

Footstools

It is important for all students to play with their left foot elevated from the very beginning, if possible. Without a footstool, or with the wrong-sized footstool, sitting with the guitar can be uncomfortable and difficult. The footstools that are available for purchase at music stores can be expensive and easily broken.

Option 1: We recommend using a 4" x 6" block of wood cut into 8" segments. Students can turn the block on its various sides to have 4 inches, 6 inches, or 8 inches of height.

A parent or other volunteer from your school can have these cut at the hardware store. See the diagram below for a visual, and feel free to call us or ask your Lead Guitar instructor if you have any questions.

Option 2: If the price of lumber is prohibitively expensive, another great option is to purchase foam or cork yoga blocks, which often mirror the measurements below and are easier to transport. Families are often willing to donate yoga blocks they're not using at home as well!

