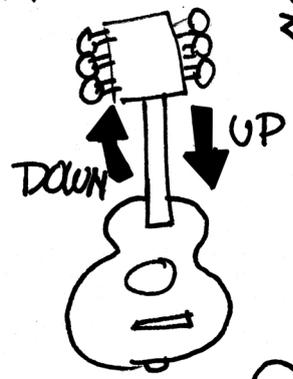


# PRACTICE "REGIMEN" FOR NEW GUITARISTS... ALSO OLD GUITARISTS!

OVER & OVER, REGULARLY.



1 STRETCH THOSE HANDS!

- Ⓐ PALM & WRIST
- Ⓑ FINGERS BACK
- Ⓒ WEBBING
- Ⓓ "SHAKE IT BABY! "I" SHAKE IT!"



Ⓐ MAJOR SCALES UP THE NECK (TOWARD THE BODY)

- Ⓑ TONIC, WHOLE STEP, WHOLE STEP, HALF STEP, WHOLE STEP, WHOLE STEP, WHOLE STEP, HALF STEP.

NOW: MAJOR SCALE ACROSS THE NECK... HOW 'BOUT A "G"?

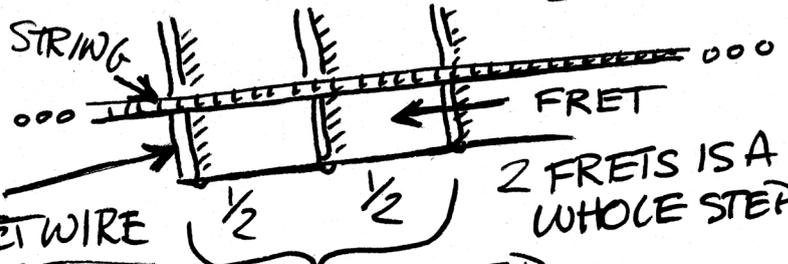
1	E	0	0	0	0	0	0	0	0
2	B	0	0	0	0	0	0	0	0
3	G	0	0	0	0	0	0	0	0
4	D	0	0	0	0	0	0	0	0
5	A	0	0	0	0	0	0	0	0
6	E	0	0	0	0	0	0	0	0



TONIC 2 3 4 5 6 7 OCTAVE  
W W H W W W H \*

WE DON'T NEED TO START FROM THE OPEN STRING!  
- EACH FRET IS A HALF STEP.

G	A	B	C	D	E	F#	G
1	2	3	4	5	6	7	1
W	W	H	W	W	W	H	*



YOU CAN ALSO PLAY THAT

2 OCTAVE SCALE

IN THE 2ND POSITION. THAT'S HANDY-REALLY HANDY, BECAUSE NOW THE SCALE IS

**PORTABLE!**

FRET WIRE THE OPEN STRING IS LIKE THE "ZERO"

WHOLE STEP

LIKE THIS!



1	E	0	0	0	0	0	0
2	B	0	0	0	0	0	0
3	G	0	0	0	0	0	0
4	D	0	0	0	0	0	0
5	A	0	0	0	0	0	0
6	E	0	0	0	0	0	0

\* "W" STANDS FOR "WHOLE" "H" STANDS FOR "HALF"

NEXT UP 80/20 PRACTICE!



Law A 02/23