

Holding the Guitar - Basics

Holding the guitar in a sitting position is very simple. You must remember to always be in a comfortable position. Make sure the guitar is resting on your leg (close to your hip, and on the upper part of the thigh). Your arm will rest on the back part of the guitar body, this will help keep the guitar balanced while you are in a sitting position. You should not have to hold the guitar in place with either hand (your pick hand or your fret hand).



Notice how the arm rests on the back part of the guitar body – this will help keep the guitar balanced while you are playing in a sitting position.



Holding the Pick - Basics

Hold the pick with your thumb and index finger firmly (firm but flexible). The tip of the pick should be pointing at the guitar. As a beginner guitar player you will have your share of dropping picks (until you get used to holding the pick while strumming and picking notes).

Remember to hold the pick firmly, but do not “strain” the fingers while holding the pick. It should be a firm grip, not a hard core death grip. Good luck!

