Chromatic Shifting Pattern #1 - Ascending Direction:

- Play the first note with the first finger at the first fret.
- Keep the first finger planted directly on the note - do not lift it off the string.
- Play the second note with the second finger at the second fret.
- Keep both first and second fingers planted on the string - do not lift them up.
- Play the third note with the third finger at the third fret.
- Keep 1st, 2nd, and 3rd fingers planted on the string - do not lift them up.
- Play the fourth note with the fourth finger at the fourth fret.
- Shift the entire hand up one fret - keeping all 4 fingers planted on the string.
- Play the first descending note with the fourth finger - all 4 fingers planted on string.
- Pull the 4th finger downward. Curl the finger inward towards the palm - do not lift.
- The 1st, 2nd, and 3rd fingers should all still be firmly planted on the string.
- Play the second descending note with the third finger.
- Pull the 3rd finger downward. Curl the finger inward towards the palm - do not lift.
- The 1st and 2nd fingers should still be firmly planted on the string.
- Play the third descending note with the second finger.
- Pull the 2nd finger downward towards the palm - do not lift.
- Play the fourth descending note with the first finger.
- Shift the first finger up one fret
- Start over again playing the first note with the first finger, repeating all steps above.