

Beginner Guitar Practise- 20 Minutes, 5 Days a Week – Minimum!

As a student of mine, I expect no less than 20 minutes of practice per day for 5 days of the week. Do not practice on your two busiest days. This can even be 5 x 4 minute blocks (maybe AM and PM). You **MUST** remain focused during your practice so pick the same time(s) every day that does not conflict with meals, your favourite TV programs, homework, chores, showering or anything else that can interrupt your concentration. Tell your family not to disturb you.

LISTEN for and correct all dead or buzzing notes and watch your posture and your grip on the pick. Don't cock your strumming hand wrist!

After you have completed the sections below then, and only then should you play some songs. After all, a song is just the final product of all the above components.

Later I will introduce more scales, chords and techniques. Good luck & have fun!

4 Minutes of -

Beginners Chords-

Do NOT go across the page. **SLOWLY arpeggiate** all chords on the sheet from the correct root note. Maybe start at A and go down the column and up the next column one day and start at G7 the next day going up the column and down the next. No dead notes allowed! (Use flashcards as a game or when you don't have a guitar to keep your brain stimulated!)

Rhythms -

Strum (mainly from the elbow) with a shallow swing (about rosette size) holding the pick loosely using the **strumming grip** (relax right hand fingers 3 and 4) Mute all strings with a relaxed left hand. Use the quaver rhythms sheet playing each example 4 times and move to the next example on beat 1. If you make a mistake you must wait for beat 1 before continuing. Use my MP3 as a guide.

Power Chords-

Play ALL power chords from your power chord sheet ensuring you play the correct amount of strings. Down the column and up the next. (**Use the Rock grip** with relaxed 2nd, 3rd & 4th right hand fingers and keep your palm near the bridge – push with the thumb)(mute with either left hand thumb or 1st and 4th finger if possible when required)

Barre Chords -

Starting at 5th position, **SLOWLY arpeggiate** 6 strings for E, and Em shapes and 5 strings for A and Am shapes. Try moving to 4th position and do the same exercise. Do not continue until all notes are clear for all shapes!

Scales -

Using the rock grip play your moveable Major and minor scale patterns **using alternate up and down strokes** and make sure you are using the correct fingers on the left hand and finger tips. Play pattern 1 of your Major and minor pentatonic scales trying not to look at your left hand. Try some hammer ons and pull offs.