



Level 2 Week 2 Assignment

I hope you haven't cramped your left hand too much with the "Five Chord Forms" exercise but with time and the right amount of reps you will get stronger and eventually be able to relax the hand a bit.

Read the lecture in 1st term about the left hand and the "extras" lecture on playing bar chords.

The lectures and Segment #6 will help a lot towards making this transition to the intermediate level easier and faster. More practice at this point is crucial so stay with it. The goal is in sight.

1. Try getting all 30 reps in each day for one more week while working on your speed and clarity of strumming. You need to get the metronome setting up to 85 - 100 bpm with the same accuracy and tone as the slower speeds. Put in a day or two with the 70 bpm then step it up 6 to 12 bpm for a couple of days and so on. This will assure you of progress in the right direction.

2. This term you also need to strum through blues #1 at approximately the same tempo as your "Five Chord Forms

Exercise". 70 bpm 1/4 notes (one strum per beat) is a good rule of thumb for a starting point. (Refer to Segment #8 for strumming lesson.)

Then try strumming the exercise with an 1/8 note figure, same tempo. It's a good idea to start with a non stop 4 reps with this exercise and when you build up you bar chord playing, you should do 4 reps 3 to 5 times daily.

A NOTE ON BLUES #1:

G13 you will bar at the 3rd fret and fill the chord out with your remaining fingers 3rd finger on the 5th string, 2nd finger on the 3rd string, and 4th finger on the 2nd string as per the diagram above each measure on the music chart "Blues #1".

The C9 and D9 chords use the same fingering at different frets. For C9 the third finger triple blocks the 1st 2nd and 3rd strings (the three high strings) at the 3rd fret. The 2nd finger reaches over the top of the 3rd finger and double blocks the 6th and 5th strings at the 3rd fret. (The two lowest strings) Then the 1st finger curls and comes straight down on the 4th string on the second fret. For D9 you move the whole thing up 2 frets. We will discuss why this is a C9 and a D9 in later lessons. You should spend some time, throughout this term, reading and memorizing the rules of "Chord Symbol Theory" on the page so named in your manual. 3. Bring up the tempo on your scale studies.

If you can play them smoothly and without error, 1/4 notes and 1/8 notes at 70 - 100 bpm then; make your practice range 90 - 120 beats per minute.

Remember to always utilize the scale studies both to improve your left hand speed but also to improve the variety of right hand fingering by using the exercise suggested on "Right Hand Studies", the open position reading page, in your Guitar Mechanics manual.

Example:

1st set of reps alternate Index and Middle fingers while playing scales

2nd set of reps alt. Middle and Ring fingers

3rd set of reps alt. Index and Ring fingers

If you have any questions about where you should be (what level?) by this time, please contact me right away and we will set up an evaluation.

Keep practicing. It solves nearly every problem.