



## Summary of Knowledge and Skills GF 1 Chapter 1

By Christopher Schlegel

Having viewed the lessons in this chapter on Correct Posture and Technique, you should have a basic understanding of the following things:

What a pick is and how to use it.

What the right (or picking) hand does in a general sense.

What the left (or fretting) hand does in a general sense.

How to hold the guitar for the best posture and playing position.

You can always return to these lessons at any time in the future as long as you are a Guitar Tricks subscriber. They are always here for your reference and convenience.

If you think you have a good understanding of these things, then you are ready for the next chapter of the Guitar Fundamentals 1 Course!