

# Practice Routine A

## Chords

20% of time | 30 minutes = 6 minutes | 45 minutes = 9 | 60 minutes = 12  
40% of time | 30 minutes = 12 minutes | 45 = 18 minutes | 60 Minutes = 24 minutes

*\*First number "30 minutes" would mean your allotted practice time. Second number would be what that percentage means for your actual practice. Example: You have 30 minutes to practice, you practice "Finger Exercises" for 6 minutes.*

*\*\*15 Minutes, Just practice one of the 40% topics.*

## Finger Exercises/Diminished Chord Runs | 20% of Time

### - Number Finger Exercises

- Different Combinations of 1-2-3-4

-1) Do one combination ascending spanning 7 frets

-2) Do another combination descending spanning 7 frets

-3) After you're comfortable with that try a whole sequence (1-2-3-4, 1-2-4-3, 1-3-2-4, 1-3-4-2, 1-4-2-3, 1-4-3-2) spanning the 6 frets.

### - Diminished Chord Runs

### - Bends – 3 Areas of Neck (5th Fret - 10th Fret - 15th Fret)

-Each finger, going up a whole step.

-Ascending = Bending, hearing the tones in between.

-Descending = Pre-Bending, sounds the same as hitting different frets, no tones in between.

## New Stuff | 40% of Time

### - Major and Minor Chords

-CAGED Chords (Major and Minor)

-Triads (4 different string sets: 1-3, 2-4, 3-5, 4-6)

-Wide Interval Triads

-Inversions

-Put them in common chord progressions, in different areas of the neck

## Analyzing stuff you know | 40% of Time

### - Songs You Know How To Play/Songs You Like

-Take some time one day, and write out a list of songs you want to analyze, it's a bit of back-end work, but will pay off when it comes to practice. Start a list on your phone, look at your set... whatever's clever just don't think "I'll do that the day of". Put it in a random order.

-What are the Chords As Numbers?

-Play it in a different key (Key of the Day)

-Use some of the new chord shapes

-Play it using major and minor chord shapes that aren't your "go-to"

# Practice Routine B

## Scales

20% of time | 30 minutes = 6 minutes | 45 minutes = 9 | 60 minutes = 12  
40% of time | 30 minutes = 12 minutes | 45 = 18 minutes | 60 Minutes = 24 minutes

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*\*\*15 Minutes, Just practice one of the 40% topics.*

## Scale Runs/Bends/Finger Exercise Chord Runs | 20% of Time

### - Scale Runs

- Two different ways depending on the week ([Circle Of Fourths](#) & Throughout the Whole Neck)
- Major and Minor Scales ([Ionian](#) and [Aeolian](#))
- [Major](#) and [Minor](#) Pentatonic
- Always start and end on the root note
- Key of the Day

### - [Finger Exercise Chord Runs](#)

- Finger to a string. Similar to the combinations above, just now with chords

### - [Bends](#) – 3 Areas of Neck (5th Fret - 10th Fret - 15th Fret)

- Each finger, going up a half step.
- Ascending = Bending, hearing the tones in between.
- Descending = Pre-Bending, sounds the same as hitting different frets, no tones in between.

## New Stuff | 40% of Time *\*Order I put things are how common they are... roughly.*

### - Different Scales/Modes

- [Dorian Scale](#)
- [Mixolydian Scale](#)
- [Harmonic Minor Scale](#)
- [Lydian Scale](#)
- [Phrygian Scale](#)
- [Lydian Dominant Scale](#)

### - Horizontal Scales

- [One String](#) (Major/Minor/Pentatonics/Modes)
- [Two Strings](#) (Major/Minor/Pentatonics/Modes)
- [Three Strings](#) (Major/Minor/Pentatonics/Modes)

## Using Backing Tracks to Let Stuff Sink In | 40% of Time

### - Take a Backing Track That's Relevant to the "New Stuff" You Practiced

- Key of the Day
- [Set Limits for Yourself](#)
- Allow yourself to only use a certain number of strings
- Allow yourself to only stay in a certain position
- Build phrases
- Limit your rhythms you can use (8th notes or a rhythm linked) but still allow pauses for phrases
- [Sing](#) something and play it
- What beat your start on/what chord you start on

# Practice Routine C

## Arpeggios

20% of time | 30 minutes = 6 minutes | 45 minutes = 9 | 60 minutes = 12  
40% of time | 30 minutes = 12 minutes | 45 = 18 minutes | 60 Minutes = 24 minutes

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*\*\*15 Minutes, Just practice one of the 40% topics.*

## Arpeggio Runs/CAGED Chord Runs/Bends | 20% of Time

### - Arpeggio Runs

- Two different ways of playing, depending on the week, of [Major](#) and [Minor](#) Arpeggios
- Always start and end on the root note
- Key of the Day

### - CAGED Chord Runs

- Key of the Day
- Only up and down the neck – [Major](#) & [Minor](#) CAGED Chord Shapes

### - [Bends](#) – 3 Areas of Neck (5th Fret - 10th Fret - 15th Fret)

- Each finger, going up a whole step.
- Ascending = Bending, hearing the tones in between.
- Descending = Pre-Bending, sounds the same as hitting different frets, no tones in between.

## Transcribing | 40% of Time

### - Take the Same List You Made Above and Learn the Chords/Melody/Solo

### - Learn It (or Part Of It) By Ear

- How does the melody compare to the chords underneath?
- Do the chords fit within a key? If not, what's a good way to analyze/solo?
- Transpose to Key of the Day

### - Take a Lick You Learn and Change It to Be Your Own

- Change the first note
- Change the last note
- Change the rhythm

## Metronome Only | 40% of Time

### - Put a [Metronome](#) On Each Quarter Note (1 2 3 4)

- Strum song/chord progression (good way to try new chords from A)
- Practice scales (good way to try new scales from B)
- Solo using only (well... mainly) arpeggios of a chord progression/song

### - Put a [Metronome](#) on Each Snare Hit ([1] 2 [3] 4)

- Strum song/chord progression (good way to try new chords from A)
- Practice scales (good way to try new scales from B)
- Solo using only (well... mainly) arpeggios of a chord progression/song

# Practice Schedule D

## Extended Chords & Arpeggios

20% of time | 30 minutes = 6 minutes | 45 minutes = 9 | 60 minutes = 12  
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*\*\*15 Minutes, Just practice one of the 40% topics.*

## **7th Arpeggio Runs/Inversion Chord Runs/Bends | 20% of Time**

### **- 7th Arpeggio Runs**

-Two different ways depending on the week (Circle of Fourths or Ascending and Descending the Neck)

-[Major 7](#), [Dominant 7](#), [Minor 7](#), [Minor 7 Flat 5](#), [Diminished](#)

-Always start and end on the root note

-Key of the Day

### **- 7th Inversion Chord Runs**

-Key of the Day

-Only up and down the neck

### **- Bends – 3 Areas of Neck (5th Fret - 10th Fret - 15th Fret)**

-Each finger, going up a half step.

-Ascending = Bending, hearing the tones in between

-Descending = Pre-Bending, sounds the same as hitting different frets, no tones in between.

## **New Stuff | 40% of Time**

- Major 7 [Inversions/Arpeggios](#)

- Dominant 7 [Inversions/Arpeggios](#)

- Minor 7 [Inversions/Arpeggios](#)

- Minor 7 Flat 5 [Inversions/Arpeggios](#)

- [Diminished Arpeggios](#)

- [Extended Chords](#)

## **Analyze and Practice Jazz Charts/Read Classical | 40% of Time**

### **- Take a Jazz Chart and Pick One at Random**

*\*If the Whole Thing Looks Intimidating Take the First 8 bars the First Day, the Second the Second Day or Any Section of It.*

-What are the tonal centers?

-How would you play the chords?

-What arpeggios/scales would be appropriate?

-Can you substitute the chords with inversions/[extended chords](#)?

-Make a loop/video of you playing the chords. Take it slow and try to play pieces of the right arpeggio/scale.

### **Find versions of the scale/arpeggio that are close**

-Take a Jazz Chart, Learn the Melody

-Take a Classical Chart and Read Through It