

Swift Guitar Lessons



Optimizing Your Reach – Tips for Small-Handed Players

Hello friends,

In today's session I want to talk to you about how proper technique and posture can compensate for having smaller hands. We'll begin by adjusting the way we hold our instruments, and position our thumb and elbows before tackling one my favorite stretching exercises. Let's get started!

Section #1 – Proper Playing Posture

Throughout my 15 years of teaching the guitar, I have coached countless small-handed players on how to optimize their finger length. My advice is very simple; hold the instrument in a way that allows fretting arm to move freely, especially your elbow. Take these three tips to heart:

- Hold the guitar at a 45° angle for better range of motion.
- Pivot your elbow inside when extending your pinky.
- Lower your thumb for optimal reach.



Section #2 – Major Arpeggio Stretching Exercise

Now that we have optimized our playing technique, let's give ourselves a good stretch by arpeggiating a major triad. Be sure to coach your fretting hand when necessary (see video) and to give yourself a good massage under hot water after a rigorous practice session.

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E | -----3----- |
B | ----- |
G | -----4-7---7-4----- |
D | -----5-----5----- |
A | -----5-----5----- |
E | -3-7-----7-3-- |
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