

HAMMER-ON'S & PULL-OFF'S

Hammer-on's & Pull-off's are techniques used with the fret hand and are appear in all styles of music. They can involve one or more strings and also chords. Like everything else with guitar we need to practice these techniques over and over until they become smooth and fluid.

Hammer-On's ;

Hammer-On's are performed by playing either an open or fretted string and then playing another note on the same string a couple of frets up by hammering down on the string with another finger, but without plucking the string with the pick hand. The first note must be strong and clear to help the second note sound properly. When doing a hammer-on from one fretted note to another the first finger must remain in place until the hammer-on is played.

Hammer-on's are written in tab using the letter "h".

Example 1 shows the open top string plucked and then the note on fret 2 is played by hammering a finger onto that note. We must use the finger tip not the fleshy part of the finger pad. At first the hammer may be inaccurate and a bit weak but this will improve.

Example 1 needs to be practiced with all four of our fret hand and examples 2 & 3 need to first use fingers; 1 & 2 then 2 & 3 and finally 3 & 4.

Example 1

Example 2 has the hammer on's moving across all 6 strings.

```
| -0h2--0h2--0h2--0h2--0h2--0h2--0h2- | -0h2-----|
| -----| -----0h2-----|
| -----| -----0h2-----|
| -----| -----0h2-----|
| -----| -----0h2-----|
| -----| -----0h2-----|
```

Example 3 Hammer on's using 2 fretted notes

```
| -1h2--1h2--1h2--1h2--1h2--1h2--1h2- | -1h2-----|
| -----| -----1h2-----|
| -----| -----1h2-----|
| -----| -----1h2-----|
| -----| -----1h2-----|
| -----| -----1h2-----|
```

Example 4 is a practice technique using a hammer-on's with all 4 fingers over 4 frets, so use 1 finger per fret.

This is a very good exercise for the fingers as well as a hammer-on technique. Don't pass it by.

Use fingers
 1 2 2 3 3 4

```

| -1h2--2h3--3h4-----|
| -----1h2-2h3-3h4-----|
| -----1h2-2h3-3h4-----|
| -----1h2-2h3-3h4-----|
| -----1h2-2h3-3h4-----|
| -----1h2-2h3-3h4-----|

```

Pull-off's;

These are basically the reverse of a hammer-on. They are played with fretted notes or from a fretted note to an open string. If going from one fretted note to another fretted note the finger that will hold the second note needs to be in place before playing the first note. You must have both fingers in place before you do a pull-off.

Pull-off's are indicated by the letter "p".

Example 5 has a pull-off from the 2nd fret to an open string. Practise with all fret hand fingers.

Example 6 works across all 6 strings.

Example 5

Example 6

```

| -2p0--2p0--2p0--2p0--2p0--2p0--2p0- | -2p0-----|
| -----| -----2p0-----|
| -----| -----2p0-----|
| -----| -----2p0-----|
| -----| -----2p0-----|
| -----| -----2p0-----|

```

Example 7 uses 2 fretted notes.

```

| -4p2--4p2--4p2--4p2--4p2--4p2--4p2- | -4p2-----|
| -----| -----4p2-----|
| -----| -----4p2-----|
| -----| -----4p2-----|
| -----| -----4p2-----|
| -----| -----4p2-----|

```

Example 8 is a practice technique using pull-off's. This is a very good exercise.

Use fingers
 4 3 3 2 2 1

```

| -8p7--7p6--6p5-----|
| -----8p7-7p6-6p5-----|
| -----8p7-7p6-6p5-----|
| -----8p7-7p6-6p5-----|
| -----8p7-7p6-6p5-----|
| -----8p7-7p6-6p5-----|

```

Once you have the basics of the h/o's and p/o's then a good effort on the next exercise will greatly improve your technique. The tab below has been spread out for clarity. Remember to get up on to the finger tips. No flat fingers thanks.

```
||--5-h-6-h-7-h-8-p-7-p-6-p-5-h-6-h-7-h-8-p-7-p-6-p-5-p--||  
||*-----*||  
||-----||  
||-----||  
||*-----*||  
||-----||
```