



Hello.

Thanks for subscribing to the THEORY & PRACTICE AREA. It is focussed on enriching your experience with the guitar by developing your understanding and ability. To make overall progress you should be getting an hour of uninterrupted time on the instrument and another of reading every day. If you have patchy practice time this is fine, just use every five minute window to work on one single item - a minute is a long time if you are working on a new chord with a stretch...

Take a look at the folders within the Archive:

The **THEORY BOOK** will accompany you throughout this journey and requires careful reading and contemplation. Each idea and diagram needs to be practiced and memorised - focus on the note names and sound while ingesting the shape. If you are reading a chapter and don't understand something then you have missed something and need to go back to the start and refresh the basics.

The **RUDIMENTS** are some of the essential items which professional musicians keep oiled. The first 15mins of your daily session should be focussed on finger independence, picking and common shapes - none of which you can be too good at.

The majority of shapes (Scales, Chords and Arpeggios) that fill guitar books are based on the five shapes of the CAGED system, so if this is news to you then go to the THEORY BOOK (Chapters 12, 21, 38, 39) before learning any new patterns outside the RUDIMENTS folder. *The long term goal is to be able to confidently modify and/or build the things you need from the basics which have been thoroughly ingrained by dedicated repetitive work with efficient technique.*

If you want an external reference for musical definitions then use this site kindly provided by Oxford University (<https://www.oxfordmusiconline.com/grovemusic/view/10.1093/gmo/9781561592630.001.0001/omo-9781561592630-e-0000005671>).

If you want to learn to read traditional notation then visit the Theory Book (Chapters 33 and 35) and also find a copy of 'Music Notation: A Manual of Modern Practice' by Gardner Read (<http://www.composergardnerread.org/books/>). Bear in mind this is an archaic language of symbols so approach it as you would expect to learn Latin - with patience and daily study.

The **SCALES, CHORDS & ARPEGGIOS** contain videos of me elaborating with all the forms in the Theory Book. If you are using an iPhone or iPad then swiping from the right on a video will move it to the next.

The **THEORY COURSE** is a set of videos describing the lessons I once gave a touring professional. He was the guitar player in a successful blues and pop band but despite 40yrs of playing had not learned the rudiments of theory and developed any skills outside his genre. It was recorded during the first Lockdown on Mar 2020. I found the experience of presenting to a phone rather than a human very challenging on a technical level, so despite the novice editing and production quality the content should be worth your effort.

The **IMPROV** folder is where you'll find some methods to help you get the confidence to be creative with all the forms you are practicing. Improvising is being spontaneously creative with notes and it emerges if you desire it once the notes of the form are carefully and thoroughly internalised (memorised by sound, shape and consistent technique as a result of dedicated repetitive practice). Spontaneous creations often provide the impetus to compose since they inspire the imagination and the desire to develop the new and enticing idea into something greater.

Some of the material is sub-divided for 6 and 7 string guitar but most of it applies to both.

TAMING THE 7 is a brief guide to 7string written for students in 1999 designed to garner interest in the extra string.

The metronome appears whenever I am focussing on consistent timing, precision and speed. You should invest in one but only use it after you have properly memorised a pattern with the correct fingering and picking - start at a speed you can manage and then add a few beats per minute each time.

I tend to work on technique and forms concurrently so there is some overlap between the folders e.g. this video in the Scales folder, 'Chromatic - 2oct - Sideways Shifting - 4 per string - palm muting' would be the scale named with keywords describing its length, direction, shape and also the technique used.

Aim to spend about 10mins on one item, which should be enough to improve it slightly but remember that most often the effort only pays off the next day, week or month so make each activity count by doing it carefully.

Try to change key each day so that you don't get too attached to fretboard markers and positions.

It's a good idea to keep a pencil and paper nearby so you can stop the video and tab any shape you want.

The items in the **RIFFS** folder are meant to be a welcome distraction but also to shed some light on some innovative ideas by professionals from different genres. Youtube is full of people teaching songs and everything is possible if you slow it down enough.

If you want to interact with me with questions specifically about the content, there is a premium subscription option which costs an extra £10 per month and that gets you one detailed reply in writing per month (or a video call if you prefer).

I have a few bands whose music is collected at www.darkhalorecords.com - take a listen to the samples if you are interested.

Regards,

Guy

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