

An Absolute Beginner's Guide Anthony Pell BA (Mus)



Including

19 songs · 104 audio samples · 32 videos

Learning To Play The Guitar – An Absolute Beginner's Guide

By Anthony Pell

http://www.learningtoplaytheguitar.net

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Acknowledgements

Thanks to Elliott, John, Justin, Paul and most of all Rachael.

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INTRODUCTION

This book is written for absolute beginners wanting to learn the basics of playing the guitar. By the end of the book you should be able to play many songs using a range of skills required to play the guitar. If you've always wanted to learn to play the guitar but didn't know where to start this is the book for you.

The book is divided into 21 lessons covering a range of guitar techniques to get you playing. The best way to use this book is to work on one lesson a week or until you have mastered the lesson's exercises and songs before moving onto the next lesson. You may find that that some lessons require more time or you may move faster through some lessons than others. This all depends on how much you practice.

Here is an overview of what the lessons in the book cover.

The Guitar, Practicing & Picking – Lessons 1-3

This is all about learning the parts of the guitar, essential accessories and practice tools. You will also learn how to hold the guitar, finger numbers, how to hold a guitar pick and practice with picking exercises. To improve and maintain your guitar skills regular practice is essential so practice tips are included here.

Chords & Strumming – Lessons 4-10

You will learn the main chords used in thousands of songs, how to change between them and strumming patterns to suit a range of music styles including rock, pop, folk, blues and country.

Arpeggios – Lessons 11-12

Arpeggios are simply chords played one note at a time. A famous example of this technique on guitar is the start to Led Zeppelins "Stairway to Heaven". Arpeggios can make simple chords sound more interesting and they sound great in slow songs and ballads.

Scales – Lessons 13-17

Single note / lead guitar playing will also be looked at with an introduction to scales and how they're used to play melodies and guitar solos.

Blues & Rock n Roll - Lessons 18-20

All the previously covered skills will come together as you are introduced to the blues which is the foundation for rock n roll, jazz, soul and rhythm and blues music. The blues is also great fun for jamming with other guitarists and musicians and is an essential style to learn for any aspiring guitarist.

Improvising – Lesson 21

Tips to improvise are given here with all the songs used in the book listed with their matching scales and links to their backing tracks to practice with.

Mp3 Audio Samples & Video Lessons

To help you learn to play the guitar the book features many photos, diagrams, exercises and songs.

The exercises and songs also include links to mp3 audio samples so you can hear what they sound like as you progress through the book. There are also numerous video lessons that complement the lessons in the book. Look out for the **Mp3 Track** and **Video** icons and links to these audio and video files.

For those of you reading this on an eReader such as a Kindle you may have to use a PC or Mac to download the audio files and view the video lessons. These can be all found here – http://www.learningtoplaytheguitar.net/audio-samples/



Thank for downloading this book. I hope that you found this book to be of helpful in learning how to play the guitar. Please rate and review this book on the Learning To Play The Guitar Website in the comments section at the bottom of the page. http://www.learningtoplaytheguitar.net/reviews/

3 Bonus Lessons

The expanded version of Learning To Play The Guitar – An Absolute Beginners Guide includes the first 3 lessons of the next book in the series Learning To Play The Guitar – Intermediate Rhythm Guitar.

So let's start learning to play the guitar!

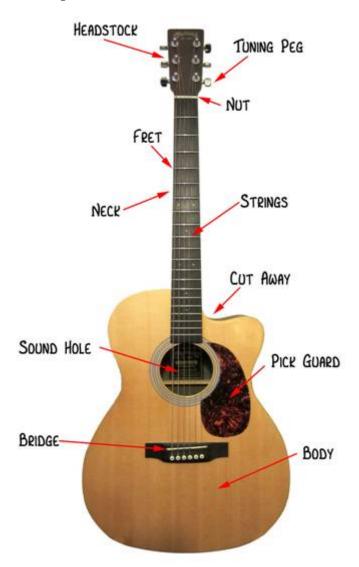
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LESSON 1 - THE GUITAR

Parts of the Guitar - Main Types Of Guitar - Guitar Accessories & Practice Tools - Holding The Guitar - The Notes Of Music - Tuning - Finger Numbers - Holding The Pick

Parts Of The Guitar

Before we start playing it's a good to get familiar with the parts of the guitar. While there are differences between various types of guitars all have the same main parts. The picture below is of a steel string acoustic guitar.



Main Types of Guitar

There are 3 main types of guitar, nylon string acoustic (classical), steel string acoustic and the electric guitar. Each has their own pros and cons and differences in tone that makes them suit different styles of music.

Nylon String Acoustic Guitars



The nylon string or classical guitar is traditionally used in classical, flamenco and folk music. The sound of this guitar is much more mellow and rounded than a steel string acoustic and tends to sound better played with the finger tips verses being played with a pick.

The advantage for beginners is that the nylon string guitar is much easier on the fingertips than steel strings because nylon is a much softer material than steel. Also the cost of a reasonable quality nylon string acoustic guitar is fairly cheap and is often less than an equivalent quality steel string guitar.

Steel String Acoustic Guitars



Steel string acoustic guitars are more often used in rock, country, blues and also in folk music. The sound of this guitar is much brighter and louder than a nylon string acoustic and generally is more suited to strumming chords or playing with a guitar pick than the nylon string guitar.

One disadvantage for beginners with the steel string guitar is that it's tougher on the fingers with the steel strings being much less forgiving on beginner's fingertips than nylon strings.

It can take a few weeks of daily practice to develop calluses on your finger tips to help reduce the initial pain of playing a steel string acoustic. Also, the cost of a reasonable quality steel string acoustic guitar is usually more than an equivalent quality nylon string guitar.

Electric Guitars



Electric guitars work through the vibrations of the steel strings being transmitted to the pickups on the instrument then onto a guitar amplifier creating the sound. This allows for electric guitars to be very loud with their volume only being limited by the power or size of the amp.

Electric guitars and amps often use effects like distortion for longer sustain (longer sounding notes). Guitarists like Jimi Hendrix revolutionised the sound of the electric guitar by using distortion at high volumes to create sustain that allowed him to play long notes that simply cannot be played on an acoustic guitar.

Electric guitars are easier to play than steel string acoustics as the string gauge (thickness) is smaller. It allows guitarists in guitar solos to bend the strings easier which is essential for playing blues and most modern rock guitar.

GUITAR ACCESSORIES AND PRACTICE TOOLS

Guitar Pick

The guitar pick is also called a plectrum. These help you to strum chords and play individual notes louder and faster than with just using your fingers. It's best to use a hard pick around 1mm thick.

Paper thin picks are OK for lightly strumming chords but are too floppy for playing individual strings accurately when playing melodies and arpeggios.







Electronic Tuner

An electronic guitar tuner will help you to easily tune the strings of the guitar to the correct notes. The tuner will show a needle that will be placed in the middle when the string is in tune. Some tuners have a microphone to pick up the sound of the note while other clip-on guitar tuners attach to the guitar headstock and pick up the vibration of the string when it's plucked.





Guitar Strap

A strap enables you to play the guitar standing up by connecting to strap pins or buttons on the guitar body.



Foot Stool

This is used when sitting to raise the leg holding the guitar body when playing in a sitting position.



Capo

A capo enables you to play in different **keys** (<u>See Lesson 14 – Scales – Key Signatures</u>) using easier open string chords and avoiding the more difficult bar chords. They work by being clamped on the fret board to create a temporary nut changing the tuning of the guitar. (<u>See Lesson 9 – Chords & Strumming – Using a Capo</u>)



Metronome

This practice tool creates a steady beat or click to play with. There are many types from the old pendulum ones to electronic and software versions. Software metronomes are quite popular as they're often free and can be downloaded from the Internet onto your PC. They are also many free metronome apps for smartphones and tablets too. Further details on how to use a metronome will be explained in the (See Lesson 3 - Picking – Using A Metronome)



This tuner includes a metronome function which is highlighted in the red squares showing that this metronome is set to play at 120 beats per minute (BPM).

For a list of free software and smartphone app metronomes check out the following article http://www.learningtoplaytheguitar.net/best-drum-machines-metronomes-guitar-practice/

Drum Machine

A drum machine is similar to a metronome as it is also a time keeping device used for practice. However a drum machine can play a variety of drum beats and rhythms for rock, blues, jazz, funk etc. In comparison to a metronome they make practice more fun as it can be like playing with a real drummer.

There are two main types of drum machine - hardware and software. The hardware versions are a device that you plug into a guitar amp, stereo or PA system. A software drum machine can be installed on a PC or again there are many free or cheap drum machine apps for smartphones and tablets.

When using a drum machine or metronome ensure that they're loud enough to be heard over your guitar so you don't lose the beat.



For a list of recommended free / cheap software and smartphone app drum machines check out the following article http://www.learningtoplaytheguitar.net/best-drum-machines-metronomes-guitar-practice/

The Notes Of Music

So far we have looked at the guitar and the accessories used to play and practice the instrument. Now it's time to look at music itself and how it works.

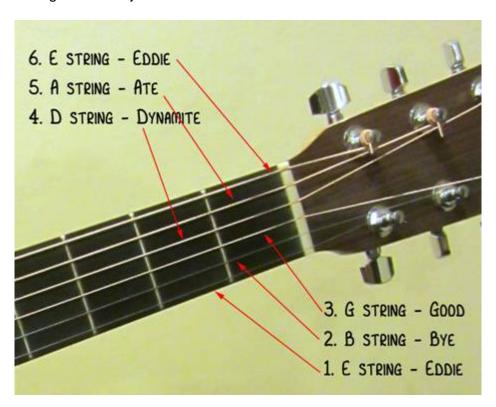
The music alphabet consists of the notes A B C D E F G which then simply repeat starting again at the A note as you go higher in pitch. These notes are the same for all instruments in western music so if you are playing an A note on the guitar it will sound the same pitch on the piano, violin and many other instruments.

The 6 strings of the guitar are tuned to 6 different notes with the lowest in pitch (thickest and closest to the ceiling) being the 6th string and the highest in pitch (thinnest and closest to the floor) being the 1st string. This can be a bit confusing as what is known as the top or high E string is actually the string closest to the floor!

The trick to learning and remembering the string notes is this:

6.Eddy 5.Ate 4.Dynamite 3.Good 2.Bye 1.Eddy

This is called "standard" tuning. There are many other ways of tuning the guitar but for most songs this tuning will do the job.



Tuning The Guitar

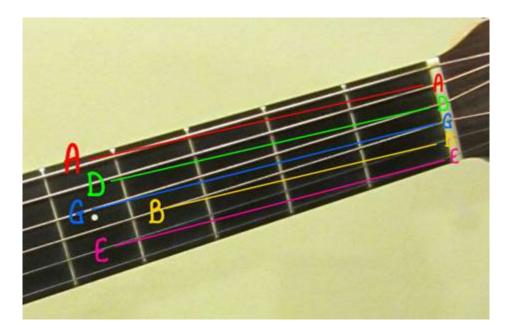
Now that we know what notes the strings should be tuned to we can tune the guitar. It is highly recommended to get an electronic guitar tuner.

When using the electronic tuner pluck the open string and let it ring out for as long as possible for the tuner to work out what the note is. Once you can see the needle being displayed on the tuner tighten or loosen the string as required until the needle is in the middle of the display. Also make sure that you're tuning to the correct note for the string as it's easy to tune a G string to G# (one note up from G) if you're not reading the display on the tuner correctly.





You can also tune the guitar using just your ear. This is done by tuning one string to another. The 5th fret note on the 6th (low thick E string) is A which is the same pitch as the open 5th string. Use the diagram below to see where these notes are on the strings to tune them with each other.



Tuning by ear can be difficult for beginners as it can take time to develop aural skills to determine when you are in tune and also importantly how far out of tune you are and whether you need to go up or down in pitch to make the two strings match. The video lesson below shows how this is done. However for beginners it is recommended to use an electronic tuner to be sure that you are in tune.

Also if you are tuning your guitar to the 6th string by ear you can get into trouble when playing with other musicians as the 6th string may not always be exactly tuned to E.



Tuning Video Lesson

Watch the video lesson of how to tune the guitar using an electronic tuner and by ear.

Guitar Tab

Guitar Tab (short for Tablature) is a music reading system for guitar showing guitarists which fret and string to place their fingers on to play a chord shape or melody.

The six lines are the strings of the guitar with the top line being the 1st string (the thin one near the floor). The numbers represent the fret numbers. For example 0 means the open position on the string and 1 means the 1st fret. Be careful not to confuse these fret numbers with finger numbers.



Guitar Tab is a great system to quickly learn where to place your fingers on the fret board and is widely used by guitarists. However this is not a substitute for regular music notation. Music notation is the language of music used by musicians playing all types of instruments. For example if you gave guitar tab to a piano player they wouldn't be able to read or play it. If you want to communicate well with other musicians you ultimately need to read music.

Guitar Tab is also missing vital rhythm information telling you when to exactly play notes and how long they should be played for. Guitar Tab helps with establishing the best fret board position when used with standard music notation. Learning music notation is beyond the scope of this book but it is recommended as the next step in developing your playing and knowledge of music.

Holding and Positioning The Guitar

When holding the guitar ensure that you're sitting in an upright position with your shoulders even and relaxed. It is best if the guitar neck is slightly raised. Some players like to use a foot stool to raise the leg that the guitar body in sitting on. There are two ways a foot stool can be used. One is to place the guitar on the left (neck side) which is known as the classical position used by classical guitarists and the other is the contemporary position with the guitar on the right (body) leg.





Classical

Contemporary

The other alternative is to play standing using a strap to hold the guitar in place. Strap height can vary from player to player. However it is best to ensure that the guitar is not so low that it makes strumming and holding your left (fretting) hand under the neck too difficult. As a general rule a good height is anywhere from your waist to your chest.

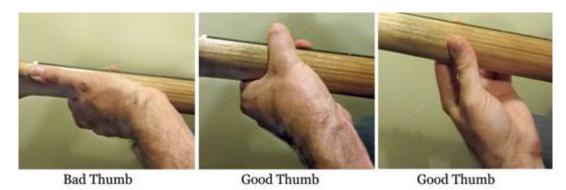




Positioning The Fretting Hand

The next position to be aware of is the placement of the left (fretting) hand. Make sure that the wrist is relatively straight and the thumb is pointing upwards either behind the neck or over the top. For certain chords the thumb behind the neck will be required while for other chords it is OK for the thumb to go over the top. Just ensure that the thumb does not point

sideways towards the headstock as this will limit the movement of your fingers and lead to bad playing habits causing problems in the long run.



Finger Numbers

On the left (neck or fretting hand) the finger numbers are as shown in the diagram. These numbers will be used in chord diagrams and other exercises later in this book.



Holding The Guitar Pick

The final piece of the puzzle is holding the guitar pick. To do this first make a fist shape with your right (picking) hand. Then relax the fingers in the fist slightly placing the pick on top of the first joint of the forefinger. The thumb is then lowered on top of pick with a firm grip.



Apart from learning how to hold the guitar properly there are a few other essentials to go over before we begin playing music on the guitar.

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LESSON 2 - PRACTICING

Daily Practice - Practice Log

Daily Practice

The key to progressing on the guitar (and any other instrument) is daily practice. It doesn't have to be hours every day. **Daily practice of 30 minutes for adults and 20 minutes for kids** will lead to great improvements in your playing over several weeks and months. When beginning guitar daily practice will help you develop **muscle memory** for your fingers to learn the chord shapes and the overall coordination and dexterity necessary to play the guitar.

Muscle Memory

When a movement such playing chords changes on the guitar are repeated multiple times daily over weeks and months, a long-term muscle memory is created. This eventually allows the movement to be performed with minimal conscious effort. Muscle memory developed during practice decreases the need for attention and creates maximum efficiency. This is how people sing and play guitar at the same time. They've developed muscle memory to play guitar chords so well that they can just focus on singing the song with their voice and have only minimal focus on their guitar playing.

Consistent quality daily practice will also help your fingertips to develop calluses toughening them so you can play for longer without the initial pain that many beginners experience. Developing fingertip calluses is just like your bare feet toughening up at the beach over a summer holiday so you can ultimately walk on the hot sand without pain.

Practicing for an hour or two on the weekend but not during the week will not develop muscle memory coordination for your fingers nor will it develop calluses. Only consistent daily practice will do this. Even if you can only practice a few minutes on a particular day it is better than not practicing at all.

To help develop the daily practice routine set the same time for practice every day whether it is in the morning before work or school or in the evening. A tool that can be used to help keep you on track is a **Practice Log.** There is one on the next page of this book that you can print out and use. It can also be printed from http://www.learningtoplaytheguitar.net/practice-log/. Use the log to record how many minutes a day that you're practicing. At the end of each week or month you can add up and see how many hours you've put into your guitar playing.

Once you get a few chords and exercises under you fingers it is always important to work on elements of your playing that you're weak at such as new chords or scales etc. There are many players who hit a certain level and don't advance getting stuck in a rut simply because they don't challenge themselves to play something new or difficult. It's OK of course to have fun and play what you know but don't neglect the new and challenging exercises or songs that you should be working on.

Here are some general practice tips to keep you on track:

- Use a practice log.
- **Set a regular daily practice time** in the morning, afternoon or evening.
- Leave your guitar out of its case on a guitar stand or leaning up against the wall so that it's easy to access and play.
- Don't wait for the motivation to practice start practicing and the motivation will

follow.

- Find a place to practice where you won't be disturbed or distracted. Noodling in front of the TV is not really quality practice.
- Use a metronome or drum machine to help develop your rhythm and timing.
- Always begin slow before trying to play at full speed. Learn an exercise or song slowly and correctly then gradually speed it up after you've mastered it at a slow tempo. Trying to play a song quickly without being able to play it slowly will result in you never being able to play it well.
- Practice specifically, deliberately and with many repetitions of an exercise or song until it 100% correct, this way you end up with great control over your fingers.
- **Practice what you suck at.** Work on elements of your playing that you are weak at such as new chords or scales etc.
- **Stay motivated** by listening to your favourite music that have inspired you to pick up the guitar in the first place whether it be on CD, DVD or going to concerts or even local gigs.
- And of course PRACTICE DAILY!

BE PATIENT. Results will not come immediately. Bit by bit and day by day you will see improvements with consistent daily practice. All good things take time.

There will be days where you feel you're not improving or even going backwards. You will get frustrated. If playing guitar well was easy everyone would be playing! Even a day of bad practice is better than a day of no practice.

Practice Log

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1st	20									
2 nd	30	50	S .							
3rd	15	65								
4 th	40	105			10	1				

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LESSON 3 - PICKING

Using the Guitar Pick - The 5 Picking Exercises - Using a Metronome

Holding the guitar pick correctly as previously shown we are now going to practice using the pick.



First simply try strumming the pick up and down on across all the strings to get used to the feel of the pick in the hand. Ensure that your grip remains firm and the pick doesn't wobble or spin under your thumb.

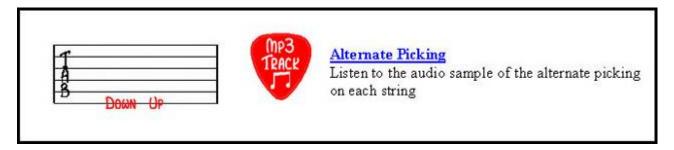
Once you feel reasonably comfortable with this exercise we will practice playing individual strings.

The 5 Picking Exercises

There are 5 main picking exercises we will go through.

The first being **Alternate Picking** which is simply picking UP and DOWN on one string. Alternate picking is used for melody and solo playing and if you develop this well you can play very fast and smooth with this simple technique.

Try DOWN/UP picking on each string before moving onto the next one. Try to keep the strokes even and smooth. Your DOWN pick should sound the same as your UP pick.



The next exercise is **Outside Picking** using an adjacent pair of strings. Pick DOWN on the 6th string then UP on the 5th. Like the alternate picking aim to keep the strokes even and consistent. After practicing on the 6th and 5th strings move onto the 5th and 4th then the 4th and 3rd etc.



The opposite of outside picking is **Inside Picking**. With this technique you pick UP on the 6th and DOWN on the 5th string. Practice this over all adjacent string pairs with even and consistent strokes.



Next we will play **Double DOWN** on the 6th and 5th strings. Again practice this evenly over all adjacent string pairs.



Finally play the opposite of double down with **Double UP** picking. Again practice this evenly over all adjacent string pairs.



With all these exercises accuracy comes first. Speed without accuracy is just messy and sloppy. Accuracy comes from practicing slowly. The aim of these exercises is to get comfortable with control of the pick before attempting to play fast.

Using A Metronome

Once you're OK with the basic feel of the exercises try using a metronome or drum machine to develop timing and ultimately speed. Begin at **70bpm** with a DOWN/UP stroke for each click or beat and gradually increase speed. Have a listen to the audio sample to hear how the exercises are played with a metronome.



Picking Exercises With Metronome

Listen to the audio sample of the picking exercises with a metronome at 70BPM.

To use a metronome you set a tempo at so many Beats Per Minute (BPM) and turn it on. The higher the number the faster the beat. For example 50BPM is quite slow while 200BPM is very fast.

One tip for using a metronome is to ensure that it is playing fairly loud as they can be hard to hear once you start playing notes or strumming chords and you can easily lose the beat.

Also before you start playing tap your foot along with the beat to get a feel for the tempo. Later on in Lesson 5 we will go over <u>counting in and strumming chords with a metronome</u> before playing to help establish a tempo.

Picking is often the most neglected skill of guitar playing yet it is perhaps the most important. As a beginner you really need to focus on picking. If you can't pick properly you will not advance very far. Make picking exercises a permanent part of your daily practice routine.

Using A Guitar Pick Vs Finger Picking

While using a pick is awkward at first, correct guitar pick technique is easier to master than correct finger picking technique. Finger picking can also be learnt if that is a style you're interested in as it is used a lot in folk, country and classical guitar.

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LESSON 4 - CHORDS & STRUMMING

A D & E Major Chords - "Wild Tune" - Changing Between A D & E Major

Chords are a group of notes played at the same time and are the core of guitar playing creating the foundation (harmony) of songs. Most music you hear will be made up of chords whatever the style. So mastering chords is an essential part of being a guitarist.

Most of the chords you will learn in this book are **open string chords** using the open strings on the guitar. Other chords that will be looked at are power chords which sometimes don't use any open strings. The third main type of guitar chords are the more difficult bar (barre) chords. These require you to bar one or more fingers across several strings. Bar chords aren't covered in this book but if you master your open string and power chords they are the next step to develop in your chord playing.

The first 3 chords we are going to play are **A D and E major**. Once you get these 3 chords under your fingers you will be able to play many songs including:

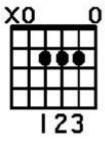
- Bye Bye Love by The Everly Brothers
- Desire by U2
- Free Falling by Tom Petty
- Gloria by Van Morrison
- I Can't Explain by The Who
- Louie Louie by The Kingsmen
- R.O.C.K in the USA by John Mellencamp
- Three Little Birds by Bob Marley
- Wild Thing and heaps more.

Internet Guitar Tabs

While this book won't show you how to exactly play the many songs you see listed above and throughout the book, the examples give you a good foundation to learn these songs for yourself. On the internet there are numerous legal and illegal guitar tab (tablature) sites showing you the chords and/or tabs to songs. Often these are submitted by unknown amateur guitarists so while there may be some great tabs online they are never as accurate as professional published legal transcriptions.

Here we introduce chord diagrams showing you where to place your fingers in the fret board. For the **A major** chord diagram you can see that fingers 1, 2 and 3 are placed in a row on the 2nd fret of the 4th, 3rd and 2nd strings. Use the photo to help you correctly place your fingers.

A major

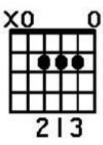




The chord diagram for A major also show the 5th and 1st strings with a 0 above them. This means that you play these open strings when you strum the chord. You will also notice that the 6th string has an X above it. This indicates that you don't strum this string. You will find that there are many 5 string chords where you only strum 5 strings and not 6.

Some people struggle to get all 5 strings to ring out clearly with this fingering for A major so there is another way of playing the A chord. In this version finger 1 is placed in the middle with finger 2 on top and finger 3 on the bottom.

A major



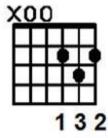


When holding all chord shapes:

- **Use the tips of your fingers** to hold strings down. They should be "standing upright" on the fingertips as shown in the photos for the chord shapes. It can also help to keep the top knuckles of the fretting hand curved.
- **Apply a firm amount of pressure** to ensure that the strings ring out. As a beginner it will be a bit painful on the fingertips at first. The pain will diminish as you develop calluses during the first few weeks of daily practice.
- Place fingers in the middle between or close to behind the frets.
- **Pluck each string individually** checking that every note is clear. Once each note is working strum the chord and it should ring clear as long as you maintain fingertip pressure on the fret board.

The next chord is **D major** which uses a triangle shape. Follow the same steps as used for the A chord ensuring that each string rings clear and that the fingers are standing upright on their tips on the fret board. Check that finger 3 on the 3rd fret of the 2nd string doesn't block the 1st string and prevent it from ringing out. This is a common problem for people when learning this chord.

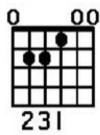
D major



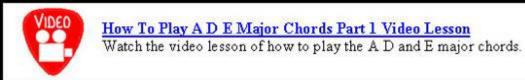


For the **E major chord** place finger 1 on the 1st fret of the 3rd string. Finger 2 then stretches over to the 2nd fret on the 5th string with finger 3 taking the middle spot on the 2nd fret of the 4th string. Verses A and D major this is a 6 string chord so you can strum all the strings.

E major





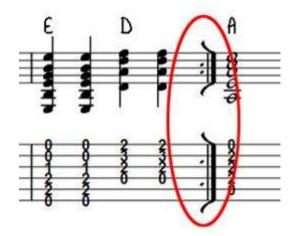


Wild Tune

Now that we've learnt 3 chords we are going to use them to play a rock song called Wild Tune. Strum DOWN on each chord twice before changing to the next one. The music below shows that you play A D E D chords then repeat several times.

The Repeat Symbol

The music here shows that the chord pattern is played twice then repeats. The **double dots** on the 4th bar line are a **repeat symbol**. The second time through ignore the double dots telling you to repeat and play the final A major chord. Listen to the Wild Tune track below to get an idea of the rhythm and the structure of the song.



Most music examples in this book will be written in a similar way with repeat symbols on bar lines. Repeat symbols are used to save writing out the same music twice.





Wild Tune Audio

Listen to the ADE chords being played in Wild Tune.

Want to learn more and continue reading? Please purchase this book by visiting: http://www.learningtoplaytheguitar.net/beginner-guitar-ebook-expanded/

Show the author that you appreciate their work!