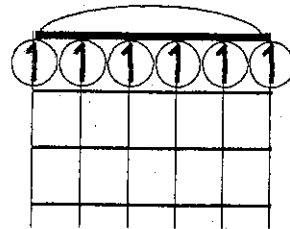


# Introduction to Barre Chords

## Part 1: The six-string barre

### Step 1: the barre

Form a full barre by flattening your index finger behind the first fret. Drop your wrist slightly from the arched position you use for regular chords. Then you will be able to flatten your first finger enough to cover all the strings at one time.



### Step 2: supporting the barre

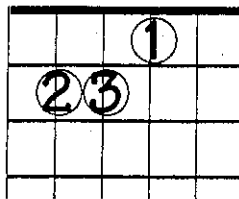
Support the barre by placing your thumb on the underside of the guitar directly beneath your index finger. Think that you are putting a clamp on the guitar with your thumb and index finger.

**Step 3: strum all six strings** with a downpick or your right hand.

**Step 4: Move the barre** to all twelve frets, up and down the fretboard.

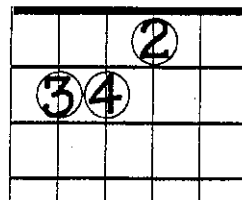
## Part 2: barre I major chords

### Step 1: Play E Major



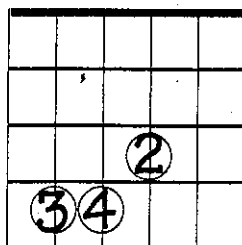
### Step 2: Refinger E Major

Index finger is free.

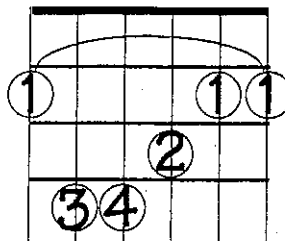


### Step 3: Move up 2 frets

Index finger is free.



### Step 4: Add Barre with index finger.



### Step 5: Play on all frets.