



## *Level 2 Week 3 Assignment*

Here we are at the third week and by this point you should have all the facility you need to really start improving on your use of bar chords. It may seem like balancing several spinning plates on several sticks it is important to always get in a little scale study a little bar chord practice a little and all the while keeping that right hand technique on your priority list. Here's how we stay on the trail without burning out on any one thing but still making steady progress:

1. As soon as you become proficient at your scale studies (all five) you may adjust the reps to 5 reps per fret. The parameters are: Top Speed 120 bpm playing 1/8 notes. (two notes per click) When this is accomplished you may reduce your reps to the 5 rep routine and at this point start working toward metronome settings in the 140 bpm to 170 bpm range. Stay with it. **THE BETTER YOUR SCALES ARE THE EASIER YOUR CHORDS WILL BE TO PLAY.**

2. Keep working on the Chord Primers 1, 2, and 3, again, adjusting the speed at which you are able to perform the exercises smoothly, without hesitations or any "seams" in your rhythm. Your target metronome setting is in the range of 140 bpm to 170 bpm. Practice both 1/4 and 1/8 note strumming patterns in that both skills are important

to keeping good time and “being the note” while playing accompaniment with a singer or other musicians.

3. This week take a look at Segment 4 on the Basic Folk Pick and Travis Picking. This right hand technique will really jump start you into playing a strong accompaniment style whether playing alone or with others. The exercise is self explanatory so start, as always, at 70 bpm working your speed up slowly. Don't get in a rush to play fast. You should be sure of every level you attain. Repeated practice on these basic skills will only improve you. Even though the practice may seem tedious at times have patience with your self and put in the reps. You will find it is time well spent.

4. Keep up the “5 Chord Forms” exercise one more week 30 reps per day and try to get to the target range of 90 to 100 bpm. Remember, video Segment #6 will be of great help (as are all the video segments) so use the reference when you are unsure of how to proceed. Try to practice in front of a mirror so you can observe and critique your own technique. Next week we will start on the other Blues exercises so, stay on the practice trail.