

OVERVIEW

There are six key principles that you will need to know before you start using this method to learn the notes of your guitar. It is important that you don't neglect even a single one of them as they work together to make the method work. ***Review these principles daily so that they stay top of mind.***

PRINCIPLE #1 – PRACTICE THE THREE ESSENTIAL NOTE-LEARNING EXERCISES

In this method, you will be focusing on doing three main exercises to learn the notes on your fretboard. They are:

Exercise #1 – The Notes Across the Strings,

Exercise #2 – The Notes Across the Frets, and

Exercise #3 – One Note Across the Fretboard.

Each exercise will be explored in detail in the lessons that follow.



You will only be practicing **ONE** of these exercises each day and you will rotate through the exercises over a three day period. This means that your day-to-day practice will look something like this:

Day 1 – The Notes Across the Strings (5 minutes)

Day 2 – The Notes Across the Frets (5 minutes)

Day 3 – One Note Across the Fretboard (5 minutes)

Day 4 – Start Over!

If we look at a one week's worth of practicing with these exercises you get the following:

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<i>Notes Across the Strings</i>	<i>Notes Across the Frets</i>	<i>One Note Across the Fretboard</i>	<i>Notes Across the Strings</i>	<i>Notes Across the Frets</i>	<i>One Note Across the Fretboard</i>	<i>Notes Across the Strings</i>

PRINCIPLE #2 – PRACTICE A LITTLE BIT EVERY DAY

You can't learn all of the notes on the guitar in one go; you have to do it a little bit at a time so that your mind has time to digest it all. Getting all that information into your head in a usable way doesn't happen overnight.

You will only be practicing for 5 minutes a day, but you must do it every single day if you want the best results.



LESSON #1 – THE NOTES OF MUSIC

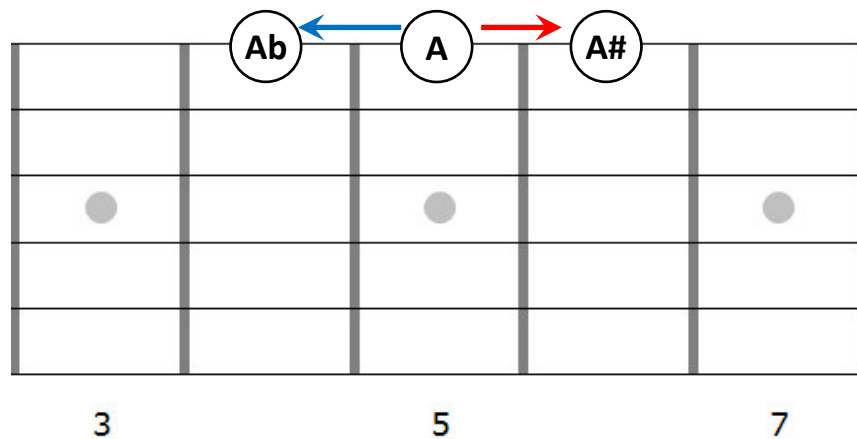
In music there are 12 notes.

Seven of these notes are named using letters of the alphabet. These seven notes are known as the **Natural Notes** or **Naturals** and their names are:

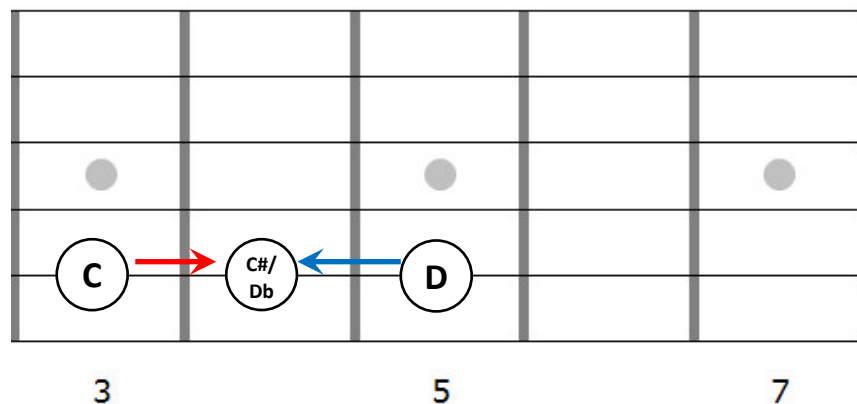
A – B – C – D – E – F – G

The remaining five notes are called the **Accidental Notes** or **Accidentals**. The accidentals are named using the natural notes as a starting point and two special symbols: **Sharps (#)** which raise a note up by one fret or semi-tone, and **Flats (b)** which lower a note by one fret or semi-tone.

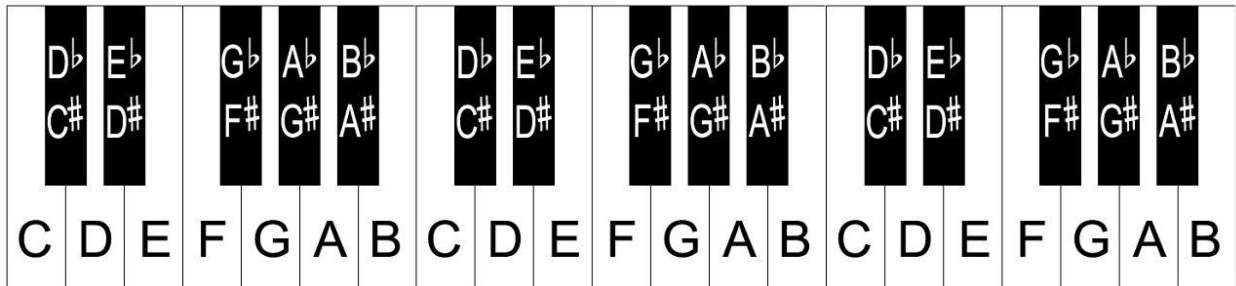
As an example, if you were to start with an A note and lower it by one fret, you would get an Ab - said "A Flat." However, if instead you were to raise that same A note by one fret, you would get an A# - said "A Sharp." The fretboard diagram below shows how this works on the 1st string.



Because of how accidentals are named, it is possible for a fret to have more than one name. For example, if you raise a C to C#, you will get the same fret as lowering a D on the same string to a Db.



Below is a diagram of a piano keyboard. On the piano, the natural notes are the white keys, while the accidentals are the black keys. This layout of black and white keys is part of what makes learning the notes on the piano easy compared to the guitar.



Don't Worry: You don't need to memorize how the piano works when it comes to the notes. However, because it is a much simpler layout compared to the guitar, it can be a very useful way of visualizing how the notes work with each other.

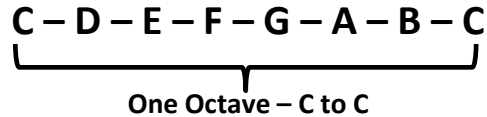
BEFORE MOVING ON TO THE NEXT LESSON

- Be able to recite the 7 letters used for musical notes (A, B, C, D, E, F, and G.)
- Explain what **Natural** notes are.
- Explain what **Accidental** notes are.
- Explain what **Sharps** (#) are.
- Explain what **Flats** (b) are.
- Practice flattening (lowering) and sharpening (raising) notes so that you are comfortable with the naming system.

LESSON #10 – OCTAVE PATTERNS

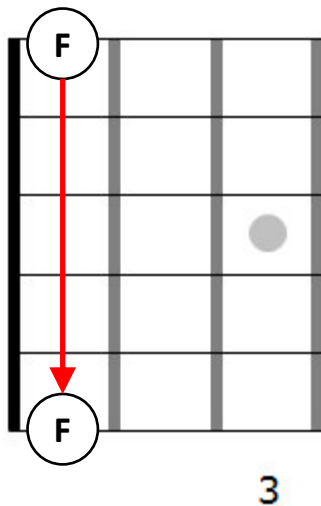
Octave patterns are the most important concept when it comes to Exercise #3. They are what allow you to quickly and easily scan across all six strings at once and find only the specific note that you are looking for. Before you learn the complete octave pattern, you will need to know what octaves are.

For our purposes in learning the notes of the guitar, an **Octave** is the repeat of a note of the same name. For example, if you were to start on C and move through to another C, you have moved one octave.

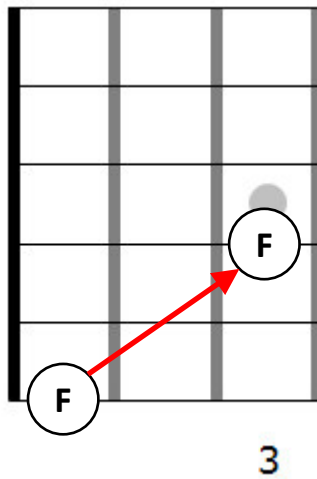


There are six different octave patterns that you will need to know to play Exercise #3. Here are all six of the octave patterns shown for the F notes.

Pattern #1



Pattern #2



Pattern #3

