

Beginner Hammer On/Pull Off Practice

Standard tuning

♩ = 120

Exercise 1

Exercise 1 consists of six measures. The first measure contains two eighth notes (G4, A4) with a hammer-on (H) above the second. The second measure contains two eighth notes (A4, B4) with a hammer-on (H) above the second. The third measure contains two eighth notes (B4, C5) with a hammer-on (H) above the second. The fourth measure contains two eighth notes (C5, B4) with a hammer-on (H) above the first and a pull-off (P) above the second. The fifth measure contains two eighth notes (B4, A4) with a pull-off (P) above the first and a pull-off (P) above the second. The sixth measure contains two eighth notes (A4, G4) with a pull-off (P) above the first and a pull-off (P) above the second. The guitar tablature below shows the fretting for each note: 0-3, 0-2, 0-2, 0-3, 0-3, 3-0, 3-0, 2-0, 2-0, 2-0, 2-0, 2-0, 3-0.

Exercise 2

Exercise 2 consists of seven measures. The first measure contains two eighth notes (G4, A4) with a hammer-on (H) above the second. The second measure contains two eighth notes (A4, B4) with a hammer-on (H) above the second. The third measure contains two eighth notes (B4, C5) with a hammer-on (H) above the second. The fourth measure contains two eighth notes (C5, B4) with a hammer-on (H) above the second. The fifth measure contains two eighth notes (B4, A4) with a hammer-on (H) above the first and a pull-off (P) above the second. The sixth measure contains two eighth notes (A4, G4) with a pull-off (P) above the first and a pull-off (P) above the second. The seventh measure contains two eighth notes (G4, F4) with a pull-off (P) above the first and a pull-off (P) above the second. The guitar tablature below shows the fretting for each note: 0-2, 0-4, 0-5, 0-7, 0-9, 0-11, 0-12, 12-0, 11-0, 9-0, 7-0, 5-0, 4-0, 2-0.

Exercise 3

Exercise 3 consists of three measures. The first measure contains four eighth notes (G4, A4, B4, C5) with a hammer-on (H) above each. The second measure contains four eighth notes (C5, B4, A4, G4) with a hammer-on (H) above each. The third measure contains four eighth notes (F4, E4, D4, C4) with a pull-off (P) above each. The guitar tablature below shows the fretting for each note: 0-2, 4-0, 4-5, 0-5, 7-0, 7-9, 0-9, 11-0, 11-12, 12-11, 0-11, 9-0, 9-7, 0-7, 5-0, 5-4, 0-4, 2-0.

Exercise 4

Exercise 4 consists of three measures. The first measure contains four eighth notes (G4, A4, B4, C5) with a hammer-on (H) above each. The second measure contains four eighth notes (C5, B4, A4, G4) with a hammer-on (H) above each. The third measure contains four eighth notes (F4, E4, D4, C4) with a pull-off (P) above each. The guitar tablature below shows the fretting for each note: 0-2, 4-2, 0-4, 5-4, 0-0, 5-7, 5-0, 0-7, 9-7, 0-9, 11-9, 0-0, 11-12, 11-0.

Exercise 5

Exercise 5 consists of three measures. The first measure contains four eighth notes (G4, A4, B4, C5) with a hammer-on (H) above each. The second measure contains four eighth notes (C5, B4, A4, G4) with a hammer-on (H) above each. The third measure contains four eighth notes (F4, E4, D4, C4) with a pull-off (P) above each. The guitar tablature below shows the fretting for each note: 5-8, 5-7, 5-7, 5-7, 5-8, 5-8, 8-5, 8-5, 7-5, 7-5, 7-5, 7-5, 8-5.