

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 / Pull off's)
- Sliding (Octaves / Returns)
- Ascending & Descending

5-10min

## CHORDS:

- Basic Natural Major & minor Chords memorized.
- Basic Power Chords
- Progression Diminution:(Any Key)
  - Major: I – vi – ii – V - I
  - I – V – IV – V – I
  - I – IV – V – I

10-20min

## WARM UP: "Right Hand"

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

5-10min

## NEW TECHNIQUE & SIGHT READING:

- Understanding simple and complex subdivisions between sixteenth, eighths, quarters, half and wholes.
- Level 1 Sight Reading on OPEN and 5<sup>th</sup> Positions
- Simple Bends (Note Matching)
- Simple Sweep Arpeggios (Right Hand then Left)

20-30min

## 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 / include Hammer on's)
- Semi-Chromatic Bursts (Any position)
- Strumming (Muting)

5-10min

## IMPROVISATION:

- Rules to follow:
  1. Listen to the track
  2. Identify the Key
  3. Visualize a map on the fretboard
  4. Consider a Dialogue
  5. Play (Rhythm has precedence)

10-20min

## SCALES:

- Chromatic Scale (Open position / 5<sup>th</sup> position)
- Pentatonic Scale (C Shape / A Shape / G Shape / E Shape / D Shape)
- Major Scale (1 octave all strings / connecting / conventional and 3notes per string as well)

10-20min

## MUSIC:

NO LIMIT

- 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