

Barre Chords

Barre Chord- Playing a chord where the index finger presses down more than one string and no open strings are sounding.

- **Visual:** The easiest way to visualize a barre chord is to envision moving an open chord down the fret board and to use your *first finger like a Capo*.
 - Play an “E” chord with fingers 2, 3, and 4, and slide it up a 1/2 step
 - Now bar your first finger across the 1st fret
 - Try this with your “Em” chord shape
- **Technical:** Having proper technique while playing a barre chord will allow you to work *smarter and not harder*.
 - Place your thumb across front the 2nd finger on the 3rd string fret 6.
 - Place your 3rd and 4th fingers in the appropriate shape and adjust the wrist so that your fingers have to do less work
 - Now bar your straightened 1st finger across the front of the 5th fret
 - TIP #1: Try leaning back on the “bony” part of your first finger
 - TIP #2: Use your arms and chest more that your fingers and thumb
 - TIP #3: Sleep on it, and repeat the process tomorrow
- **Theoretical:** The wonderful thing about barre chords is that once you learn them, you can easily play any major or minor chord. In example, moving the “E” shape up a 1/2 step is F, up another 1/2 step is F#, and up one more is G.
 - Try playing “Hit the Road Jack” as a barre chord study.
 - Use a “Bass-Down” strum pattern on each chord. *Am - G - F - E*
- **Exercises:** Unless you just happen to be one of the lucky ones that picks up barre chords right away, you can expect to struggle with barre chords for a few weeks and not feel totally comfortable with them for even longer. The secret is simple, just practice them for a very short period every time you pick up the guitar.
 - Try barring 2 strings, then 3 strings, etc.
 - Try slapping your straightened 1st finger against the neck 4x before playing the chord.