



Tune your guitar!

Get extra practice with Guitar 1 Online!

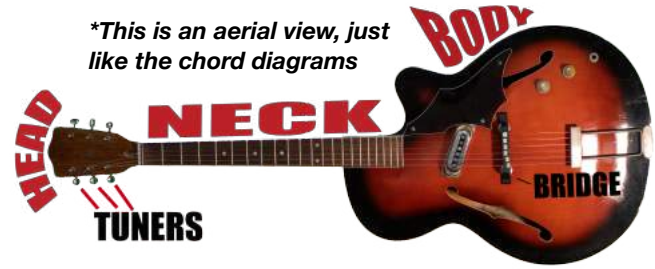


Guitar 1 - Guitar for Absolute Beginners

Your Sure Fire Practice Plan:

1. Warmup

- Touch And Say Parts Of Guitar--head, neck, body, bridge, tuners.
- Review Fingers—1st (pointer), 2nd (middle), 3rd (ring), 4th (pinky).
- Review Frets--touch the 1st fret with the 1st finger, 2nd fret with 2nd finger, 3rd fret with 3rd finger.
- Review Strings—touch each string starting with the 6th string (thickest string), moving towards the 1st string (thinnest string).



- Practice holding your guitar pick, pointer finger placed straight down in front of the pick, and thumb coming up behind the pick, perpendicular to the pointer finger.

Text



2. Review Your Skills From The Other Side Of This Page Step-By-Step

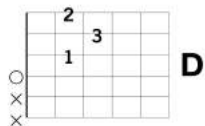
Take your time. Remember that progress is fastest when you practice in the “Sweet Spot” which means 80% success with full focus--so kinda hard, but not too hard. Change difficulty to stay in the sweet spot as you review your new chords/plants/pivots/ skills.

3. Play Along With Your Song! Use YouTube to speed up or slow down. (Extra Time? Review A Past Song!)

4. Review Your Graduation Requirements Below Playing Along With The Chart Below, And Celebrate Your Success.

***Go to NYCguitarSchool.com for more practice plans, tips & videos

***The best way to practice is to “habit-stack”, ex. After dinner, with coffee, before bed, etc.

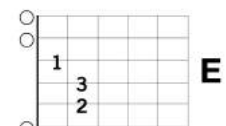


D

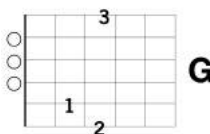
| **D** |

| **G** |

| **Em** |



E

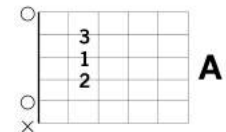


G

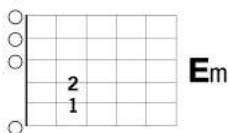
| **C** |

| **Am** |

| **D7** |

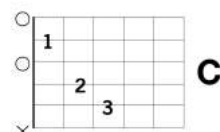


A

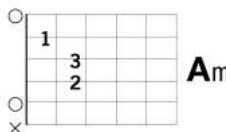


Em

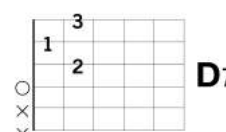
**Leave fingers down between changes whenever you can*



C



Am



D7