

# Table of Contents

## GUITAR 101, BOOK 1

<b>Foreword</b> .....	4	<b>Unit 6: Melodies &amp; Chords</b> .....	48
<b>Technique and Reading Music</b> .....	5	Natural Notes on the 3rd String .....	48
<b>Unit 1: Introduction to Reading</b> .....	5	<i>Twinkle Twinkle Little Star</i> .....	49
Fundamentals of Reading Music: Pitch .....	5	Introduction to Chords .....	49
Rhythm: Basic Note Values .....	8	<i>When the Saints Go Marching In</i> .....	49
Time Signatures .....	9	<i>Amazing Grace No. 1</i> .....	50
Note Review .....	11	Theory: Building Chords .....	52
<b>Unit 2: Guitar Basics &amp; Bass Strings</b> .....	12	Time Test 4.....	52
Terminology.....	12	<b>Guitar Legends: Django Reinhardt</b> .....	53
Open Strings on the Guitar .....	14	<b>Unit 7: Steps &amp; Accidentals</b> .....	54
Fingerings .....	14	Whole Steps and Half Steps .....	54
Tuning .....	15	Sharps and Flats .....	55
Sitting Position.....	17	Enharmonic Equivalents.....	56
Right-Hand Position: Fingerstyle .....	18	Rules of Accidentals .....	56
Free Stroke with the Thumb .....	19	<i>Yankee Doodle Went to Town</i> .....	56
Right-Hand Position: Using a Pick.....	19	Building Chords.....	58
Notes on the Open Bass Strings.....	20	Time Test 5.....	58
Tips for Learning New Exercises .....	20	<b>Guitar Legends: Paco de Lucía</b> .....	59
Pickup Notes.....	22	<b>Unit 8: Tablature &amp; Shifting</b> .....	60
Challenge Exercise .....	23	Reading Tablature .....	60
Theory: Intervals on Open Strings 4–6.....	24	Playing in Higher Positions .....	60
Time Test 1.....	24	Shifting .....	61
<b>Guitar Legends: Jimi Hendrix</b> .....	25	New and Duplicate Notes on the First Three Strings .....	62
<b>Unit 3: The Treble Strings</b> .....	26	Tips for Playing the Following Exercises.....	63
Notes on the Open Treble Strings.....	26	<i>Catalan Folksong</i> .....	63
Free Stroke with the Fingers.....	26	Tips for Playing the Following Piece .....	64
Arpeggios.....	29	<i>William Tell Overture</i> .....	64
<i>Reveille</i> .....	30	<i>Waltz</i> .....	66
Dynamics .....	31	<i>Romanza</i> .....	66
Theory: Intervals on Open Strings 1–6.....	32	Theory: Building Chords .....	67
Time Test 2.....	32	Time Test 6.....	67
<b>Guitar Legends: Michael Hedges</b> .....	33	<b>Guitar Legends: Leo Kottke</b> .....	68
<b>Unit 4: Doublestops &amp; Arpeggios</b> .....	34	<b>Unit 9: Rest Stroke &amp; Scales</b> .....	69
Reading and Playing More Than One Note at a Time....	34	Rest Stroke with the Fingers.....	69
Using Multiple Fingers Simultaneously .....	34	<i>Catalan Folksong</i> .....	69
Using the Thumb and Fingers Together.....	36	Alternative Left-Hand Fingering Choices .....	70
Tips for Playing the Following Exercises.....	36	Challenge Exercise 1 .....	71
Challenge Exercises.....	38	Challenge Exercise 2 .....	71
Theory: Intervals on Open Strings 1–6.....	39	Theory: Major Scales.....	72
<b>Guitar Legends: Wes Montgomery</b> .....	40	<b>Guitar Legends: Chet Atkins</b> .....	73
<b>Unit 5: The Left Hand</b> .....	41	<b>Unit 10: the 4th &amp; 5th Strings</b> .....	74
Left-Hand Position and Technique .....	41	Objectives .....	74
Natural Notes on the 1st String.....	43	Fretted Notes on the 4th String .....	74
Natural Notes on the 2nd String .....	44	<i>Amazing Grace No. 2</i> .....	75
Playing on Adjacent Strings.....	45	Fretted Notes on the 5th String .....	76
<i>Jingle Bells</i> .....	45	Tips for Playing the Following Piece .....	78
<i>Ode to Joy No. 1</i> .....	45	<i>Andante</i> .....	78
Theory: Intervals on Strings 1 and 2 .....	46	Theory: Major Scales.....	79
Including Fretted Notes .....	46	Time Test 7.....	79
Time Test 3.....	46	<b>Guitar Legends: Andrés Segovia</b> .....	80
<b>Guitar Legends: Joni Mitchell</b> .....	47	<b>Unit 11: Key Signatures</b> .....	81
		Key Signatures.....	81
		<i>Ode to Joy No. 2</i> .....	82

Tips for Playing the Following Pieces .....	83
<i>Waltz</i> .....	83
<i>Can-Can</i> .....	84
<i>Minuet</i> .....	86
Theory: Minor Scales .....	87
<b>Guitar Legends: Stevie Ray Vaughan</b> .....	88
<b>Unit 12: The 6th String</b> .....	89
Fretted Notes on the 6th String .....	89
<i>In the Style of Pipeline</i> .....	91
<i>Sorcerer's Apprentice</i> .....	92
<i>Melody from Beethoven's Fifth Symphony</i> .....	92
<i>Waltz</i> .....	93
<i>Catalan Folksong</i> .....	94
Tips for Playing the Following Piece .....	95
<i>Melodie</i> .....	95
<i>Peer Gynt Suite</i> .....	96
<i>Allegretto</i> .....	98
<i>Study Piece 1</i> .....	99
<i>Ejercicio</i> .....	100
<i>Contredanse</i> .....	101
Theory: Minor Scales .....	102
Time Test 8 .....	102
<b>Guitar Legends: B. B. King</b> .....	103
<b>Unit 13: Slurs</b> .....	104
Slurs .....	104
<i>Concerto in D</i> .....	106
<i>Waltz</i> .....	109
Tips for Playing This Piece .....	110
<i>Etude, Opus 60, No. 15</i> .....	111
Theory: Major and Minor Chords .....	112
<b>Guitar Legends: Eric Clapton</b> .....	114

## Guitar Fingerboard Chart..... 115

### Chords and Songs

<b>Unit 14: Strumming</b> .....	116
Sitting Position .....	116
Strumming and Pick Technique .....	117
<b>Unit 15: Chords &amp; Songs</b> .....	118
Reading Chord Charts .....	118
Tips for Playing Chords .....	119
New Chords .....	119
Strumming .....	120
More Strumming Practice .....	121
Strategies for Learning Songs .....	123
America: <i>A Horse with No Name</i> .....	124
Tips for Playing This Song .....	124
Bob Marley: <i>Stir It Up</i> .....	125
Tips for Playing This Song .....	125
Snow Patrol: <i>Run</i> .....	126
Tips for Playing This Song .....	126
The Eagles: <i>Take It Easy</i> .....	127
Using a Capo .....	128
Tom Petty: <i>Free Fallin'</i> .....	129

Tips for Playing This Song .....	129
Maroon 5: <i>Payphone</i> .....	130
Tips for Playing This Song .....	130
Learning to Play and Sing .....	131
Fleetwood Mac/Dixie Chicks: <i>Landslide</i> .....	132
Tips for Playing This Song .....	132
Lynyrd Skynyrd: <i>Sweet Home Alabama</i> .....	133
Tips for Playing This Song .....	133
Barre Chords .....	134
Ben E. King: <i>Stand By Me</i> .....	136
Tips for Playing This Song .....	136
Sheryl Crow: <i>Strong Enough</i> .....	137
Tips for Playing This Song .....	137
Coldplay: <i>Viva La Vida</i> .....	138
Tips for Playing This Song .....	138
John Lennon: <i>Imagine</i> .....	139
Tips for Playing This Song .....	140

### Improvisation

<b>Unit 16: Improv Basics</b> .....	141
Working Through the Improvisation Material .....	141
Blues for Three .....	142
<i>Blues for Three</i> .....	143
Note Collection for Improvisation .....	144
Rhythmic Variations for Improvisation Line .....	145
Shifting Tips .....	146
Additional Tips to Make Improvisation	
More Interesting .....	147
Blues in A .....	147
<i>Blues in A</i> .....	147

### Time Test Answers..... 148

### Chords Introduced in This Book ..... 150

### Flashcards ..... 152



## SITTING POSITION

When reading music and *improvising* (the process of creating music on the spot), your hands will adjust more quickly if you use the classical sitting position. When playing chords, you can sit in a more casual position, or stay in classical position as you wish.



Acoustic: left leg over right knee



Acoustic: guitar on right knee



Acoustic: right leg over left knee



Classical



## RIGHT-HAND POSITION: FINGERSTYLE

There are two main ways to play the guitar with the right hand: *fingerstyle* (with the fingers) and *pickstyle* (with a pick). Whether playing fingerstyle or pickstyle, use the list below as a starting point for your right-hand position, and tweak from there with the guidance of a teacher. There are no “absolutes” in positioning, as everyone’s body is different.

- Your forearm should rest on the guitar in approximate alignment with the bridge.
- Arch your wrist slightly. The right wrist should not be flat or touching the guitar, as this does not allow the fingers to follow through in a relaxed manner. Try not to over-arch your wrist—aim for the midrange.
- The wrist shouldn’t deviate too much to the left or right—again, aim for the midrange of the joint.

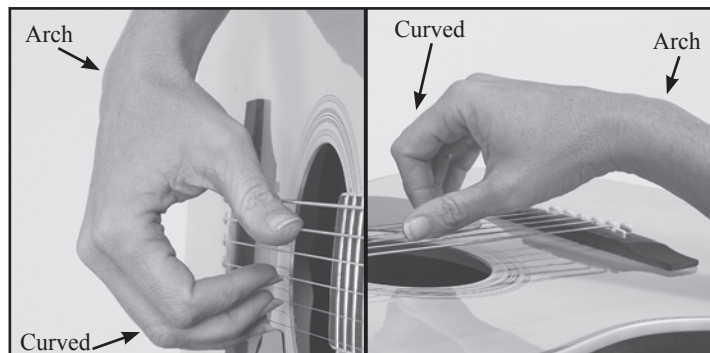
### For Playing Fingerstyle

- The fingers should be curved and resting on the strings slightly to the left side of the tip of the finger.
- Do not allow any right hand fingers to rest on the top of the guitar. This would take your hand well out of playing position and slow you down. Fingers can rest on the strings (in ready position) when not in use.

### Good Hand Position



Note the straight wrist.



Arched wrist and curved fingers.

### What Not to Do



Wrist too low.



Wrist too high (over-arched).

## Good Left-Hand Position



Fingers are independent of each other with the fingertips just behind each fret



Thumb behind the back of the neck

## What NOT to Do



Fingers leaning to the left



Fingers clumping together



Thumb grabbing over the fretboard



Collapsing fingertip joints

