

# STUDY 9: HAMMER-ONS AND PULL-OFFS

REPEAT EACH 4-8x  
SLOW-MED-FAST

**HAMMER ON** A HAMMER-ON IS ACHIEVED IN THE FRETTING HAND BY BRINGING DOWN A FINGER TO PRODUCE A NOTE AFTER INITIAL NOTE IS STRUCK.

FINGER SUGGESTIONS: ① I O R M ② I R ③ I O R M ④ I O R M ⑤ I O R M ⑥ I R ⑦ I O R M ⑧ I O R M

**PULL OFF** A PULL-OFF IS ACHIEVED IN THE FRETTING HAND BY SWITCHING FROM A HIGHER NOTE TO A LOWER ONE ON ONE STRING WITHOUT RE-PICKING IT.

⑨ I O R M ⑩ I O R M ⑪ I O R M ⑫ I O R M ⑬ I O R M ⑭ R I ⑮ I O R M ⑯ I O R M

⑰ Two H.O. I R ⑱ I R ⑲ I M ⑳ Two P.O. R I ㉑ R I ㉒ M I

⑳ H.O.+P.O. I O R M ㉒ I O R M ㉓ I R I ㉔ P.O.+H.O. I O R M ㉕ I O R M ㉖ TRILL: KEEP REPEATING H.O.+P.O. I O R M