the chord. Ex: Down/Up/Down/Up or Down/Down/Up/ Up