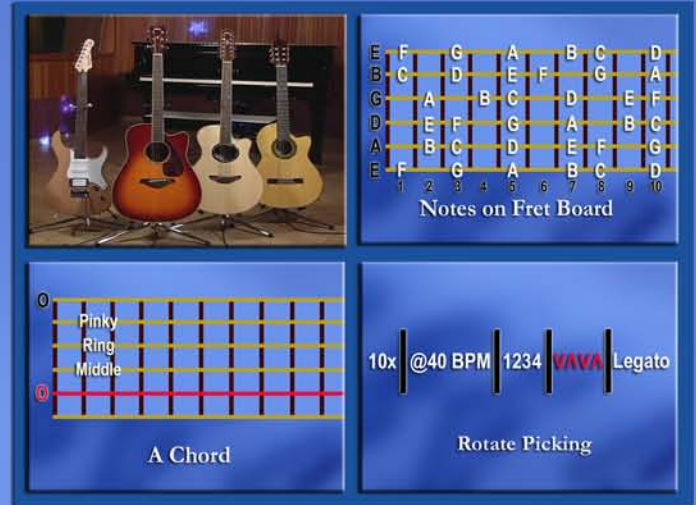


Week One - Practice Plan

Suggested Viewing

Lessons 1 - 6
Harmonics
Musical Alphabet
Stacatto / Legato



Practice Examples

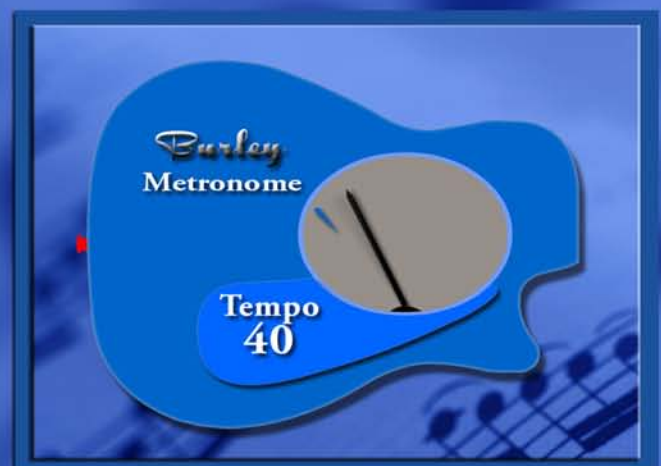
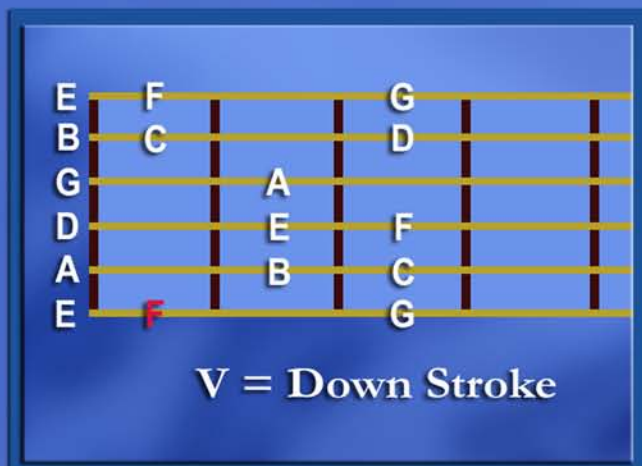
Natural Scale

10 X @ 40 BPM V V V V LEGATO

10 X @ 60 BPM V V V V LEGATO

10 X @ 40 BPM V Λ V Λ LEGATO

10 X @ 40 BPM V V V V STACATTO



Week Two - Practice Plan

Suggested Viewing

Lesson 7
Musical Alphabet
Stacatto / Legato



Practice Examples

Natural Scale

10 X	@	60 BPM	VVVV	LEGATO
10 X	@	80 BPM	VVVV	LEGATO
10 X	@	60 BPM	VΛVΛ	LEGATO
10 X	@	60 BPM	VΛVΛ	STACATTO

5678 Practice

10 X	@	40 BPM	1234	VVVV	LEGATO
10 X	@	60 BPM	1234	VVVV	LEGATO
10 X	@	40 BPM	1324	VVVV	LEGATO
10 X	@	40 BPM	1234	VΛVΛ	LEGATO

Week Three - Practice Plan

Suggested Viewing

Lessons 8 - 9

Musical Alphabet

Reading Sheet Music

Looping



Practice Examples

Natural Scale

10 X	@	80 BPM	VVVV	LEGATO
10 X	@	100 BPM	VVVV	LEGATO
10 X	@	80 BPM	VΛVΛ	LEGATO
10 X	@	80 BPM	VΛVΛ	STACCATTO

5678 Practice

10 X	@	60 BPM	1234	VΛVΛ	LEGATO
10 X	@	60 BPM	1324	VΛVΛ	LEGATO
10 X	@	80 BPM	1234	VVVV	LEGATO
10 X	@	60 BPM	1243	VVVV	LEGATO

Chord Practice

10 X	ADAD	@	40 BPM	VVVV	Whole Notes
10 X	ACAC	@	40 BPM	VVVV	Whole Notes
10 X	GCGC	@	40 BPM	VVVV	Whole Notes
10 X	EAEA	@	40 BPM	VVVV	Whole Notes

Week Four - Practice Plan

Suggested Viewing

Lessons 9

Musical Alphabet

Reading Sheet Music



Practice Examples

Natural Scale

- 10 X @ 100 BPM VVVV LEGATO
- 10 X @ 120 BPM VVVV LEGATO
- 10 X @ 100 BPM VΛVΛ LEGATO
- 10 X @ 100 BPM VΛVΛ STACCATTO

5678 Practice

- 10 X @ 60 BPM 1243 VΛVΛ LEGATO
- 10 X @ 80 BPM 2143 VΛVΛ LEGATO
- 10 X @ 60 BPM 2143 VΛVΛ STACCATTO
- 10 X @ 80 BPM 4123 VVVV LEGATO

Chord Practice

- 10 X ABAB @ 40 BPM VVVV Whole Notes
- 10 X EFEF @ 40 BPM VVVV Whole Notes
- 10 X ABCD @ 40 BPM VVVV Whole Notes
- 10 X EFGA @ 40 BPM VVVV Whole Notes

Week Five - Practice Plan

Suggested Viewing

Lessons 7 - 9

Hammer-ons & Pull-offs

Climbing

Musical Alphabet



Practice Examples

Natural Scale

10 X	@ 120 BPM	VVVV	LEGATO
10 X	@ 140 BPM	VVVV	LEGATO
10 X	@ 120 BPM	VΛVΛ	LEGATO
10 X	@ 100 BPM	V	HAMMER-ON

5678 Practice

10 X	@ 80 BPM	1324	VΛVΛ	LEGATO
10 X	@ 100 BPM	1324	VΛVΛ	LEGATO
10 X	@ 40 BPM	1234	VVVV	CLIMBING
10 X	@ 40 BPM	1234	VΛVΛ	CLIMBING

Chord Practice

10 X	Natural Chords	ADCDEFG	@ 60 BPM	Whole Notes
10 X	Sixth String Barre Chords		@ 40 BPM	Whole Notes
10 X	Fifth String Barre Chords		@ 60 BPM	Whole Notes
10 X	Sixth String Barre Chords		@ 40 BPM	Quarter Notes

Week Six - Practice Plan

Suggested Viewing

Lessons 10
Power Chords
Musical Alphabet



Practice Examples

Natural Scale

10 X @ 140 BPM VVVV LEGATO
10 X @ 160 BPM VVVV LEGATO
10 X @ 140 BPM VΛVΛ LEGATO
10 X @ 60 BPM VVVV Call out notes

5678 Practice

10 X @ 100 BPM 2134 VΛVΛ LEGATO
10 X @ 120 BPM 2134 VVVV LEGATO
10 X @ 140 BPM 1324 VΛVΛ LEGATO
10 X @ 160 BPM 1234 VVVV LEGATO

Chord Practice

10 X 6th String Power Chords FGABCDE @ 60 BPM Whole Notes
10 X 5th String Power Chords BCDEFGA @ 40 BPM Whole Notes
10 X 4th String Power Chords EFGABCD @ 60 BPM Whole Notes
10 X All 6th, 5th, 4th Power Chords @ 40 BPM Quarter Notes

Week Seven - Practice Plan

Suggested Viewing

Lessons 11

Drop 'D'



Practice Examples

Natural Scale

- 10 X @ 160 BPM VVVV LEGATO
- 10 X @ 180 BPM VVVV STACCATO
- 10 X @ 160 BPM VΛVΛ LEGATO
- 10 X @ 180 BPM VΛVΛ LEGATO

5678 Practice

- 10 X @ 120 BPM 2143 VVVV LEGATO
- 10 X @ 140 BPM 2143 VΛVΛ LEGATO
- 10 X @ 160 BPM 1234 VΛVΛ LEGATO
- 10 X @ 180 BPM 1234 VΛVΛ LEGATO

Chord Practice

- 10 X 6th String Power Chords FGABCDE @ 80 BPM Whole Notes
- 10 X 5th String Power Chords BCDEFGA @ 60 BPM Whole Notes
- 10 X 4th String Power Chords EFGABCD @ 80 BPM Whole Notes
- 10 X All 6th, 5th, 4th Power Chords @ 60 BPM Quarter Notes

Week Eight - Practice Plan

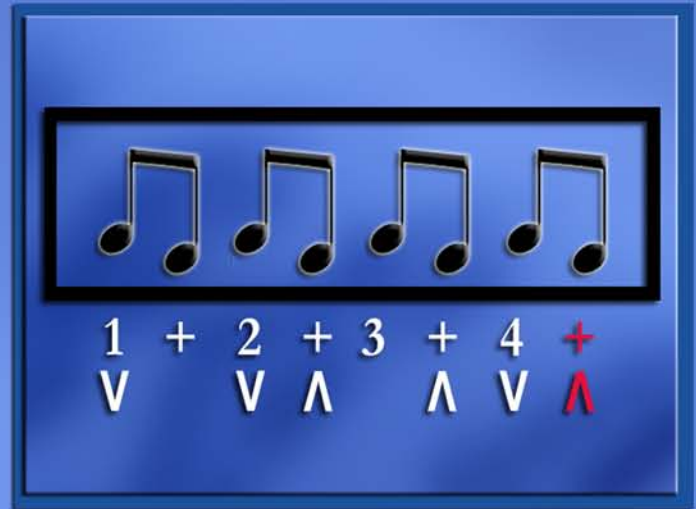
Suggested Viewing

Lessons 12

Review Library

Review Strumming Patterns

Review Picking Patterns



Practice Examples

Natural Scale

- 10 X @ 180 BPM V ^ V ^ LEGATO
- 10 X @ 180 BPM V ^ V ^ STACCATO
- 10 X @ 200 BPM V V V V LEGATO
- 10 X @ 200 BPM V ^ V ^ LEGATO

5678 Practice

- 10 X @ 140 BPM 2134 V V V V LEGATO
- 10 X @ 160 BPM 4213 V V V V LEGATO
- 10 X @ 180 BPM 1324 V ^ V ^ LEGATO
- 10 X @ 80 BPM 1324 V ^ V ^ CLIMBING

Chord Practice

- 10 X 1st Position Strum V V ^ ^ V ^ @ 60 BPM
- 10 X 1st Position Pick V V V ^ ^ ^ @ 60 BPM
- 10 X Natural Chords Strum V V V ^ ^ ^ @ 80 BPM
- 10 X Natural Chords Pick V V V ^ ^ ^ @ 80 BPM