

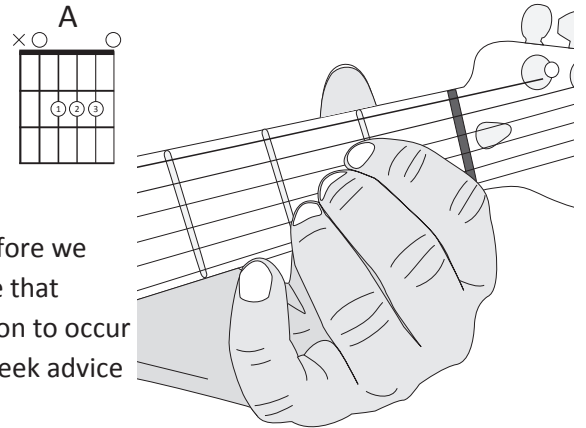
Posture Open Chords

Holding an open chord

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To get a good sound from your open chords you will need to work on your posture. The aim when playing an open chord is to have each string indicated as played to ring clearly. Let's take a look at these diagrams to help improve our open chord posture.

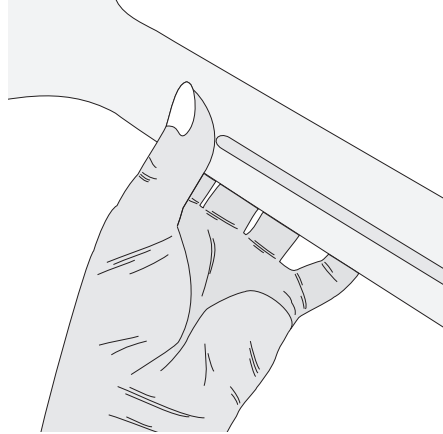
Starting with the 'A' chord this chord diagram is telling us where to put our fingers on the fret board and which strings are to be strummed and which ones are to be left not played. But how does this chord look in your hand?



Here you can see the most common method for holding an 'A' chord. Before we start pointing out the key elements in this posture, it's important to note that everybody's hand is different, and therefore it is normal for some variation to occur in posture from one student to the next. If your posture varies greatly, seek advice from your teacher.

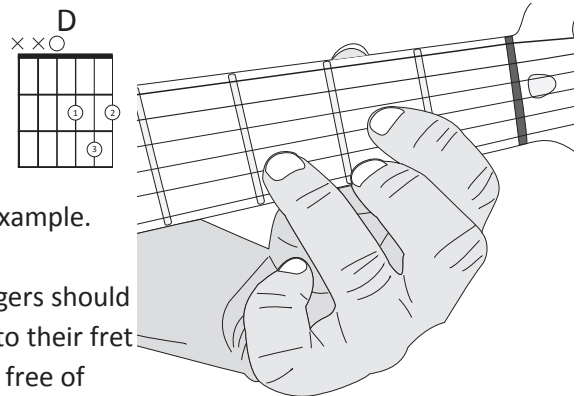
First of all notice how the hand is positioned, wrapped around the guitar from underneath the neck, with the thumb positioned at the back. The palm position is also important as it is responsible for providing the foundation that the fingers are built upon. The palm should rest, slightly cupped, directly under the neck of the guitar, almost as if you are holding water within it.

Each of the fingers are arched evenly over the fret board, every knuckle of the finger is bent in order to provide sufficient strength. The fingertips themselves are positioned right on their tips to keep them clear of adjacent strings. Each finger should also be positioned close to the fret in order to get the best sound, however the 'A' chord is not a very good example of this technique, so we'll revisit this item below.



Looking at the back of the guitar you can see how the thumb is positioned, straight up and down, at right angles to the guitar neck. Again, everybody's thumb position will differ slightly, some common variations include letting the thumb come further over the top of the neck to help improve finger strength, and allowing the thumb to point on more of an angle towards the headstock. These are all considered acceptable in most guitar styles, again, if your posture varies drastically, seek advice from your teacher.

Here we have another example for the 'D' chord, again you can see that all the posture elements we discussed are reasonably consistent. The most notable variation here is that the thumb position is lower, most likely due to the fact that the chord on the whole is positioned lower on the guitar. However the position of the palm, the arching of the fingers, and the fingertips sitting on their points are all consistent with the first example.



In this diagram we have a much better illustration of how each of the fingers should be positioned as close to the fret as possible. Keeping your fingers close to their fret will ensure the string is cut against the fret properly, giving a clear sound free of buzzes or rattling.