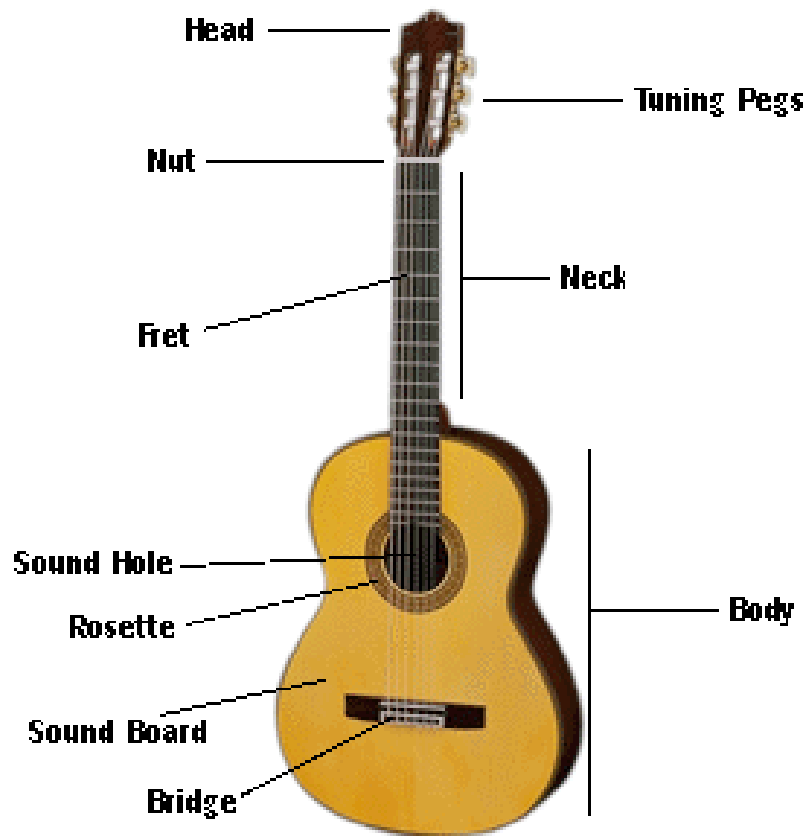
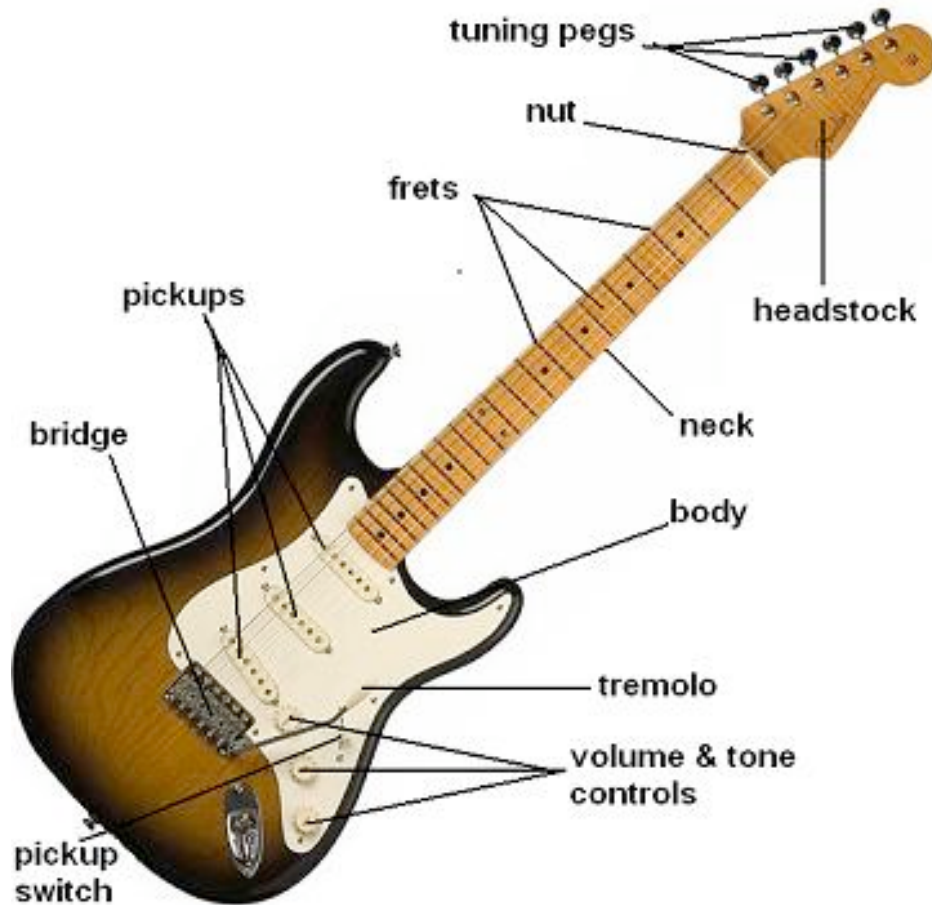


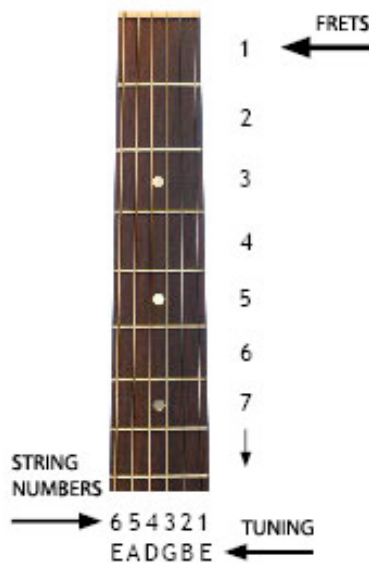
## Lesson One

Let's take a look at our guitar. To begin with the large shapely part is called the **Body**. The long part is called the **Neck**. And the part that sits on top of the Neck is called the **Head**.





If you look at the Neck, the back part is curved and the front side has many bars. The space in between each bar is called a **Fret**. Most guitars have approximately 19 Frets. Count the number of Frets on your guitar and fill it in here: \_\_\_\_\_



Now take a good look at the strings. Your guitar has 6 strings. Each string has a number. The 1<sup>st</sup> string is the thinnest, then the 2<sup>nd</sup>, 3<sup>rd</sup>, 4<sup>th</sup>, 5<sup>th</sup> and 6<sup>th</sup>.

Each string also have a name. Beginning with the first string: E B G D A E.

I would like you to come up with a sentence to help you remember the names of the strings. For example, some people use: **Every Body Gets Dessert After Eating**. Make up your Own sentence and record it here: \_\_\_\_\_

\_\_\_\_\_

Notice that some Fretboards have 'dots' on them. Not all guitars do. Mine does not. These dots are for rapid identification as to where a numbered fret would be. For example, if you had to move your hand quickly to the third fret, it would be easier to just move it to where the first 'dot' is.

Now let's talk about the numbering of our fingers:

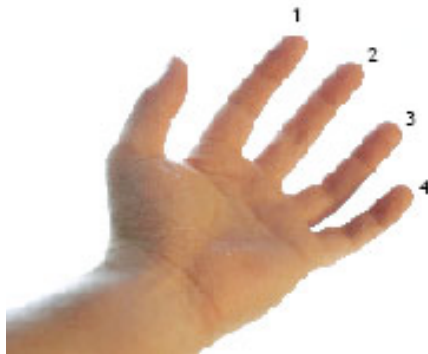
Finger #1 - Pointer

Finger #2 - Middle

Finger #3 - Ring

Finger #4 - Pinky

Talk a moment and hold both hands out in front of you and confirm each Finger number, as per the diagram below:



Now...let's talk about Strumming the guitar. Whether you are right or left handed, below are the positions to hold the guitar:



Casual position



Classical position



With your thumb of your Right Hand, gently glide over all 6 strings...do this a few times. You must glide over the hole, if you have an acoustic guitar. The sound goes into the hole and vibrates in the wood to make the nice tone. If you have an electric guitar, you can glide your thumb over all strings at any location. The magnetic Pick-ups will pick up the sound.

Glide your thumb gently over all 6 strings in a downward motion. Do this about 7 – 10 times.

Next, take your Pick in your hand and do the same with a Pick. Notice the change in sound and loudness.

Further on into our Curriculum, you will be learning a variety of new Strums. For now, I would like you to just **Strum Downward ↓**.

Listen to the Strum: Downward ↓ on the CD and practice strumming Downward. Listen to it a few times.


Check off when complete: \_\_\_\_\_  Track 10

**All the Strums on the CD are done with the C Chord**, which you will learn in a future lesson, so your Strum may not have the actual sound that is on the CD; so for now, just listen to the feel and rhythm of the Downward Strum.

If you do not have a Pick, then I suggest that you purchase some Picks either at a local music shop or on the Internet.

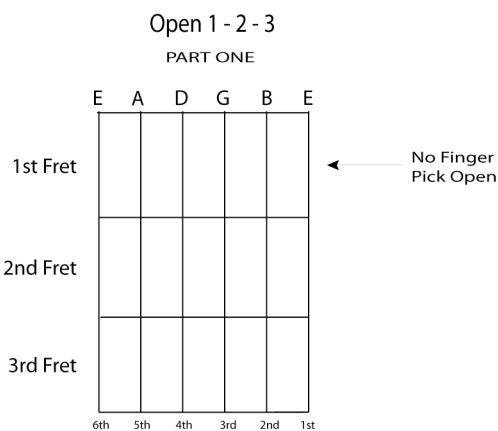
It is a good habit to learn to play with a Pick, as well as without a Pick. You do not want to *not* play with a Pick because you are not able to, but because you may choose not to. Work towards making yourself able to play with and/or without a Pick. In the back of this book I have information regarding *Picks*...please take a moment look at this section. There is no need to memorize information in this section, but rather for a general overview on picks.

Now, I am going to teach you a Pick Exercise, which is called **Open 1 2 3**. Listen to the **Open 1 2 3 Pick** on the CD a few times.

Check off when complete: \_\_\_\_\_  Track 1

Now...take a moment to study the diagram on the next page. This diagram and the other diagrams in this curriculum may seem a little difficult to understand at first, but after you work with them for a while, it will be very easy and you will get used to seeing and understanding guitar diagrams.

So, study the diagram below, as you try to begin following the instructions below it.



With your Pick in your left hand:

Pick the 1<sup>st</sup> String (E)

Picking it this way is called plucking it “Open”

Now, with your Pick in your left hand:

Put your 1<sup>st</sup> Finger on the 1<sup>st</sup> String in the 1<sup>st</sup> Fret

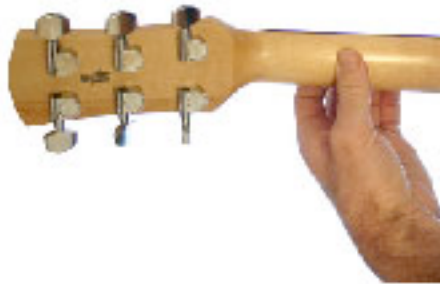
Press you 1<sup>st</sup> Finger down tight

Use your thumb to squeeze the neck, so that you can press tight

(See the illustration below)

Make sure your 1<sup>st</sup> finger is not touching the fret bar

Make sure your 1<sup>st</sup> finger is in the 1<sup>st</sup> fret...now pluck it



Good job...do that a few times...

You will see that you will have lines on your 1<sup>st</sup> finger.

For the first few months into learning to play the guitar, you will have lines on your left hand fingers...and it will hurt...but be brave and strong, because after a while, the skin on the tips of your left hand fingers will become hardened; calloused, and you will no longer feel the pain!

Lines you will always get, but the pain diminishes as your skin gets hardened!

Now, back to our Pick Exercise, **Open 1 2 3**: (study the diagrams below and on the next page)

Pick the 1<sup>st</sup> String (E) Open

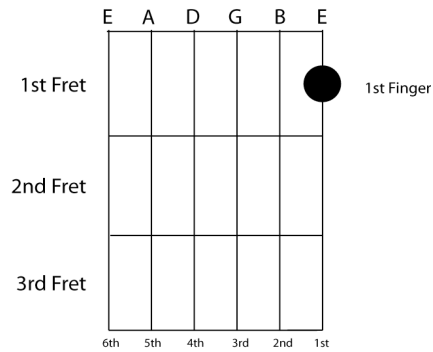
Pick the 1<sup>st</sup> String/1<sup>st</sup> Fret/1<sup>st</sup> Finger

Pick the 1<sup>st</sup> String/2<sup>nd</sup> Fret/2<sup>nd</sup> Finger

Pick the 1<sup>st</sup> String/3<sup>rd</sup> Fret/3<sup>rd</sup> Finger

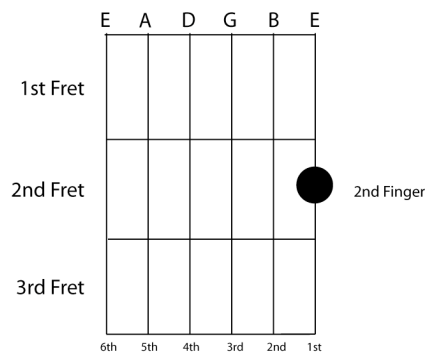
Open 1 - 2 - 3

PART TWO



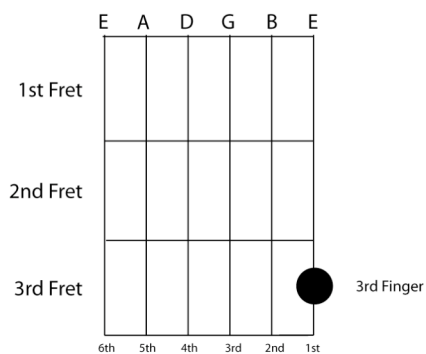
Open 1 - 2 - 3

PART THREE



Open 1 - 2 - 3

PART FOUR



This is called **Open 1 2 3** because on the String you are first picking it Open, then you will Pick the 1<sup>st</sup> Fret...then the 2<sup>nd</sup> Fret...then the 3<sup>rd</sup> Fret...hence: **Open 1 2 3!**

Repeat and practice this 5 times.

Check off when complete: \_\_\_\_\_

Next:

Pick the 1<sup>st</sup> String (E) Open  
Pick the 1<sup>st</sup> String/1<sup>st</sup> Fret/1<sup>st</sup> Finger  
Pick the 1<sup>st</sup> String/2<sup>nd</sup> Fret/2<sup>nd</sup> Finger  
Pick the 1<sup>st</sup> String/3<sup>rd</sup> Fret/3<sup>rd</sup> Finger

Pick the 2<sup>nd</sup> String (B) Open  
Pick the 2<sup>nd</sup> String/1<sup>st</sup> Fret/1<sup>st</sup> Finger  
Pick the 2<sup>nd</sup> String/2<sup>nd</sup> Fret/2<sup>nd</sup> Finger  
Pick the 2<sup>nd</sup> String/3<sup>rd</sup> Fret/3<sup>rd</sup> Finger

Pick the 3<sup>rd</sup> String (G) Open  
Pick the 3<sup>rd</sup> String/1<sup>st</sup> Fret/1<sup>st</sup> Finger  
Pick the 3<sup>rd</sup> String/2<sup>nd</sup> Fret/2<sup>nd</sup> Finger  
Pick the 3<sup>rd</sup> String/3<sup>rd</sup> Fret/3<sup>rd</sup> Finger

Pick the 4<sup>th</sup> String (D) Open  
Pick the 4<sup>th</sup> String/1<sup>st</sup> Fret/1<sup>st</sup> Finger  
Pick the 4<sup>th</sup> String/2<sup>nd</sup> Fret/2<sup>nd</sup> Finger  
Pick the 4<sup>th</sup> String/3<sup>rd</sup> Fret/3<sup>rd</sup> Finger

Pick the 5<sup>th</sup> String (A) Open  
Pick the 5<sup>th</sup> String/1<sup>st</sup> Fret/1<sup>st</sup> Finger  
Pick the 5<sup>th</sup> String/2<sup>nd</sup> Fret/2<sup>nd</sup> Finger  
Pick the 5<sup>th</sup> String/3<sup>rd</sup> Fret/3<sup>rd</sup> Finger

Pick the 6<sup>th</sup> String (E) Open  
Pick the 6<sup>th</sup> String/1<sup>st</sup> Fret/1<sup>st</sup> Finger  
Pick the 6<sup>th</sup> String/2<sup>nd</sup> Fret/2<sup>nd</sup> Finger  
Pick the 6<sup>th</sup> String/3<sup>rd</sup> Fret/3<sup>rd</sup> Finger

Now for a final instruction: When you pick the notes with your Right Hand, I want you to position your 4<sup>th</sup> Finger (Pinky) down on any place of your guitar, below your 1<sup>st</sup> String. This is VERY important and you are ALWAYS TO DO THIS WHEN PICKING! This grounds your hand so that it will not waver and will enable you to have better control of your picking techniques.

Repeat and practice this 10 times.

Check off when complete: \_\_\_\_\_

Now, let's see if you can play the **Open 1 2 3 Pick** with the CD. At this point, it may be a little difficult to keep up with the speed, but as you keep practicing, it will come easier! In addition, the **Open 1 2 3 Pick** on the CD also goes backward, which you have yet to learn...so, when you play it with the CD, only play in the going forward position. Play with the CD 10 times.

Check off when complete: \_\_\_\_\_



Track 1

Congratulations! You have just completed Lesson One and the Pick Exercise **Open 123**. As you can see, you have picked **Open 123** on each of the 6 strings: (study diagram below)

String #1	E
String #2	B
String #3	G
String #4	D
String #5	A
String #6	E

**END OF LESSON 1**

## Lesson One Practice

	Check Here
<b>Day One:</b>	
Strumming with Thumb and Pick	
Pick Exercise Open 1 2 3, Strings #1 - #6	
<b>Day Two:</b>	
Strumming with Thumb and Pick	
Pick Exercise Open 1 2 3, Strings #1 - #6	
<b>Day Three:</b>	
Strumming with Thumb and Pick	
Pick Exercise Open 1 2 3, Strings #1 - #6	
<b>Day Four:</b>	
Strumming with Thumb and Pick	
Pick Exercise Open 1 2 3, Strings #1 - #6	
<b>Day Five:</b>	
Strumming with Thumb and Pick	
Pick Exercise Open 1 2 3, Strings #1 - #6	
<b>Day Six:</b>	
Strumming with Thumb and Pick	
Pick Exercise Open 1 2 3, Strings #1 - #6	
<b>Day Seven:</b>	
Strumming with Thumb and Pick	
Pick Exercise Open 1 2 3, Strings #1 - #6	
<b>7 Days Of Practice Completed</b>	