

GUITAR PRACTICE QUICK START GUIDE

Your First Week of Real Progress

- ✓ The 4-pillar practice system that builds real skills
 - ✓ Day-by-day plan for your first 3 days
 - ✓ 5 essential chords every guitarist needs
 - ✓ Practice tips from 25 years of experience

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Free guide — share with your guitarist friends

THE 4 PILLARS OF PRACTICE

Every great guitarist practices these four areas

TECHNIQUE (25%)

Scales, finger exercises, picking patterns. This is your physical foundation.

- Chromatic warm-ups (5 min)
- Scale runs up the neck (10 min)
- Alternate picking drills (5 min)

THEORY (25%)

Understanding why music works. Chord construction, intervals, key relationships.

- Learn one new chord per day
- Practice identifying intervals by ear
- Study one scale pattern per week

REPERTOIRE (25%)

Learning songs. This keeps practice fun and teaches real-world application.

- Pick one song per week to learn
- Break it into sections
- Play along with the recording

CREATIVITY (25%)

Improvising, writing, experimenting. This is where you find YOUR sound.

- Improvise over a backing track (5 min/day)
- Write one 4-bar riff per week
- Record yourself and listen back

YOUR FIRST 3 DAYS

A structured start — 30 minutes per day

DAY 1: FOUNDATIONS

- [5 min] Chromatic warm-up — fret each string, one finger per fret, ascending and descending
- [10 min] Learn the E minor pentatonic scale, position 1. Slow and clean.
- [10 min] Practice switching between Em and G chords. Strum pattern: down-down-up-up-down-up.
- [5 min] Free play — just mess around. Have fun.

DAY 2: BUILDING

- [5 min] Warm-up — same as Day 1, aim for cleaner fretting
- [10 min] Add Am and C chords. Practice all 4 chord changes: Em→G, G→Am, Am→C, C→Em
- [10 min] Learn a simple 4-chord progression: Em → C → G → Am. Loop it.
- [5 min] Ear training — try to play back simple melodies by ear

DAY 3: CONNECTING

- [5 min] Warm-up with the Em pentatonic scale instead of chromatic
- [10 min] Add D chord. Now practice all 5 chord changes in random order.
- [10 min] Play the 4-chord progression from Day 2 with your new D chord subbed in
- [5 min] Improvise — play the Em pentatonic over a backing track (YouTube has thousands)

5 ESSENTIAL CHORDS

These open chords unlock hundreds of songs

E minor (Em)

E-0 B-0 G-0 D-2 A-2 E-0

Tip: The easiest chord. Strum all 6 strings.

G major (G)

E-3 B-0 G-0 D-0 A-2 E-3

Tip: The 'king of chords'. Sounds bright and full.

C major (C)

E-0 B-1 G-0 D-2 A-3 E-x

Tip: Don't strum the low E string.

D major (D)

E-2 B-3 G-2 D-0 A-x E-x

Tip: Only strum the top 4 strings.

A minor (Am)

E-0 B-1 G-2 D-2 A-0 E-x

Tip: Similar shape to C, one string lower.

TRY THIS PROGRESSION:

Em → C → G → D

Use the strum pattern: Down - Down - Up - Up - Down - Up

READY FOR MORE?

This was just 3 days. The full system covers 30.

GET THE FULL SYSTEM

- 30-Day Guitar Practice Planner — daily structure for real progress
- Guitar Chord Encyclopedia — every chord, all positions
- Music Theory Cheat Sheet — scales, modes, keys in one reference
- Pentatonic & Blues Scale Patterns — all 5 positions with exercises
- Songwriting Toolkit — from chord progressions to finished songs

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