

Master the Guitar In 7 Days!

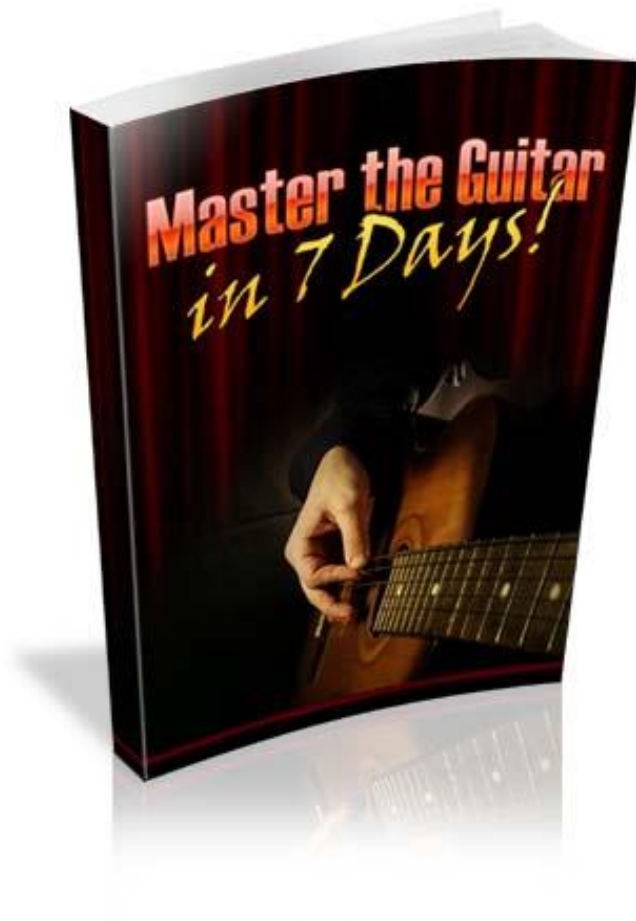


TABLE OF CONTENTS

Day 1

Pgs 4-12

- Introduction
- Fundamentals of Your Guitar
- Tuning
- Hand & Finger Basics
- Posture

Day 2 – Review of Day 1 (Practice “For What it's Worth”)

Pgs 13-21

- Open Chords
 - Major open chords
 - Minor open chords
 - Dominant 7th major chords
 - Major 7th open chords
 - Diminished chords
 - Augmented chords
- Summary

Day 3 – Review of Day 1 - 2 (Practice “Hurt”)

Pgs 22-37

- Beginning Theory
 - Major scales
 - Minor scales
 - Harmonic minor scales
 - Melodic minor scales

Day 4 – Review of Day 1 - 3

Pgs 38-45

Beginning Theory Cont.
Key signature glossary
Notation & other music symbols

Day 5 – Review of Day 1 - 4

Pgs 46-47

Tablature

Day 6 – Review of Day 1 - 5 (Practice “Hey There Delilah”)

Pgs 48-64

CAGED system for barre chords
E & A Forms
Power chords
Strumming Patterns

Day 7 – Review all Days (Practice “Seven Nation Army”)

Pgs 65-71

Time to Play
Conclusion

DAY 1

INTRODUCTION

It looks like you want to learn the guitar! Congratulations! You will find this endeavor rewarding and at times, very trying.

I have been a musician for nearly 30 years and am here to inject my musical wisdom into you. There won't be a magic button you can press that will make you good. Practice will be the only way to get where you want to go and play the way you want to play, a lot of practice.

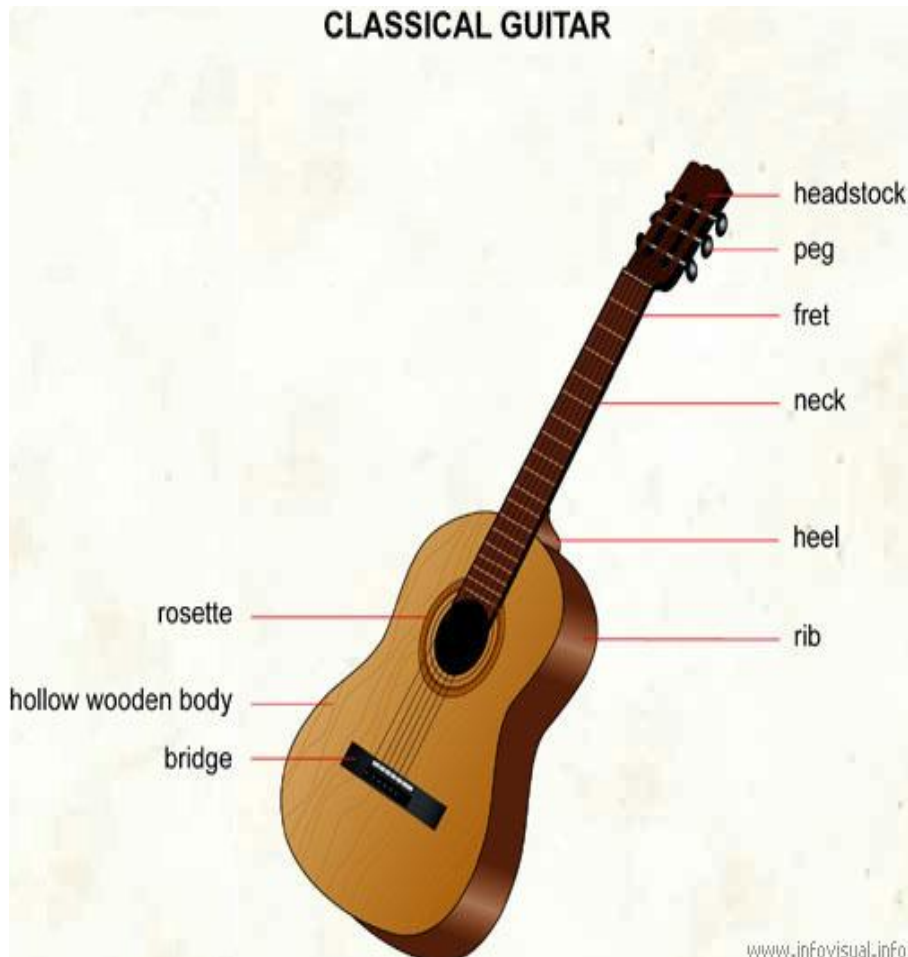
I'm going to walk you through the very basics of your guitar, tuning, posture, how to hold your pick, exercises, notation, tablature, scales, beginning theory, chords, strumming, and some really simple songs you can rock to!

Don't limit yourself to one genre (style) of music. You should really diversify. You will learn so much more by listening to rock, jazz, blues, bluegrass, classical, and Spanish styles of guitar. Be sure that as you learn that you spend time with people that are musicians. Learn from their experience and expertise. Everyone possesses a different interpretation of music and songwriting, so take it as a free lesson.

The last thing I want to say before we get started is have fun. Playing the guitar is an enriching experience with many rewards along the way!

FUNDAMENTALS OF YOUR GUITAR

One of the first things you are going to want to do is get familiar with your guitar, guitar part names, and accessory names. Here is a diagram:



All parts of the guitar are equally important, but some of the areas of particular interest are (from the bottom up) the bridge, strings, neck, fret, and tuning pegs.

Let's begin with the bridge. This is where your strings will be changed. There are round pegs at the end of every string. These will need to be pulled out and new strings inserted. You will need to learn the string names. Beginning from

the top (biggest) string to the bottom string (smallest): EADGBE. The top and bottom strings are the same note, just different octaves.

On the neck of your guitar you should notice two things. One, there are going to be a series of metal lines that extend from one end of the neck to the other. These are called frets. Two, if you look down the side of the neck of your guitar you will see dots. The dots are located at frets 3, 5, 7, 9, 12, 15, and 17. Fret 12 has a double dot for which I will explain further once we get to that portion of these lessons.

Let's talk for a minute about the tuning pegs at the top of the guitar on the headstock. This is where the strings end. Before you ever change strings, pay particular attention to which peg each string ends up.

Here is a helpful hint for remembering how the strings are placed into the tuning pegs. If you are holding your guitar in posture (which will be discussed a little later) there will be three pegs pointing toward the ceiling (upright) and three pointing toward the ground (downward). If you are looking at the guitar as the diagram indicates, there will be three pegs on the left and three pegs on the right. Let's work with the latter example. Low E (biggest string) goes into bottom left peg, A goes to middle left peg, D goes to top left peg, G goes to top right peg, B goes to middle right peg, high E (smallest string) goes to bottom right peg

Here is an important reminder for you once you have reached this point. Be sure that you thread all strings the same way. What I mean by this is be sure that when you turn the peg clockwise, it tightens the string while counter-clockwise loosens the string. One thing you can try, and I suggest, is that you change out one string at a time. Do not just take out all of the strings and go for it. This is where mistakes happen when trying to get your strings in the correct place and through the tuning pegs. Pay attention to what you are doing so that you don't find your guitar in a mess.

TUNING

Tuning your guitar is one of the most important things you can do for yourself while learning to play. I will go over several methods of tuning for you and ways to train your ears while you learn to tune. Once your ear is trained, you won't have to worry about whether or not the batteries work in your digital tuner.

As a beginner with guitar and perhaps music all together, I suggest that you go get yourself a digital tuner. It is fairly self explanatory. I had one of these as well as a pitch pipe. I liked the pipe because I don't have to buy batteries and it helps my ears train instead of relying on the digital tuner, or meter, to show flat or sharp.

Next, I'd like to discuss tuning with your guitar only. You may wish to tune your bottom E string for this. I call this 5th fret tuning. What you do is tune your bottom E (biggest) string with a tuner or pluck both E strings and listen to the "wa, wa's." If the wa's are fast, you are sharp. If the wa's are slow, you are flat. If you don't have any wa wa's you are in tune. In succession from the top to the bottom, press the low E string in the 5th fret and then pluck your A string. Listen to the wa wa's and adjust your tuning pegs. Next, press A string in the 5th fret and pluck D string. Press D string in 5th fret and pluck G string. Press G string in 4th fret and B in 5th fret (**note: the switch in frets here**). Press B string in 5th fret and pluck E string. This particular form of tuning is great for getting your ear ready to hear music.

Last, but definitely not least, is harmonic tuning. I would consider this a bit more advanced, but once you have your ear trained and have a good idea of how to touch the strings, this is an incredibly accurate method for tuning. It goes something like this: From the top to the bottom, lightly touch your E string at the fret line with your fretting hand, do not press the string, and pluck the string at the same time. You must release the touch with your fretting finger so that the note will continue to play. Play 5th fret E string and 7th fret A string, they should be the same pitch. Play 5th fret A and 7th fret D. Play 5th fret D and 7th fret G. Play 7th fret low E and pluck open B. Last, play 5th fret B and 7th fret E.

Here is a special note for you on harmonics. Harmonics are the result of the vibrations of the string itself.

An important reminder: Be sure that you tune often. Don't just tune at the beginning of a session. Tune several times per session. This will help you hear intonality (when notes aren't in tune) and get your ears trained.

HAND AND FINGER BASICS

Let's talk for a moment on hand and finger basics. You will obviously have one fretting hand, which is the hand responsible for creating chords or single notes, and you will have your picking or strumming hand. Both hands are equally important. I believe that anyone can create a chord with their fretting hand, but the real magic happens with your picking hand as there are so many ways to make sounds come out of the strings.



Here is a diagram of your fretting hand and how to refer to your fingers. This will be a great visual aid for correct chord placement. It will be tempting to cheat with finger placement on some of the chords, but there are specific reasons for using specific fingers for constructing the chords.

There is a correct way and an incorrect way to hold a pick with your strumming hand. You'll want to lightly rest the pick between your thumb and forefinger. Your forefinger needs to be arced so that it forms a semi-circle. The pick will rest between the first and second knuckles on the forefinger. Each finger consists of three knuckles, one right above the fingernail, one half way up the finger and the last where the finger meets with the hand. The first and second are referring to the ones right above the fingernail and half way up the finger.

From here you will place your thumb on the pick creating a loose yet stable pressure.

As you become more advanced in your guitar playing, you will learn that there are several ways to hold a pick and all of which will be held between the thumb and forefinger. Do not let yourself fall into the trap of holding the pick with the tips of your thumb, forefinger and middle finger. This is incorrect and is a very bad habit to break. It will not allow for your remaining fingers to have any dexterity.

Before I move on to posture, let's talk about dexterity. What is dexterity? It means skill and grace in physical movement, especially in the use of hand. Finger dexterity is of utmost importance when playing any musical instrument and particularly the guitar. Moving your hands and fingers through chords and different scales requires a lot of practice in dexterity.

If you go to a music store, you will find tools to help exercise and strengthen your hands and fingers while building dexterity. Another highly recommended exercise is to purchase a tennis or racquet ball and squeeze them for several minutes to build hand strength. Here are some excellent finger dexterity practices that don't require you to purchase anything:

- Place your hand on a flat surface and lift one finger at a time. Go for accuracy first and gradually build speed. Next, try lifting every other finger and again go for accuracy then speed.
- Spread your fingers out and touch the center of your palm with each finger while keeping remaining fingers as straight as possible. This will help with coordination. Go for accuracy and then speed.
- Crumple a piece of paper with one hand, and then flatten it back out. Repeat this process several times.
- Place your fingertips on a flat surface and practice tapping them in order (refer to hand diagram and finger numbers) 1, 2, 3, 4, 4, 3, 2, 1. Go for accuracy and then speed.