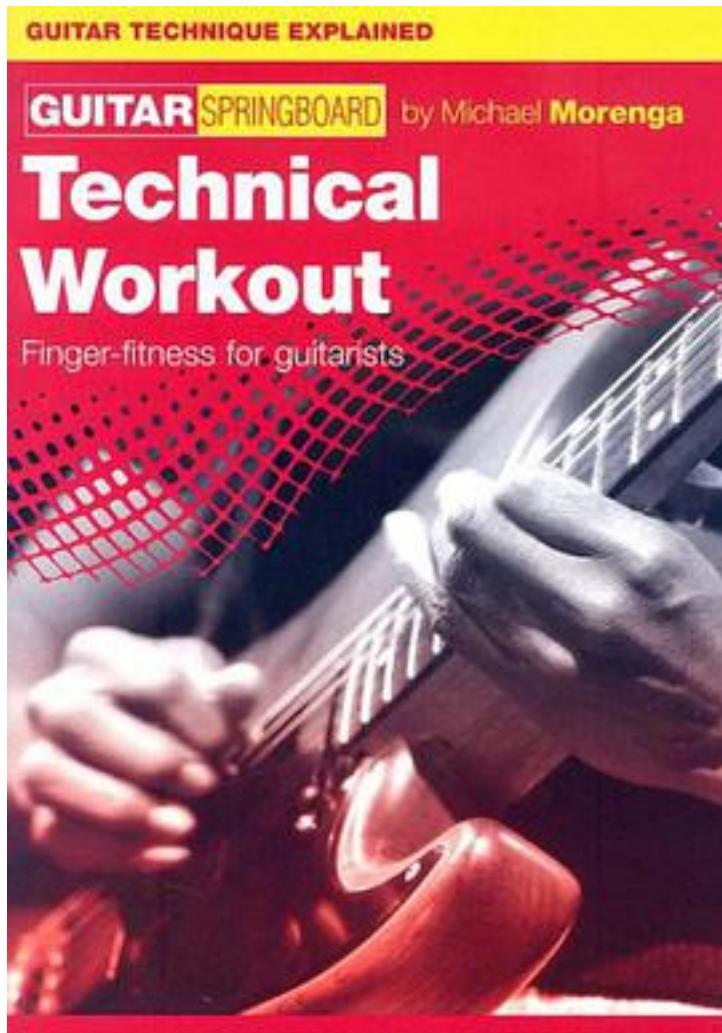


Technical Workout



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出版者:Music Sales Corp

出版时间:2006-5

装帧:Pap

isbn:9780825682261

This book teaches you a number of tricks you can use to improve your agility on the

fretboard and strengthen both hands, helping to make you a better player. As well as providing the perfect starting point for the guitarist wishing to learn the basic techniques from the very beginning, the exercises in this book could even be used as a reference when you become a more advanced player. Topics include: finger-fitness for the guitar * finger-roll technique * alternate picking * exercise for the strumming hand and fretting hand * practice tips.

作者介绍:

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