

WHOLE-STEP BEND CALIBRATION

Level 1

Blues

A pure technique exercise, no chord or scale: on the B string, you play a note then push the string (bend) until you reach exactly the pitch of the note two frets higher — a whole tone. The catch: you're not allowed to play the target note as a reference, you have to hear it in advance and aim by ear.

TIPS

Check your accuracy by playing the target note right after the bend, two frets up on the same string: the pitch gap must vanish completely.

Push the string with several fingers (index, middle, ring lined up) and rotate the wrist, don't pull with the fingertip alone. Hear the arrival note in your head before you start pushing.