

The Importance of Good Posture!!!

Hi, I`m Dan Thorpe from [Guitar Domination](#) and I want to explain something that is critical to your success as a guitar player – especially if you are new to the instrument or find it a struggle so far.

It will save you years of frustration....

Posture

Your posture is the key to making learning the guitar a much more enjoyable and rewarding experience. If you never do anything else, read this!

You may not play classical guitar, and you may never really want to and that is totally your choice of course but you can learn a huge amount from classical guitarists just by looking at their posture with the guitar.

Classical guitar music has some notoriously difficult phrases, chords and passages.

Therefore, to play this style of music well, the guitarist needs to be in the most efficient position possible with his or her guitar.

Good Posture!

Take a look below at this picture....



Bad posture

Now, take a look below at this picture....



Both pictures are very different.

The first one shows a guy playing with excellent posture and the second one with poor posture.

Now, let`s examine why gentleman #1 is using good posture and let`s get you using it right away.

When you are sitting down, I encourage you to remember these points.

- The guitar is placed in between the legs as opposed to the round part being placed on the right leg.
- The headstock is pointing upwards as opposed to the lazy guitarist who points the headstock downwards.
- The left leg should also be raised on a small footstool to allow your left hand to be at a comfortable height.
- I also recommend you use a strap even when sitting down as this allows you to keep the guitar secure to your body and stops you from trying to hold the weight of it in your fretting hand – thus freeing it up to move up and down the neck with more ease.

Looking at the two pictures, I admit the guy in the second image looks cooler, but I guarantee the guy in the first picture has found learning and playing with his posture much easier.

He is also probably a far more accomplished player who has no injuries, has more freedom on the guitar and generally enjoys playing a lot more.

Bad posture can cause problems to the wrist and hand which can lead to repetitive strain injury and injuries to the tendons.

Bad posture leads to poorer playing, less enjoyment, an increased risk of short term injuries (such as strains) and long term damage (such as arthritis) and most definitely poorer and slower technique.

Study the guy in image #1 and emulate the way he sits as much as possible.

Check your posture using a mirror or with a video or photograph of you playing.

Improving your posture takes seconds but will improve your playing for years!

There you go a very quick but incredibly important lesson on posture – an absolutely fundamental part of guitar playing that you won` t learn about from most guitar teachers.

Unlike most teachers I like to teach proper technique AND songs. Most, for some reason do one or the other, but the thing is you need BOTH!

If you want to learn more about my methods, then come join me over at [Guitar Domination](#) and [get two free eBooks](#). Both have had a lot of 5 star reviews over at Amazon and you can get them 100% free here.

Thanks so much for reading!

Good luck on your journey!

[Dan Thorpe](#)

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[Ayman Jarjour](#) by Blair Urquhart

[Guitarist sitting](#) by Keith Ellwood