



## LESSON #03: Flamenco Techniques

*Borrowing techniques from Flamenco, Rafael explains how to further strengthen the right hand!*

### THUMB RASGUEADO

Rasgueados are great for not only scales, but also for developing other parts of the hand. In the following two exercises, Rafael teaches you the “alzapua” technique that is a similar motion to playing guitar with a pick. To start, this first exercise is great for strengthening the thumb.

Rafael stresses the importance of the thumb joints being flat at the end of the movement. Also, make sure you’re releasing tension once each rasgueado is finished.



### ADVANCED RASGUEADO

Once you feel confident with the thumb alone, try adding the other movements.

