
















G4 GUITAR

A Uniquely Structured Method
Based on 30 years of Development



The Complete G4 GUITAR METHOD

| | | | | | | | | | | |
|---|---|---|---|---|---|---|--|---|---|---|
|  |  |  |  |  |  |  |  |  |  |  |
| PICKING | CHORDS | ARPEGGIOS | SCALES | RHYTHM | READING | THEORY | GUITAR METHOD |  A Uniquely Structured Method Based on 30 years of Development | | |
| | | | | | | | |  | | |

www.g4guitarmethod.com

G4 GUITAR METHOD © 2015

GUITAR METHOD

Your Ultimate Song List

| # | Song Title/Artist | Recording | TAB |
|----|-------------------|-----------|-----|
| 1 | | | |
| 2 | | | |
| 3 | | | |
| 4 | | | |
| 5 | | | |
| 6 | | | |
| 7 | | | |
| 8 | | | |
| 9 | | | |
| 10 | | | |
| 11 | | | |
| 12 | | | |
| 13 | | | |
| 14 | | | |
| 15 | | | |
| 16 | | | |
| 17 | | | |
| 18 | | | |
| 19 | | | |
| 20 | | | |
| 21 | | | |
| 22 | | | |
| 23 | | | |
| 24 | | | |
| 25 | | | |

Student Questionnaire

Why did you decide to learn guitar?

What are your guitar goals both short term and long term?

How do you think *G4 GUITAR* will help you to achieve your goals?

What will you do when you feel like quitting or not practicing?

Would you like to add any comments?

G4 GUITAR SCHOOL ASHFORD

8, The Glenmore Centre, Moat Way, Ashford TN24 0TL

Tel: (01233) 804080 Mob: 07984 726 413

STUDENT REGISTRATION

Title: _____

First Name: _____

Last Name: _____

Address: _____

Postcode: _____

Date of Birth: _____

Home Phone: _____

Mobile Phone: _____

Email: _____

Date of first lesson: _____

Referred By (e.g. friend, Google, Flyer): _____

G4 GUITAR SCHOOL ASHFORD

8, The Glenmore Centre, Moat Way, Ashford TN24 0TL

Tel: (01233) 804080 Mob: 07984 726 413

Student Policies

Student Name: _____

We are committed to your success on guitar. To ensure your success we know that consistency is a critical component. This means attending your lesson each and every week and practicing most days. Below are our policies that are designed to keep you focused and on track. Please take a few minutes to read our policies and if you have any questions please don't hesitate to ask.

- **Missed Lesson Policy** - We ask that you attend each lesson at your allocated time each week to ensure consistency. Please note lessons CANNOT be carried forward and if you miss your appointment you will still be charged for the lesson.
- **Putting your lessons on hold** - You may put your lessons on hold with 14 days notice but please note that your time will not be held and you will need to rebook a new time on your return.
- **Holidays** - There are no lessons on public holidays but an alternative day and time will be arranged. In the case of school holidays if you will not be attending lessons let me know in advance.
- **Practice requirements** - Consistent practice is critical to your success on guitar. Without regular practice you are unlikely to progress and in most cases students who fail to practice at least five days a week will almost certainly give up within a few months. To avoid this we require all students to meet the minimum practice requirements and ask that you fill in the Practice Log each day.
- **Student folder** - You are required to bring your folder to every lesson as your folder contains the necessary materials for your lessons. If you lose your folder you can purchase a replacement.
- **Guitar** - you will need to bring your own guitar to every lesson. Please ensure your guitar is in tune. You can purchase a guitar tuner and will be shown in the lesson how to tune your guitar.
- **Parents** - For children under the age of 13 years we require at least one parent or guardian to attend the introductory lessons and at least one lesson per month thereafter. In some cases especially with younger children we might ask parents to be more involved.
- **Questions** - If you have any questions at all please feel free to email me at any time as your lessons include email support paul@g4guitarashford.com
- **Media, and Privacy** - From time to time, we take photos, video, or audio recordings of students playing. This is, in part for the student's own benefit, as it gives a measurable sense of progress to see/hear yourself in different stages of development. All images and recordings will be archived, and you will be able to obtain a copy directly from your teacher. These may also be posted on our Facebook page, Youtube, Soundcloud, or other relevant social media sites, because we believe that good things are worth sharing. If you do not want your image/your children's image to be used online, please let us know now.

Acceptance

I have read and fully accept the terms of this agreement.

Signed by the teacher _____ Date _____

Signed by the student (or parent/guardian) _____ Date _____

Practice Schedule

Student _____ . Start Date ____/____/____.
 Teacher _____ . Location _____ .
 Phone _____ . Email _____ .

My Practice Schedule

Monday _____
 Tuesday _____
 Wednesday _____
 Thursday _____
 Friday _____
 Saturday _____
 Sunday _____

Minimum practice per day

*4 to 6 years - 10 mins *7 to 12 years - 20 mins

*Teens/Adults - 30 mins

Intro Week

1. 2. 3. 4. 5.

PRACTICE

| Month | Days | Min | Total | Min | Total | Min | Total | Min | Total |
|-------|------|-----|-------|-----|-------|-----|-------|-----|-------|
| Jan | 1 | | | | | | | | |
| Jan | 2 | | | | | | | | |
| Jan | 3 | | | | | | | | |
| Jan | 4 | | | | | | | | |
| Jan | 5 | | | | | | | | |
| Jan | 6 | | | | | | | | |
| Jan | 7 | | | | | | | | |
| Jan | 8 | | | | | | | | |
| Jan | 9 | | | | | | | | |
| Jan | 10 | | | | | | | | |
| Jan | 11 | | | | | | | | |
| Jan | 12 | | | | | | | | |
| Jan | 13 | | | | | | | | |
| Jan | 14 | | | | | | | | |
| Jan | 15 | | | | | | | | |
| Jan | 16 | | | | | | | | |
| Jan | 17 | | | | | | | | |
| Jan | 18 | | | | | | | | |
| Jan | 19 | | | | | | | | |
| Jan | 20 | | | | | | | | |
| Jan | 21 | | | | | | | | |
| Jan | 22 | | | | | | | | |
| Jan | 23 | | | | | | | | |
| Jan | 24 | | | | | | | | |
| Jan | 25 | | | | | | | | |
| Jan | 26 | | | | | | | | |
| Jan | 27 | | | | | | | | |
| Jan | 28 | | | | | | | | |
| Jan | 29 | | | | | | | | |
| Jan | 30 | | | | | | | | |
| Jan | 31 | | | | | | | | |
| Total | | | | | | | | | |



CHECKLIST

| Student Checklist | |
|--------------------------|--|
| Student | Teacher |
| Commencement | Expected Completion |
| <input type="checkbox"/> | A. Picking: Strady on exercise 1 at 80bpm. |
| <input type="checkbox"/> | B. Chords: 1 finger chords C, G, G. |
| <input type="checkbox"/> | C. Arpeggio: Strings 1, 2 & 3 using C, G, G progression. |
| <input type="checkbox"/> | D. Scales: G to G in the key of C. (4th, 2nd & 3rd strings). |
| <input type="checkbox"/> | E. Strumming: Strum all boxes 4 measures from G4 Rhythms book. |
| <input type="checkbox"/> | F. Reading: Lessons 1 & 2 of Progressive Guitar Method Book 1. |
| <input type="checkbox"/> | G. Antral: Pick - Melodic direction: Rhythm - G4 Rhythms book lesson 1. |
| <input type="checkbox"/> | H. Songs: Play from memory: 'Twinkle twinkle (G) ... 'Angie (Bb) (G) ... 'Happy Birthday (G) ... Teacher's choice: _____ |
| Comments | |
| A. Picking _____ | |
| B. Chords _____ | |
| C. Scales _____ | |
| D. Arpeggio _____ | |
| E. Strumming _____ | |
| F. Reading _____ | |
| G. Antral _____ | |
| H. Songs _____ | |
| General comments _____ | |



G4 **GUITAR** Daily Practice

SKILLS

Picking: Practice picking patterns according to current checklist.

Chords: Practice current chords, chord change or progressions.

Arpeggios: Practice arpeggio patterns according to current checklist.

Scales: Practice scales in small sequences. E.g. 3 notes at a time.

Rhythm: Remember 1. Tap/clap 2. Muted strum 3. Chords

Reading: Use 4 steps. 1. Listen 2. Rhythm 3. Melody 4. Combine.

Aural & Theory: Work on current aural and theory exercises.

SONGS

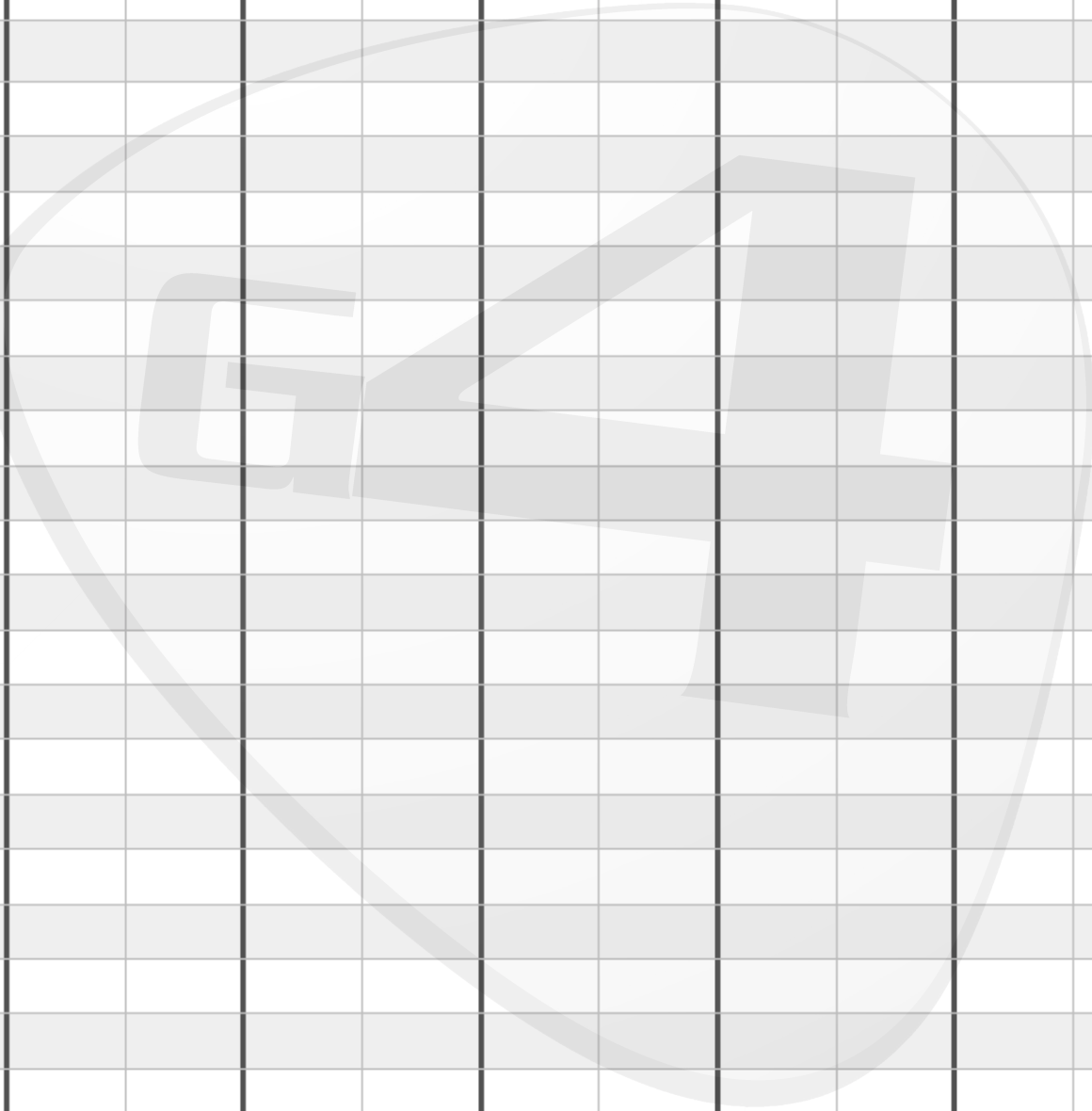
- Current Songs. Focus on no more than 6 songs at a time.
- Ultimate Song List. List the songs you hope to eventually play.

REMEMBER

- Practice Log. Always record your practice time in your Practice Log.
- Slowly. Practice with a metronome and begin slow.
- Mirror. Avoid looking directly at your hands. Use a mirror.
- Routine. Stick to a schedule.
- Do Not Disturb. Practice in a quiet place without interruptions.
- Be Patient. Results will not come immediately.
- Stay Motivated. Talk to your teacher.
- Stick To The Program. Refer to this sheet every day.
- Skills & Songs. 75% skills work, then work on songs.

| Month | | | | | | | | | | |
|--------------|------|-------|------|-------|------|-------|------|-------|------|-------|
| Date | Mins | Total | Mins | Total | Mins | Total | Mins | Total | Mins | Total |
| 1st | 20 | | | | | | | | | |
| 2nd | 20 | 40 | | | | | | | | |
| 3rd | 30 | 70 | | | | | | | | |
| 4th | | | | | | | | | | |
| 5th | | | | | | | | | | |
| 6th | | | | | | | | | | |
| 7th | | | | | | | | | | |
| 8th | | | | | | | | | | |
| 9th | | | | | | | | | | |
| 10th | | | | | | | | | | |
| 11th | | | | | | | | | | |
| 12th | | | | | | | | | | |
| 13th | | | | | | | | | | |
| 14th | | | | | | | | | | |
| 15th | | | | | | | | | | |
| 16th | | | | | | | | | | |
| 17th | | | | | | | | | | |
| 18th | | | | | | | | | | |
| 19th | | | | | | | | | | |
| 20th | | | | | | | | | | |
| 21st | | | | | | | | | | |
| 22nd | | | | | | | | | | |
| 23rd | | | | | | | | | | |
| 24th | | | | | | | | | | |
| 25th | | | | | | | | | | |
| 26th | | | | | | | | | | |
| 27th | | | | | | | | | | |
| 28th | | | | | | | | | | |
| 29th | | | | | | | | | | |
| 30th | | | | | | | | | | |
| 31st | | | | | | | | | | |
| Total | | | | | | | | | | |
| | | | | | | | | | | |

Practice Log



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Student Checklist

Student _____ . Teacher _____ .

Commencement ___/___/_____. Expected Completion ___/___/_____.

G4 GUITAR SENIOR Level 1

- A. Picking: Steady on exercises 1 to 5 at 80bpm.
- B. Chords: C, D, G, Am, Em. 60bpm
- C. Arpeggios : Chords above in 4/4 at 60bpm.
- D. Scales: Open C major, G major and Em pentatonic. 60bpm
- E. Strumming: Lessons 1 & 2 exercises from G4 Rhythm book. 60bpm
- F. Reading: Lessons 1 to 3 of PGM Bk1. 1.__ 2.__ 3.__
- G. Aural: Pitch - Direction. Up, Down, Same. Rhythm - Recognise exercises from G4 Rhythm book lessons above.
- H. Songs: Play songs from memory. Pretty Woman ____. Smoke on the water _____. Knockin' on Heaven's door _____. Teacher's choice _____.

Comments

A. Picking _____

B. Chords _____

C. Arpeggios _____

D. Scales _____

E. Strumming _____

F. Reading _____

G. Aural _____

H. Songs _____

General comments _____

G4 GUITAR METHOD © Explained

We want to put the student in control of their learning experience. Knowing how much you need to practice and what to practice gives you the clarity you need to stay focused. We achieve this via clearly defined goals and a plan to get you there. Most guitar students when asked what is the goal say “to be able to play guitar”. That is not a clearly defined goal. To play “Smoke on the Water” is an example of a clearly defined goal. Our goals are clear and specific and are backed up with a tested and proven plan. The **G4 GUITAR METHOD**© is based on the following;

The Levels (The Goals) - Specific skills and songs you need to learn for each stage of your learning.

The Daily Practice sheet (The Plan) - This will remind you each day of what and how you should be practicing.

Checklists (Progress Tracking)- To be ticked off by your teacher on a successful completion of a skill or song.

Practice log (Time Investment) - To be filled in so you and your teacher can monitor your investment of time.

The **G4 GUITAR METHOD**© was developed primarily for students who want to continually improve their skills on the guitar no matter what their current level. This is achieved in the following ways;

Skills. Skill development should be part of your daily practice routine. By understanding and focusing on the skills you will continually improve.

Practice. The **G4 GUITAR METHOD**© is about building effective practice routines. Always focus on quality practice not just quantity.

Motivation. Motivation is critical to long term success in anything. We work at keeping you motivated but ultimately we want to teach you how to motivate yourself. A good tip is to keep a diary and note down the times you feel motivated and why.

Progress. The **G4 GUITAR METHOD**© tracks student progress via checklists. We have certain expectations. Teachers are able to report any challenges to the Program Director (David Hart) at which time recommended solutions will be offered.

Upgrades. In most music stores you can find a range of guitar methods that were written by guitarists years ago. These methods are rarely upgraded and do not monitor your progress. The **G4 GUITAR METHOD**© is about combining past wisdom with new findings. This means we will at times make upgrades to ensure our teaching methods are always current.

Results. The **G4 GUITAR METHOD**© if followed will guarantee you results. The early stages are the most difficult as they are about foundation building. The secret to success on guitar is patience, persistence and following the method.

Certified **G4 GUITAR METHOD© teacher.** We recommend you seek a Certified **G4 GUITAR METHOD**© teacher for best results.

Practice

The key to success on guitar is establishing the routine of practice. How much practice you do and the quality of that practice will ultimately dictate your rate of progress. To help you to practice we have provided a practice log and a brief outline of what to expect from your practice. This is only a guideline of course but it's a good starting point.

10 minutes a day is the minimum you need if you hope to succeed.

The reason for this is that to remain motivated to practice you need to see some progress. Students who average less than 10 minutes are very unlikely to continue long term. We don't want to sound pessimistic, but it's a statistical reality. In other words without any real progress overtime students lose confidence in their ability and eventually give up.

The term 'deliberate practice' refers to practicing with a clear purpose, e.g. The G4 GUITAR Checklist items. Deliberate practice should never be confused with playing the guitar. Just sitting and playing guitar for 10 minutes is not enough. Deliberate practice means you need to be developing your playing in a particular direction. Your practice time only counts if it is deliberate practice.

Children must have the assistance of a parent in the first 6 to 12 months. This means a parent is required to sit with their child during practice and guide them through it, assisting where necessary. If a child (especially a young child) is left to practice alone it will prove very difficult, usually resulting in them losing confidence and eventually giving up. Over time they will gain the ability to practice alone.

The following guide will give you an idea of what to expect from your daily practice over a 10 year period.

| Daily | Monthly | 10 years | Expectation |
|----------|-----------|--------------|-------------------------|
| 5 mins | 150 mins | --- | Will usually give up |
| 10 mins | 300 mins | 600 hours | Novice |
| 20 mins | 600 mins | 1,200 hours | Semi pro |
| 40 mins | 1200 mins | 2,400 hours | Teacher |
| 80 mins | 2400 mins | 4,800 hours | Respected professional |
| 167 mins | 5000 mins | 10,000 hours | Elite session guitarist |

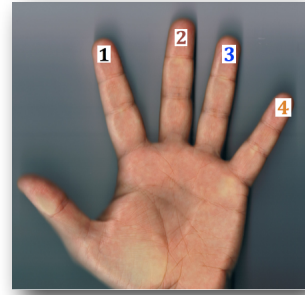
Motivation

The number one reason most people quit guitar is simply due to a lack of motivation. Knowing how to stay motivated is perhaps the 8th Essential Skill of learning to play guitar. Here are some tips on staying motivated.

- 1. Commit to daily practice.** You might be saying that committing to daily practice is hardly inspirational but I can assure you the more consistent you are the more inspired you will become. You will feel yourself improving and even the smallest incremental improvements are inspiring.
- 2. Listen to more guitar music.** Think of your brain as having several different personalities all with their own agendas and all competing for your attention. Listening to guitar music is likely what inspired you in the first place so listening to inspiring guitar music will switch on that part of the brain that wants to practice guitar.
- 3. Learn with a friend.** When you share the experience of learning guitar its not only more fun but you have someone who will keep guitar top of mind. They say the biggest challenge with most things is keeping it front and centre. If you are learning by yourself its easy to forget to practice but if you and a friend are learning together it will come to mind a lot more often.
- 4. Check out guitar performances.** When I attend a performance from a favourite guitarist or guitar band I can confidently say my inspiration to practice is at its highest. I have at times come home from watching concerts at 1AM and sat up all night practicing. Seeing a good concert even once every few months is enough to keep most people inspired.
- 5. Learn with a teacher.** I can say without a doubt that my first guitar teacher made the difference between failure and success. He kept me inspired from week to week often when I was ready to throw in the towel. I remember quite clearly how I felt after each lesson. Some weeks I would go in feeling frustrated and ready to quit but by the end of the lesson I was pumped. If you seriously want to stay inspired find a great teacher.
- 6. Follow us.** We've mentioned that progress, however small, can motivate you to continue. The problem is that this progress can be hard to notice day by day. Use a metronome and periodically record your fastest speeds to discover and track your progress over time. This proof of success will motivate you to continue as you will realise you are getting closer to your goal.

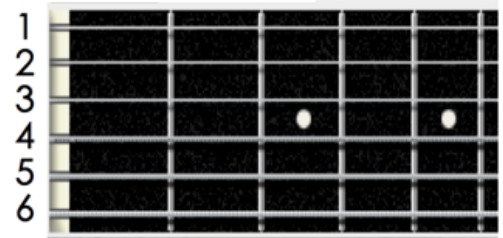
Fingers

Fingers are numbered 1 to 4 on both hands. Thumb is referred to as T.



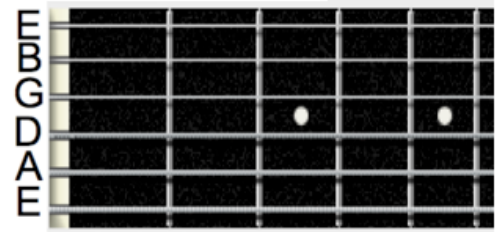
Strings

Strings are numbered from 1 to 6 with 1 being the thinnest.



String names

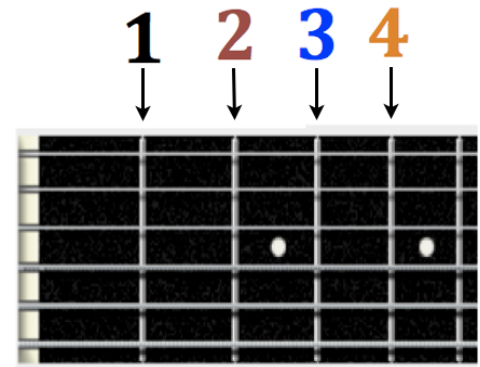
Each string has a corresponding note name. Easily memorise with the following.



Easter **B**unny **G**oes **D**riving **A**t **E**aster !

Frets

Frets are numbered from 1 near the nut to 18 or more near the body.



Music Alphabet

In music there are 7 alphabetic names used for naming notes.

A B C D E F G

Picking

Technique

- Hold pick between thumb and index finger
- Brace your picking hand with some or all of your remaining fingers.
- Hold the pick firm at 90 degrees to the guitar picking from the wrist in small motions.
- Begin slowly, stay close to strings while picking with the tip of the pick.

Picking exercises

Ex.1. 6 6 Ex.2. 6 5 Ex.3. 6 5 Ex.4. 6 5 Ex.5. 5 6
 DU DU UD DD UU

Numbers = string number. Letters = picking direction. D =Down U = Up.

Remember

- Focus. Spend time every practice session improving your picking technique. Good picking technique improves your overall sound and confidence.
- Accuracy. Practice slowly with a metronome by isolating your picking hand at first. Get control of the pick before attempting to play fast. You must be able to keep time with a metronome.
- Riff. Focus on the picking pattern of a riff. (Forget the left hand).

Directional picking

This is a method of picking where you alternate your picking when on the same string, pick down when crossing from a low pitch string to a high pitch string and pick up when crossing from a high to a low.

Comments

Avoid soft picks. Medium to hard. In the early stages (first 12 months) of learning approximately 50% of your skills practice should be on picking. Quality picking is the foundation to great guitar playing.

Picking Exercises

1 2 3 4

TAB
0-0-0-0-0-0-0-0

5 6 7 8

TAB
0-0-0-0-0-0-0-0

9 10 11 12

TAB
0-0-0-0-0-0-0-0

13 14 15 16

TAB
0-0-0-0-0-0-0-0

17 18 19 20

TAB
0-0-0-0-0-0-0-0

Chords

Technique

- Use the tips of your fingers to hold down strings.
- Place fingers close to the fret.
- Thumb should support the fingers.
- Play each string one at a time to ensure every note is clear.

Remember

- Reflex. Learning chords is about creating a reflex action. Practice new chords until automatic. Use the golf putting technique.
- Thumb position. Generally speaking place thumb in the middle of the neck parallel to frets under your 2nd finger.
- The acronym **TFT** stands for **T**ip of the finger, close to the **F**ret, and **T**humb behind the neck.

Chord Boxes


Letter/number = chord name → **D⁷**

X = Do not play string. O = Play open string → **X X O**

Strings from left to right are 6, 5, 4, 3, 2, 1. →

Finger placement positions

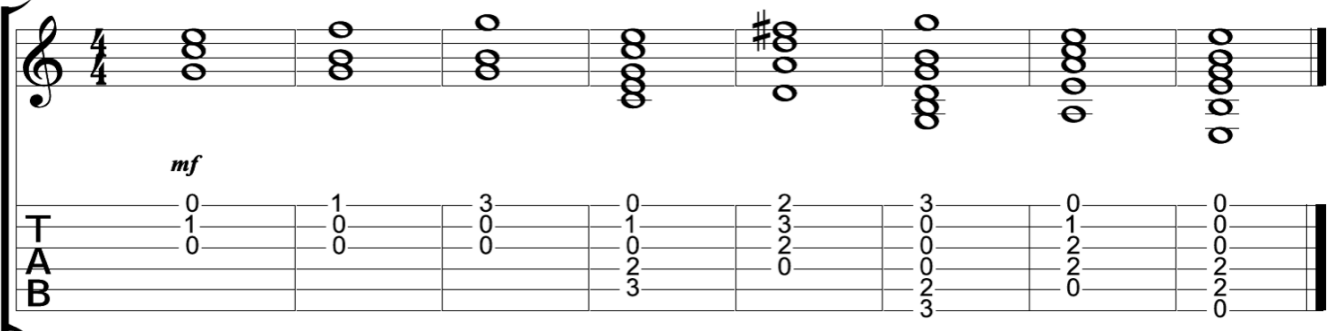
Finger numbers



C **G⁷** **G** **C** **D** **G** **Am** **Em**

X X X O O X X X O O X X X O O X O O O X X O O O O X O O O O O O O

1 1 3 3 2 1 1 3 2 2 1 3 2 3 1 2 3



mf

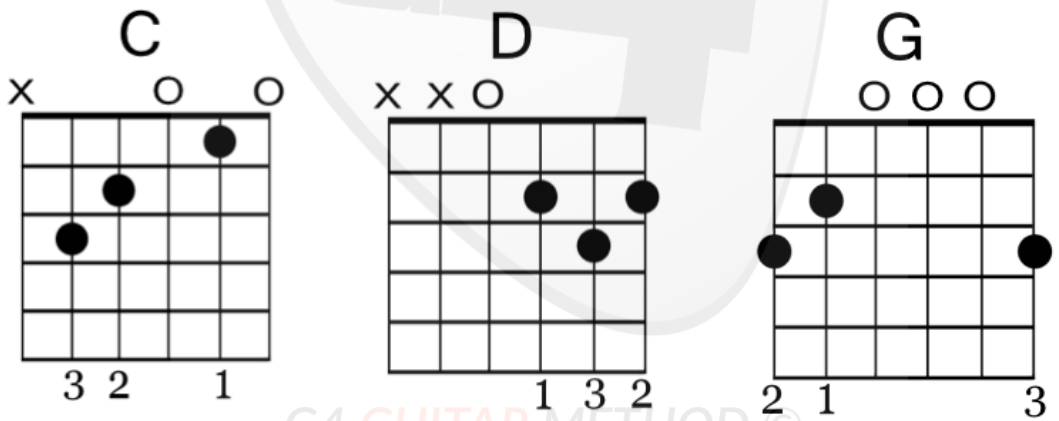
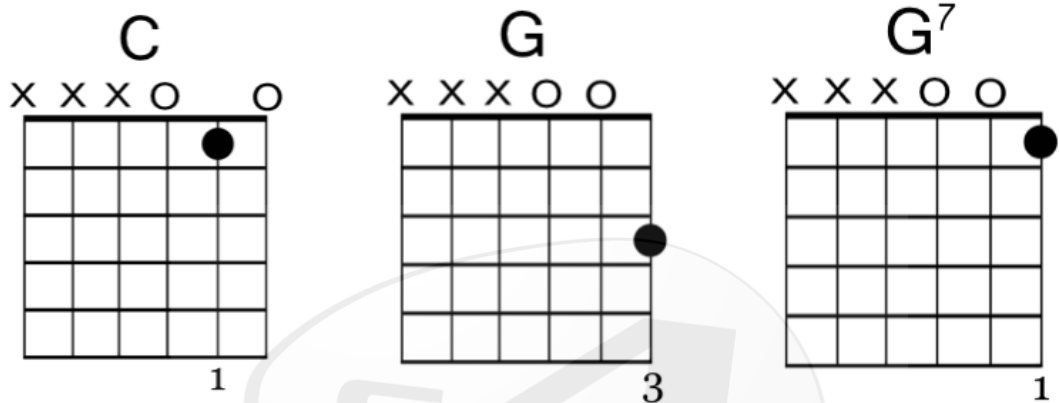
T 0 1 3 0 2 3 0 0

A 1 0 0 1 3 0 0 1

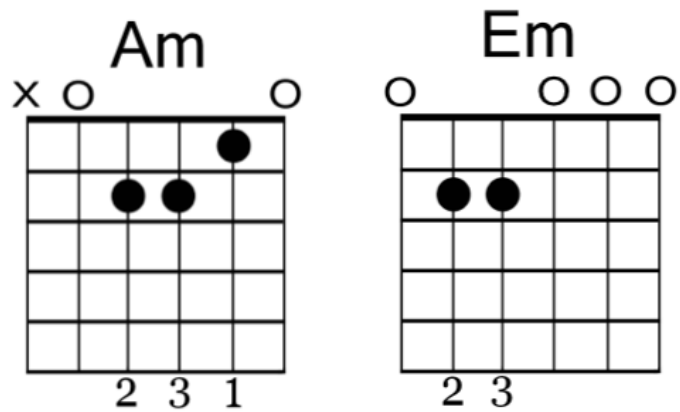
B 0 0 0 0 0 0 0 0

3 2 0 2 3 2 2 2

Level 1 Chords



G4 GUITAR METHOD ©
www.g4guitarmethod.com



Arpeggios

Technique

- Apply directional picking for efficiency.

Definition

Arpeggios are the notes of a chord played in succession. Examples can be found in most styles of music from Bach to The Beatles to Metallica and Taylor Swift. Arpeggios will give you the ability to play a broader range of songs. When you learn a new chord try learning at least one arpeggio based around the chord. Arpeggios should be practiced regularly. To develop your arpeggio playing begin by practicing picking only.

Remember

- **Options.** Practicing arpeggios will allow you to play many more songs.
- **Evenness.** A smooth flowing sound should be your goal.
- **Direction.** Pay close attention to the picking direction. Down or Up?

Exercises

- **Beginner.** Play the open strings in the following order G, B, E, B.
- **Intermediate.** A minor, C Major chords.
- **Advanced.** Refer to the G4 **GUITAR** Arpeggios Book.

Beginner

E minor (no bass)

mf

Harmonic

A minor

C major

mf

Melodic

C major

D major

A minor

mf

Arpeggio Types

Harmonic arpeggio

In this case you play each note of the arpeggio one at a time and allow each note to ring. The overall sound is similar to a chord.

Examples: 'Stairway to Heaven' by Led Zeppelin, 'Hotel California' by The Eagles and 'House of the Rising Sun' by The Animals.

Below is an example of a C major harmonic arpeggio. Note the let ring ———| which indicates each note is to be held.

Melodic arpeggio

As the name suggests, it should sound like a melody. This is achieved by playing only one note at a time. On guitar many riffs are based around arpeggios.

Examples: 'Pretty Woman' by Roy Orbison, 'Day Tripper' by The Beatles and 'Guitar Boogie' as recorded by Tommy Emmanuel.

Below is an example of a C major melodic arpeggio.

| Harmonic | Melodic |
|----------|---------|
| | |

Harmonic Arpeggio Patterns

1
mf
T
A B
B
0 0 0 0

1
mf
T
A B
B
0 0 0 0

1
mf
T
A B
B
0 0 0 0

1
mf
T
A B
B
0 0 0 0

1
mf
T
A B
B
0 0 0 0

1
mf
T
A B
B
0 0 0 0

1
mf
T
A B
B
0 0 0 0

1
mf
T
A B
B
0 0 0 0

1
mf
T
A B
B
0 0 0 0

1
mf
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A B
B
0 0 0 0

1
mf
T
A B
B
0 0 0 0

1
mf
T
A B
B
0 0 0 0

1
mf
T
A B
B
0 0 0 0

1
mf
T
A B
B
0 0 0 0

1
mf
T
A B
B
0 0 0 0

Melodic Arpeggios Level 1

C

Musical notation for the C major arpeggio. The treble clef staff shows a sequence of notes: C4 (quarter), E4 (quarter), G4 (quarter), B4 (quarter), C5 (quarter), A4 (quarter), and G4 (half). The guitar tablature below shows the fret numbers for each note: 3, 2, 0, 5, 0, 2, 3.

D

Musical notation for the D major arpeggio. The treble clef staff shows a sequence of notes: D4 (quarter), F#4 (quarter), A4 (quarter), B4 (quarter), D5 (quarter), F#4 (quarter), and D4 (half). The guitar tablature below shows the fret numbers: 5, 4, 2, 3, 2, 4, 5.

G

Musical notation for the G major arpeggio. The treble clef staff shows a sequence of notes: G4 (quarter), B4 (quarter), D5 (quarter), G5 (quarter), G4 (quarter), B4 (quarter), and G4 (half). The guitar tablature below shows the fret numbers: 0, 4, 3, 3, 3, 4, 0.

Am

Musical notation for the A minor arpeggio. The treble clef staff shows a sequence of notes: A4 (quarter), C5 (quarter), E5 (quarter), G5 (quarter), A5 (quarter), F5 (quarter), and A4 (half). The guitar tablature below shows the fret numbers: 5, 8, 7, 7, 7, 8, 5.

Em

Musical notation for the E minor arpeggio. The treble clef staff shows a sequence of notes: E4 (quarter), G4 (quarter), B4 (quarter), D5 (quarter), E5 (quarter), C5 (quarter), and E4 (half). The guitar tablature below shows the fret numbers: 0, 3, 2, 2, 2, 3, 0.

Scales

Technique

- Legato – Smooth and connected.
- Keep fretting hand finger tips close to the fretboard at all times.
- Refer to Chords *Technique for left-hand technique.

Remember

- Practicing scales improves technique, reading, speed, improvisation and aural skills.
- Evenness (quality not speed) is the goal when practicing scales.
- Stay aware of your picking technique as you practice the scale.

Exercises

- **Beginner.** Start on the first string notes **E, F & G**.
- **Intermediate.** Practice 2 or 3 note sequences at a time.
- **Advanced.** Explore modes.

Beginner G to G scale in the key of C also known as Mixolydian.

mf

T
A
B

0 1 3
0 1 3
0 2

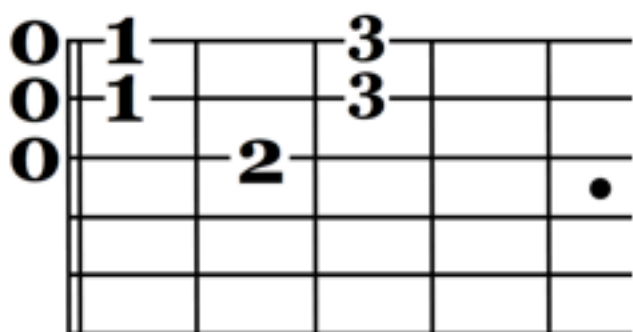
Scale Diagrams Level 1

What is a scale? Defined as a set of musical notes ordered by fundamental frequency or pitch. There are many different types of scales but we will be focusing on the most popular. These scales will be applicable to the majority of popular songs.

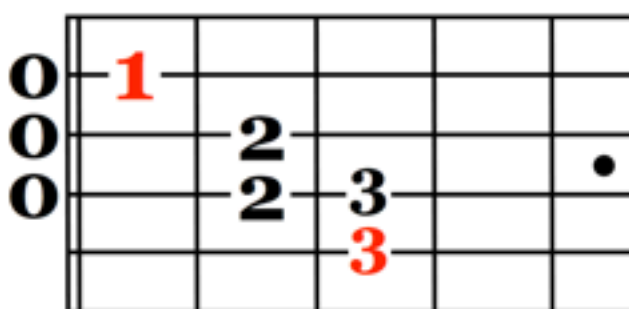
Why learn scales? They help prepare you for learning songs. Practicing scales will train your fingers to become familiar with common patterns used in songs. When it comes to learning a song you will be well prepared. Scales also help with music theory.

Scale diagrams. The 6 horizontal lines represent the strings and the vertical lines represent the frets. The numbers represent finger numbers. The red numbers represent the root note.

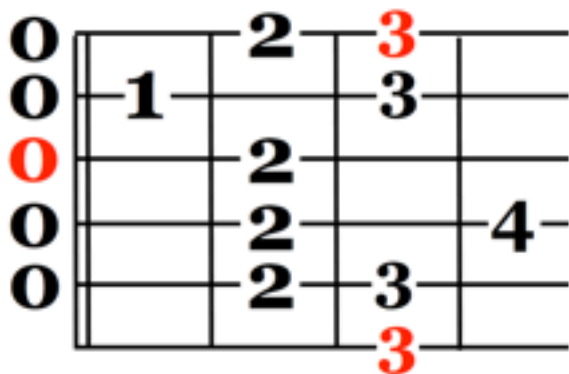
G to G (key of C)



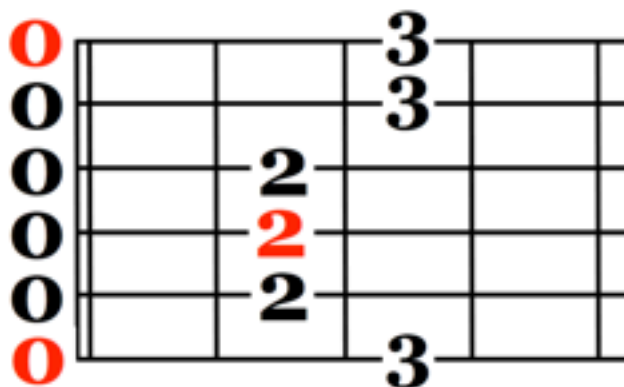
C major



G major




E minor pentatonic



Scales Level 1

 G to G (key of C) also known as a Mixolydian

Musical notation for the G to G scale (Mixolydian) in 4/4 time. The scale is shown in a single octave on a treble clef staff. The notes are G4, A4, B4, C5, B4, A4, G4. The tablature below shows the fret numbers for each note: 0, 2, 0, 1, 3, 0, 1, 3, 1, 0, 3, 1, 0, 2, 0.


 C major

Musical notation for the C major scale in 4/4 time. The scale is shown in a single octave on a treble clef staff. The notes are C4, D4, E4, F4, G4, A4, B4, C5. The tablature below shows the fret numbers for each note: 3, 0, 2, 3, 0, 2, 0, 1, 0, 2, 0, 3, 2, 0, 3.

 G major

Musical notation for the G major scale in 4/4 time. The scale is shown in a single octave on a treble clef staff. The notes are G4, A4, B4, C5, D5, E5, F#5, G5. The tablature below shows the fret numbers for each note: 3, 0, 2, 3, 0, 2, 4, 0, 2, 0, 1, 3, 0, 2, 3, 2.

Musical notation for the G major scale in 4/4 time, second octave. The scale is shown in a single octave on a treble clef staff. The notes are G5, A5, B5, C6, D6, E6, F#6, G6. The tablature below shows the fret numbers for each note: 0, 3, 1, 0, 2, 0, 4, 2, 0, 3, 2, 0, 3.

 E minor pentatonic

Musical notation for the E minor pentatonic scale in 4/4 time. The scale is shown in a single octave on a treble clef staff. The notes are E4, G4, A4, B4, D5. The tablature below shows the fret numbers for each note: 0, 3, 0, 2, 0, 2, 0, 3, 0, 3, 0, 2, 0, 2, 0, 2, 0, 3, 0.

Strumming/Rhythm

Technique

- Strumming arm motion is a combination of elbow and wrist.
- Follow the beat. Down on the beat/ Up off the beat. (Exceptions to be explained later)
- Smooth quick motion. Strum up on the same path as down.
- Begin in slow motion with a metronome.

Remember

- Listen to the sound you are creating. Does it sound clean and even?
- Accuracy. Do not try to go fast in the first few months.
- Evenness is paramount. Upstrokes should sound like downstrokes.
- Generally use downstrokes on the beat and upstrokes off the beat.

Exercises

- **Beginner:**
 1. Tap or clap out the exercise
 2. While muting the strings on your guitar strum through the exercise
 3. Using a chord play the rhythm and mute the strings on the rests.
- **Intermediate:** As above but use a challenging chord progression.
- **Advanced:** Try working with accents in various ways. If you are really serious take up drums to expand your ideas and understanding of rhythm.

Comments

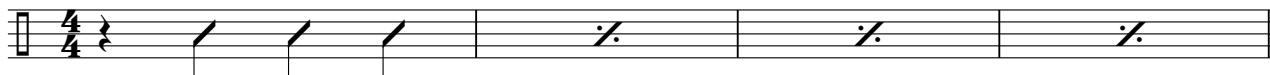
It's recommended that you practice with a metronome or drum beat at least some of the time. When you reach a certain level try practicing with a real drummer. The G4 **GUITAR** METHOD puts a strong emphasis on rhythm to avoid problems in the future. The G4 **GUITAR** Rhythm Book includes a range of progressive exercises for the beginner to intermediate guitarist and is available as a PDF from the Student Downloads

Rhythm Lesson 1 - Quarter Notes

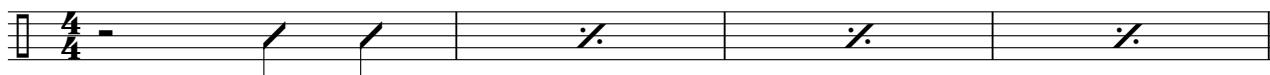
Ex.1 1 2 3 4



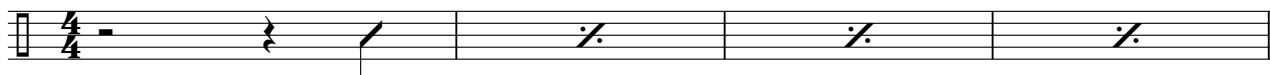
Ex.2



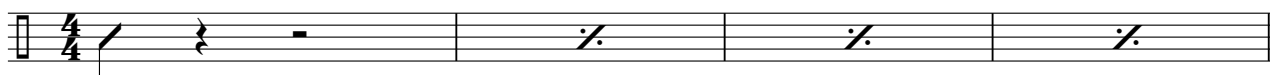
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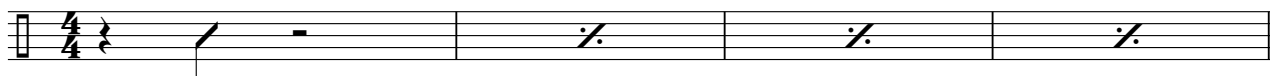
Ex.4



Ex.5



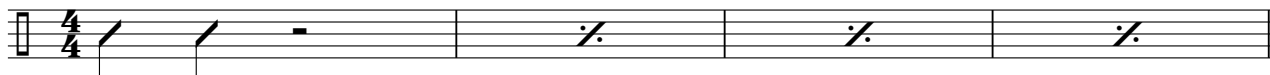
Ex.6



Ex.7



Ex.8



Ex.9



Ex.10



Ex.11

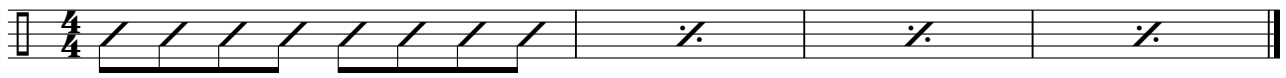


Ex.12



Rhythm Lesson 2 - Eighth Notes

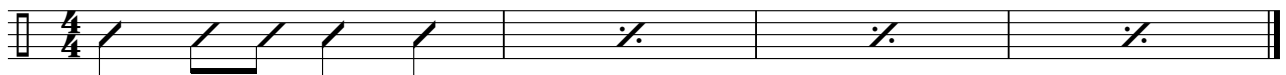
Ex.1 1 & 2 & 3 & 4 &



Ex.2



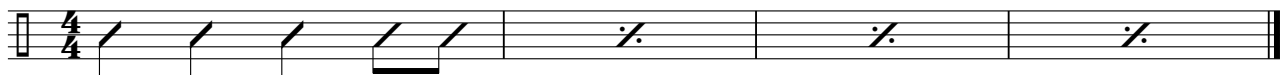
Ex.3



Ex.4



Ex.5



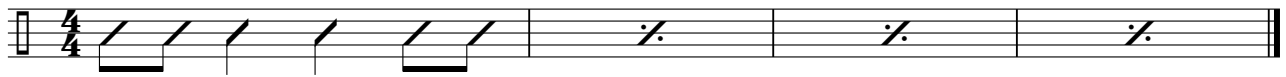
Ex.6



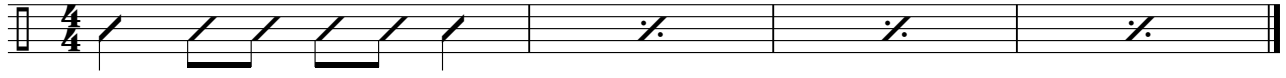
Ex.7



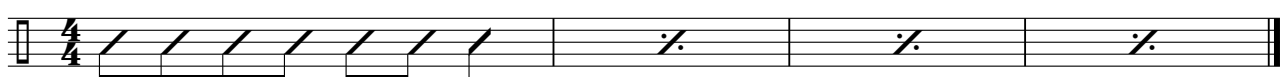
Ex.8



Ex.9



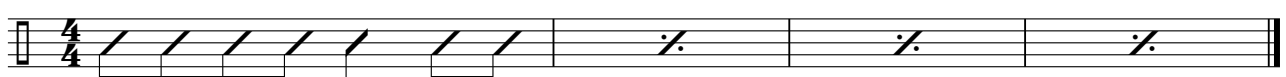
Ex.10



Ex.11



Ex.12



Reading

You will need a copy of the G4 **GUITAR** Chords & Reading Book to begin the reading exercises.

There are many reasons for learning to read music but for our purpose the goal is to learn to sight read. You should NOT try to memorise the exercises.

- **Lines**—Memorise **E**very **G**ood **B**oy **D**eserves **F**ruit (**A**nd Chocolate)
- **Spaces**— Spell the word **F A C E F A C E**

***DO NOT write the note names on the music.**

*Begin with scale practice before attempting your reading practice

4 Steps

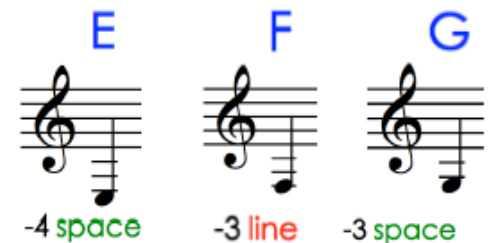
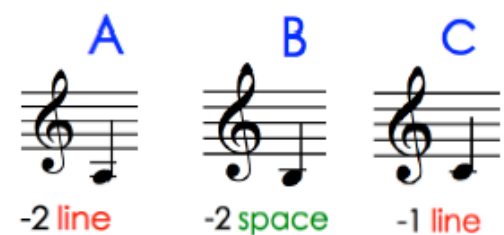
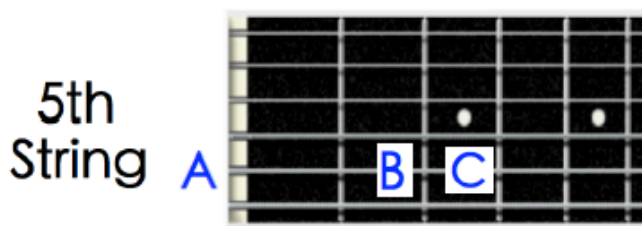
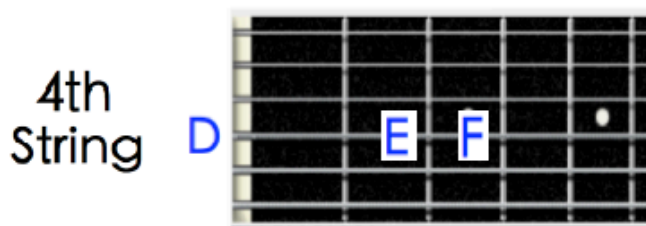
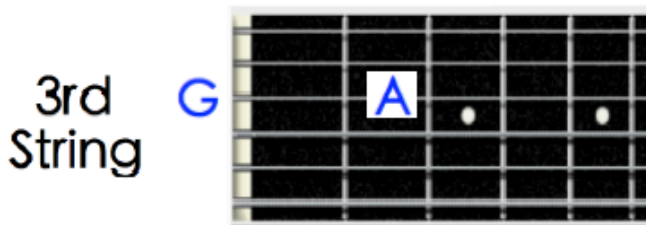
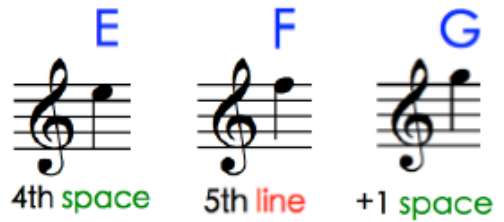
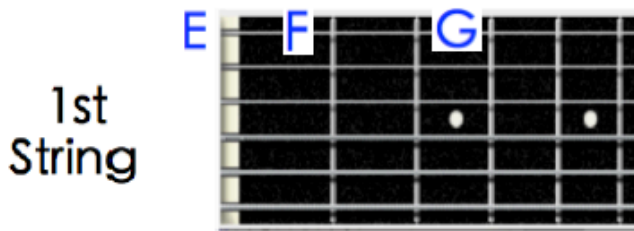
1. **Listen.** If possible listen to the song to get familiar with the melody. Is the melody going up, down or staying the same?
2. **Rhythm.** Begin by clapping the rhythm slowly and evenly with a metronome.
3. **Melody.** Sing the note names in time with the music then play the notes on the guitar slowly. Rhythm is not important at this stage.
4. **Combine.** When you are confident with the above steps combine the rhythm with the melody slowly until you can play in time with a metronome.

Remember

- Reading music is a requirement of the G4 Guitar certification.
- 5 to 10 minutes each day is all you need to keep improving.
- Keep your eyes on the music, NOT your hands.
- Follow the 4 steps each time. It really works!
- Look for other reading material. Try searching online.

Notes in first position

Below are the notes of all 6 strings in first position.



Aural

The importance of aural and theory

The goal of aural and theory training is to understand and interpret what you hear. In any language the two basic skills are listening and speaking. Music in this sense is a language. You want to be able to listen and understand what you are hearing and then be able to play (speak) it. Developing these skills will take time and persistence. The early stages can seem difficult but with regular practice it becomes easier. More importantly it will have a big impact on your playing and success as a guitarist.

Aural

Aural training is broken in to two basic categories. Rhythm and Pitch.

- **Rhythm** - Practice recognising rhythms. Using the G4 **GUITAR** Rhythm Book ask a friend to randomly clap one exercise and then you clap it back. As you improve you can increase the tempo or even combine exercises. There are literally thousands of possible combinations.
- **Pitch** - This can be either melodic (one note at a time) or harmonic (2 or more notes played simultaneously). It is best to start with melodic exercises and then move on to harmonic exercises. Again there are many possibilities.
- **Combine** - The last stage is to combine rhythm with pitch. This is of course the most difficult. When you hear a song it will almost always consist of rhythm and pitch so being able to hear, decipher and play back is the ultimate goal of aural training.

Theory

Learning music theory will in most cases accelerate your understanding of music. When we listen to music from a non-theoretical view point it can seem mysterious and even intimidating. A little theory will go a long way towards demystifying music which in turn will speed up the learning process. Music theory can actually compensate for a lack of aural ability. Knowing for instance that most songs revolve around a handful of standard patterns will allow you to narrow down the possible options.

Exercises

Grab a copy of the G4 **GUITAR** Theory Book for aural and theory exercises.

The G4 365 Day Challenge

The goal is to practice for 20 minutes a day for a total of 365 days. Cross off one day each time you complete a 20 minute practice session. Feel free to do more than one 20 minute session a day. When you complete the 365 days you will have done over 121 hours of practice and will be a confident guitar player.

| | | | | | | | | | | | | |
|----|----|----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|
| 1 | 31 | 61 | 91 | 121 | 151 | 181 | 211 | 241 | 271 | 301 | 331 | 361 |
| 2 | 32 | 62 | 92 | 122 | 152 | 182 | 212 | 242 | 272 | 302 | 332 | 362 |
| 3 | 33 | 63 | 93 | 123 | 153 | 183 | 213 | 243 | 273 | 303 | 333 | 363 |
| 4 | 34 | 64 | 94 | 124 | 154 | 184 | 214 | 244 | 274 | 304 | 334 | 364 |
| 5 | 35 | 65 | 95 | 125 | 155 | 185 | 215 | 245 | 275 | 305 | 335 | 365 |
| 6 | 36 | 66 | 96 | 126 | 156 | 186 | 216 | 246 | 276 | 306 | 336 | |
| 7 | 37 | 67 | 97 | 127 | 157 | 187 | 217 | 247 | 277 | 307 | 337 | |
| 8 | 38 | 68 | 98 | 128 | 158 | 188 | 218 | 248 | 278 | 308 | 338 | |
| 9 | 39 | 69 | 99 | 129 | 159 | 189 | 219 | 249 | 279 | 309 | 339 | |
| 10 | 40 | 70 | 100 | 130 | 160 | 190 | 220 | 250 | 280 | 310 | 340 | |
| 11 | 41 | 71 | 101 | 131 | 161 | 191 | 221 | 251 | 281 | 311 | 341 | |
| 12 | 42 | 72 | 102 | 132 | 162 | 192 | 222 | 252 | 282 | 312 | 342 | |
| 13 | 43 | 73 | 103 | 133 | 163 | 193 | 223 | 253 | 283 | 313 | 343 | |
| 14 | 44 | 74 | 104 | 134 | 164 | 194 | 224 | 254 | 284 | 314 | 344 | |
| 15 | 45 | 75 | 105 | 135 | 165 | 195 | 225 | 255 | 285 | 315 | 345 | |
| 16 | 46 | 76 | 106 | 136 | 166 | 196 | 226 | 256 | 286 | 316 | 346 | |
| 17 | 47 | 77 | 107 | 137 | 167 | 197 | 227 | 257 | 287 | 317 | 347 | |
| 18 | 48 | 78 | 108 | 138 | 168 | 198 | 228 | 258 | 288 | 318 | 348 | |
| 19 | 49 | 79 | 109 | 139 | 169 | 199 | 229 | 259 | 289 | 319 | 349 | |
| 20 | 50 | 80 | 110 | 140 | 170 | 200 | 230 | 260 | 290 | 320 | 350 | |
| 21 | 51 | 81 | 111 | 141 | 171 | 201 | 231 | 261 | 291 | 321 | 351 | |
| 22 | 52 | 82 | 112 | 142 | 172 | 202 | 232 | 262 | 292 | 322 | 352 | |
| 23 | 53 | 83 | 113 | 143 | 173 | 203 | 233 | 263 | 293 | 323 | 353 | |
| 24 | 54 | 84 | 114 | 144 | 174 | 204 | 234 | 264 | 294 | 324 | 354 | |
| 25 | 55 | 85 | 115 | 145 | 175 | 205 | 235 | 265 | 295 | 325 | 355 | |
| 26 | 56 | 86 | 116 | 146 | 176 | 206 | 236 | 266 | 296 | 326 | 356 | |
| 27 | 57 | 87 | 117 | 147 | 177 | 207 | 237 | 267 | 297 | 327 | 357 | |
| 28 | 58 | 88 | 118 | 148 | 178 | 208 | 238 | 268 | 298 | 328 | 358 | |
| 29 | 59 | 89 | 119 | 149 | 179 | 209 | 239 | 269 | 299 | 329 | 359 | |
| 30 | 60 | 90 | 120 | 150 | 180 | 210 | 240 | 270 | 300 | 330 | 360 | |

Who Are Your Guitar Heroes?

We all need inspiration to give us a sense of direction and one of the best ways is to find one or more guitar heroes. If you have one or more guitar heroes already, great. Write them down in one of the blank spaces below. If not, your assignment is to research famous guitarist or listen to some of the players below and pick from the list. There's no right or wrong answer. Pick who you like, and have fun checking out some cool music!

- Andres Segovia
- Antonio Carlos Jobim
- BB King
- Billie Joe Armstrong
- Bonnie Raitt
- Bucky Pizzarelli
- Charlie Christian
- David Gilmour
- Ed Sheeran
- Eddie Van Halen
- Eric Clapton
- Frank Gambale
- George Benson
- George Harrison
- Guthrie Govan
- Irwin Thomas aka Jack Jones
- James Bay
- James Valentine
- Jimi Hendrix
- Jimmy Page
- Joan Jett
- John Mayer
- John Petrucci
- John Pizzarelli
- John Williams
- Julian Bream
- Lionel Loueke
- Lita Ford
- Michael Landau
- Orianthi Panagaris
- Paul Gilbert
- Randy Rhoads
- Robert Johnson
- Ron Eschete
- Sister Rosetta Tharpe
- Slash
- Steve Lukather
- Steve Morse
- Stevie Ray Vaughn
- Taylor Swift
- Wes Montgomery

My Guitar Heroes

1. _____
2. _____
3. _____
4. _____