

# Intermediate Guitar

## 30 Minutes, 5 Days a Week – Minimum!

As a student of mine, I expect no less than 30 minutes of practice per day for 5 days of the week. This can even be 2 x 15 minute blocks (AM & 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 you are unavailable! Remember to LISTEN for dead or buzzing notes and watch your posture and your grip on the pick. Don't cock your wrist!

4 Minutes of -

- Chords- Arpeggiate all beginner chords from the correct root note randomly picking a chord from each row and do so until all chords have been played. Play all Major 7<sup>th</sup> chords. No Dead Notes!
- Power Chords- Play all power chords from your power chord sheet ensuring the correct amount of strings are played. Select random chords as above (Use the Rock grip with relaxed 2<sup>nd</sup>, 3<sup>rd</sup> & 4<sup>th</sup> right hand fingers and keep your palm near the bridge – rotate the skewer!)
- Barre Chords - Starting at 5<sup>th</sup> position, SLOWLY arpeggiate 6 strings for E, Em, E7 and Em7 shapes and 5 strings for A, Am, A7 and Am7 shapes. Try to barre a C chord shape (5 strings) Do not move on 'til all chords have no dead notes. If no dead notes occur then move position down and up the neck and repeat.
- Scales - Play all your open scales using alternate up and down strokes and make sure you are using the correct fingers. Play both patterns of the moveable minor and Major scales. Play ALL 5 patterns of your minor and /Major pentatonic scales ascending through one and descending through the next. Use some techniques listed below.
- Techniques - Practice your hammer ons, pull offs, trills, slides, bends (standard, pre bent and repicked)with vibrato, double stop bends, octaves, harmonics (mainly artificial) and palm muting. Keep your right wrist flat and down near the bridge)
- Rhythms - Mute all strings with a relaxed left hand and strum using the strumming grip working through the semiquaver sheet. Play each example 2 times proceeding to the next example on beat 1. If you make a mistake you must always wait for beat 1 before you recommence.

After you have completed the above competently; then, and only then should you play a song. After all, a song is just the final product of all the above areas. Good luck and have fun!