

STEP1

開放弦（弦を何も抑えない状態）で

6弦（一番太い弦）と5弦（6弦の下の弦）を4回ずつ鳴らしてみましよう。

A guitar fretboard diagram with 6 strings and 12 frets. The strings are labeled T (1st), A (2nd), B (3rd), B (4th), B (5th), and B (6th) from top to bottom. The 6th and 5th strings have red '0' characters below them at the 1st, 2nd, 3rd, and 4th fret positions, indicating open strings.

STEP2

押弦した状態で、人差し指から一本ずつ音を鳴らしてみましよう！

最初は指が痛くなりますので休みながら指先を鍛えるトレーニングにもなります。

A guitar fretboard diagram with 6 strings and 12 frets. The strings are labeled T (1st), A (2nd), B (3rd), B (4th), B (5th), and B (6th) from top to bottom. The 6th and 5th strings have red numbers 1, 2, 3, and 4 below them at the 1st, 2nd, 3rd, and 4th fret positions, indicating fingerings. Below the numbers are the Japanese characters: 人 (1st), 中 (2nd), 薬 (3rd), 小 (4th).