

Your Sure Fire Practice Plan:

1. Play your warmup at a pace you can succeed at
2. Review your new skills
3. Play along with your new song
4. Review your graduation requirements and celebrate your progress

Guitar 7 - Guitar Workshop for Intermediate Beginners

Warmup Exercises

Chord Review - Use the bass strum for two beats on each chord

Subdivision Exercise - Using the G major chord, alternate a whole note strum with palm muted shuffle, alternating triplet strums, and alternating sixteenth note strums

Picking Exercise - Using the G add 5 chord and the C add 9 chord, arpeggiate through the chord so that every other note is the highest note of the chord

Fretting Exercise - Using eighth notes, play up and down through the G major/E minor pentatonic scale in the open position

Barre Exercise - Using your pointer finger, barre across all six strings, strum across all the strings, and hold that shape for one whole measure before shifting to the next position

Graduation Exercises

Wild Riff - Play the classic I-IV-V-IV “wild riff” for two bars in the keys of E, A, D, G, C, and F

Arpeggios- In the keys of G and C, play an arpeggio pattern where you pluck the four lowest notes (low to high) of the chord and then pluck the four highest notes (high to low), repeat this pattern for each chord in the progression

12 Bar Blues - Using a palm muted shuffle strum, play the 12 Bar Blues in the key of A

Sus 4 - In the key of D, play the Sus 4 lick over a classic blues progression