

## How to practice guitar

Playing guitar is like any other skill, it requires practice, patience and consistency.

Allocate a minimum time to practice every day, or every week. Even 10 minutes a day can make the difference.

## Warm up

Start each practice session with some warm-up exercises.

First, without the instrument, rotate the shoulders slowly for a ten times in both senses.

On the instrument, take a scale, any scale that you are trying to learn or memorise.

Set a metronome at a very low speed. Ideally around 20 bpm, never more than 30 bpm.

Play **one note per beat** of the selected scale. This is also an excellent timing exercise.

Play the scale up and down. Consider to play the same scale in other positions too.

In case you have time, play two, three, four note per beats.

## Practice

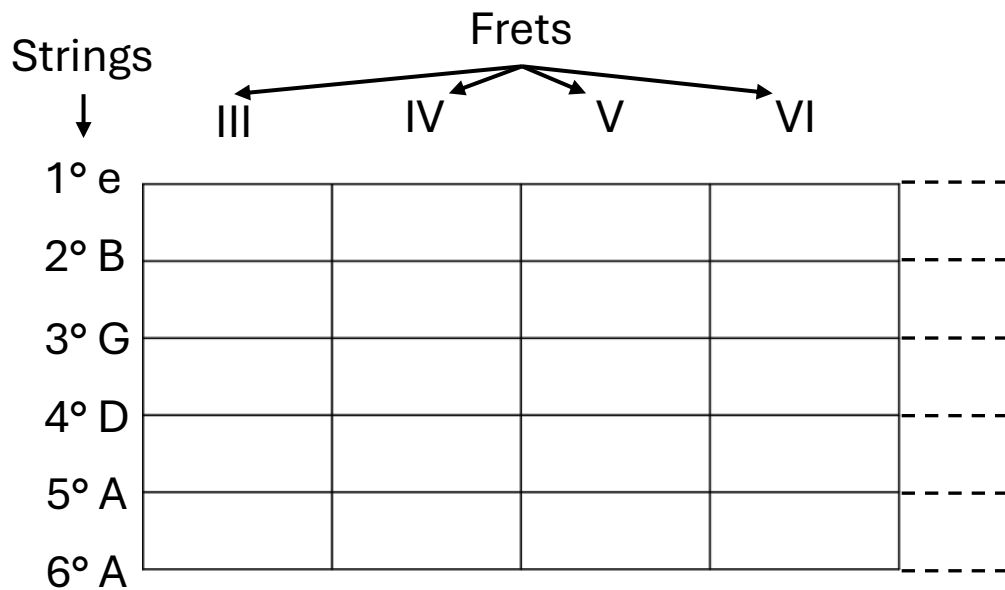
Practice each exercise (but also tunes, songs, patterns, phrases, solo) starting slow.

Focus on using the right fingers for the right notes, obtaining the right sound, and using the right hand appropriately. Once all these are achieved, then build up speed, one step at a time.

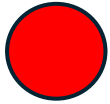
## How to read the diagrams

Diagrams represent portions of the fretboard. The following is an empty diagram.


Columns represent consequential frets on the guitar fretboard, while horizontal lines represent the strings.



If the frets are not indicated, that means that the diagram is applicable to any portion of the fretboard.



Orange circles indicate the root of each scale/chord. If the circle is on a C, the scale/chord represented by the diagram is a C scale, or a C chord.



Black circles indicate the other notes of the scale/chord. It is highly recommended to explore their relationship with the root not in terms of interval.