

LESSON #04: Playing Apoyando

Rafael finishes things off with some rest stroke exercises!

APOYANDO ARPEGGIO

Try playing this exercise for 5 minutes a day, focusing on rhythm not speed.

Do the first line starting with your pinky and later switch to the second line starting with your index finger. All of this should be done apoyando or “rest stroke.”

Apoyando Arpeggio



Paco de Lucia Scale



PACO DE LUCIA SCALE

Otherwise known as "double apoyando", this final exercise comes from a specific scale Rafael heard on a famous recording by Paco de Lucia. Take it slow at first focusing on groups of four or even two, but as you go faster, focus on larger groups of eight or even sixteen.