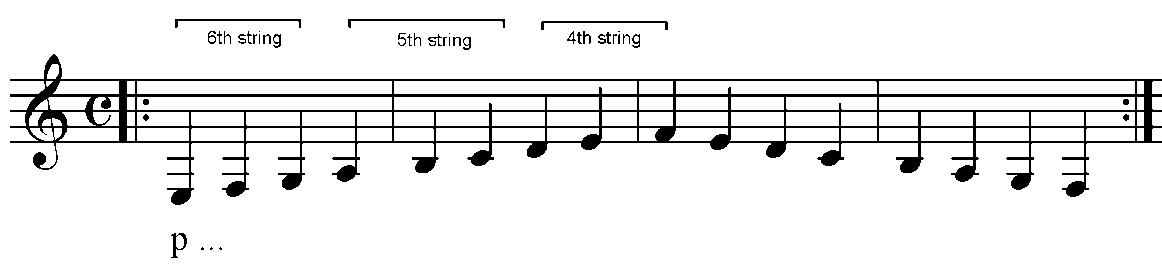
**Teacher Resource 11**

**FLAMENCO TECHNIQUE LESSON 4**

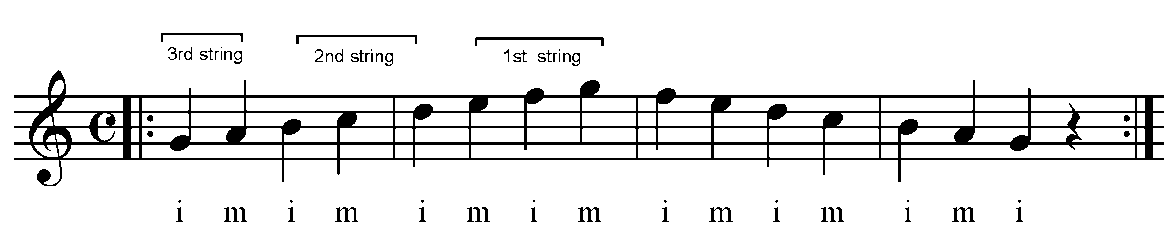
**APOYENDO (REST) STROKE – p**

Stylistically, the **Apoyendo**- or rest stroke – played with the thumb – **p** - is most often used in melodic phrases which occur on strings 6, 5, and 4. In this technique, the thumb plays the note and immediately comes to rest on the adjacent string. Below is the E **Phyrgian** scale as it occurs in first position on strings 6, 5, and 4. Practice this slowly before attempting to build speed. Apply the **Apoyendo** **p** stroke in appropriate places in some of your other repertoire.

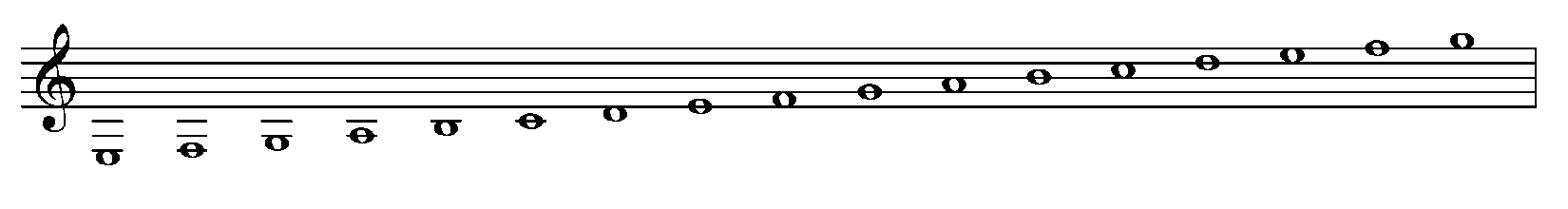
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**APOYENDO (REST) STROKE – i m**

Stylistically, the **Apoyendo** - or rest stroke – played with **i m** - is most often used in melodic phrases which occur on strings 1, 2, and 3. In this technique, **i** and **m** alternate playing and immediately come to rest on the adjacent string. Below is the E **Phyrgian** scale as it occurs in first position on strings 3, 2, and 1. Practice this slowly before attempting to build speed. Apply the **Apoyendo** alternating i m strokes in appropriate places in some of your other repertoire.

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**E PHYRGIAN MODE (SCALE) (1st position):** Below is the entire E **Phyrgian** scale in first position. Practice this scale ascending and descending using the appropriate **Apoyendo** technique with the correct fingers.

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**NOTE:** There is noformal notation to indicate the **Apoyendo** stroke. Occasionally, some editors may include the term or fingering symbol as a suggestion, but, more often, it is left to the individual player to make an artistic choice based on the stylistic norms.