

Date _____

Name _____

**Guitar Pedagogy, SFCM, Ferrara
San Francisco Conservatory of Music**

Sitting

From Ryan, The Natural Classical Guitar, Sitting

1. What do you think Lee Ryan means by the term "dynamically relaxed," or similarly Aaron Shearer's concept of "counterproductive tension?"

2. What is the determining factor in how high a footstool should be, or at what height and angle a support device such as an A frame, Ergo play, adjuster, or guitar cushion is placed in?

3. What are the advantages and benefit from using a guitar support device over a footstool, and when would it be appropriate for an a A frame, Ergo play, adjuster, or guitar cushion to be utilized while sitting and playing the guitar?

4. When holding the guitar what are the 4 principal points of contact?

From Shearer, Learning to Play the Classic Guitar

5. What are the five ways of moving the guitar? These would be check points, or ways you can adjust a students sitting position when assessing sitting.