

Date Started: \_\_\_\_\_

## WARM UP: "Left Hand"

- Finger Lifts (5<sup>th</sup> Position / 1<sup>st</sup> & 2<sup>nd</sup> string)
- Finger Swaps (5<sup>th</sup> Position / 1<sup>st</sup> & 2<sup>nd</sup> string)
- Slurs (Hammer On's)
- Sliding (Octaves)

5-10min

## CHORDS:

- Chord Memorization with diminution:
  - C / Am / Dm / G
  - D / Bm / A / G
- Barring Exercise: 5<sup>th</sup> Position
- Modulating Barr: 5<sup>th</sup> position to the 10<sup>th</sup> position

5-10min

## WARM UP: "Right Hand"

- Alternating (No repeats / all strings)
- Alternating Bursts (No repeats / all strings)
- Strumming (Simple patterns ONLY)
- Beginner Arpeggio Exercise (Broken Chords)

5-10min

## NEW TECHNIQUE & SIGHT READING:

- Understanding simple notation.
- What is tablature?
- Sliding
- Hammer On

5-10min

## WARM UP: "Syncing Hands"

- Fret Ascending and Descending (5<sup>th</sup> position / 3<sup>rd</sup> string / simplified and complex counting)
- Adjacent Finger Exercise (5<sup>th</sup> position / all strings)
- Semi-Chromatic Bursts (9<sup>th</sup> position)

5-10min

## IMPROVISATION:

- Find a backing track in C Major or A minor.
- Groove 1 note, then 2, then 3 and then consider a conversation between strings, finally free your fingers.
- Attempt switching between pentatonic, major and minor scales.

10-20min

## SCALES:

- Chromatic Scale (Open position)
- Pentatonic Scale (G Shape- by 4's, 3's, 2's and 1's / 5<sup>th</sup> Position / 6<sup>th</sup> String)
- Major Scale (1 octave / 3notes per string)
- Minor Scale (1 octave / 3notes per string)

10-20min

## MUSIC:

- Rules to follow:

1. Know the music well.
2. Be realistic but optimistic
3. Strum along first to map the structure
4. identify the most difficult section, start there
5. Allow anywhere between 2wks-6months

NO LIMIT