

The Guitar Pick Up With BBC Radio 2

Compiled by Justin "Guitar" Sandercoe



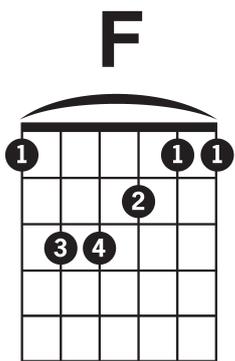
Lesson 5

Barre Chords - Taking on the F Chord

F has a pretty bad reputation amongst beginners as being really hard – but it just takes practice!

To 'Barre' means using your first finger to cover all the strings.

F involves barring on the first fret.



The shape is the same as an **E**, but your first finger acts as the end of the fretboard.

Put your **2nd, 3rd** and little finger down to make the **E** shape but moved up a fret.

Lay your first finger down flat right on the fret, then roll it slightly to the side so it's just in front of the metal.

The first time you try it, it probably won't sound great!

Pro Tip:

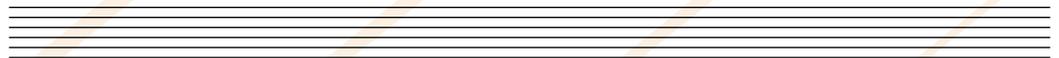
Don't make the mistake Justin made and avoid learning songs that have **F** in them - it's a very popular chord!

Making the barre will be hard at first, but the muscles in your hand will develop **be patient!**

How to 'Beat the Barre'

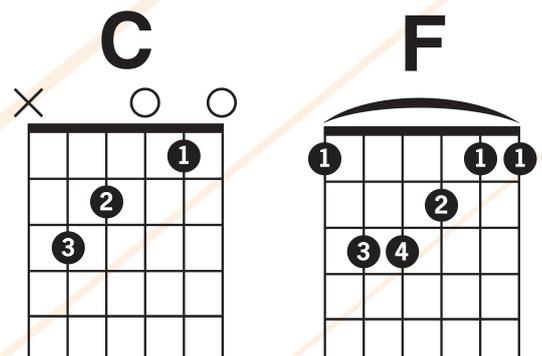
- People especially struggle getting the **B** string (2nd thinnest) to ring. Experiment by moving your finger vertically higher or lower to see what works best for you.
- If the top **E** (thinnest) string sounds dead, you might need to move the bar (your first finger) back a little bit.
- Once you've put the chord down, bring your wrist back a little bit so it's flatter - this will avoid locking your wrist which is bad for your tendons.
- You need to develop the muscle between your thumb and first finger - this takes a bit of time and it will feel sore - if it gets too painful give it a rest.

Changing Into F



C and **F** chords are often found in the same song - practise changing between them.

It will take time but eventually your fingers will start to move to the right places almost without you having to think about it.



30 Minutes Practice

- 5 minutes:** Work on the F chord.
- 5 minutes:** 5 x '1 minute changes' between chords you find difficult.
- 5 minutes:** The finger-stretching exercise from Lesson 3.
- 5 minutes:** Use a metronome to practise strumming in time.
- 10 minutes:** Practise your favourite songs.

Lesson Notes: