

Chapter List- Stage One of Metal Method's Complete Basic Course

Lesson 1

1 – Beginning

0:12- How to use the DVD and access additional on-disk materials and training aids

0:20 - Instructions for Tablature

2 – Intro-

Assuming you know absolutely nothing about guitar; maybe you do and just need to review the basics, break some bad habits or fill in some gaps in your knowledge. Whether you want to master the instrument or just have some fun, this is the place to start.

2:12 - Special considerations for younger players.

2:53 - Tips for getting the most from the course, including practice schedule, study pace, when to move to next lesson. Words of encouragement.

3 – Lesson 1

4:45 - Equipment for the Course- Acoustic will work but electric is recommended. Special tips for younger (or smaller) players.

6:04 - Selecting and Purchasing a Guitar- What to look for in a new or used guitar.

4 – Parts of the Guitar

7:56 - Bridges

8:46 - Pickups and Selector Switches; Signal Path of Guitar Sound

9:50 - Advice about tuning the guitar (precedes Tuning chapter point)

5 – Tuning

11:55 - Exercise 1 - Tuning to Your Own Guitar

12:53 - How to Tell When a Guitar is Out of Tune

13:28 - Electronic Guitar Tuners

6 – How to Fret a Note

Correct hand positioning and muscle movement for maximum results with minimum effort.

Relaxed muscles are faster!

7 – Position of Elbow

Expand your fretboard reach with proper arm angle.

8 – How to Hold a Pick

Making the pick an extension of your body. Correct motion. Up, down, and alternate picking.

18:11 - Legato and Staccato

9 – How to Read Guitar Tab

18:46 - Tab for Exercise 2 Explained

10 – Exercise 2, 60 BPM

11 – Exercise 2, 120 BPM

20:00 - The one-finger-per-fret fingering guideline (closed position).

20:20 - Leaving fingers on the fretboard for economy of motion

21:02 - Quarter notes and 4/4 time signature

12 – Exercise 2, Tab

13 – Exercise 3, 60 BPM

14 – Exercise 3, 120 BPM

15 – Exercise 3, 240 BPM

16 – Exercise 3, Tab

17 – Lesson One Goals

Lesson 2

- 1 – Lesson 2
- 2 – Your Goals for this Course- Set your goals and commit to achieve them.
 - 1:00 - Overview of Chords - Open Position and Barre Chords
 - 2:18 - Three String Chords
- 3 – String Mute- Foam mute for beginners
- 4 – How to Read and Play Chord Diagrams
 - 5:01 - Half Notes in 4/4 Time
- 5 – Exercise 4, 60 BPM
- 6 – Exercise 4, Tab
- 7 – Exercise 5, 60 BPM
- 8 – Exercise 5, Tab
- 9 – Metronome
- 10 – Exercise 6 - Finger Exercise- 60 BPM
- 11 – Exercise 6, 120 BPM
- 12 – Exercise 6, 240 BPM
- 13 – Exercise 6, Tab
- 14 – Exercise 7 - Single pattern repeated on all six strings- 60 BPM
- 15 – Exercise 7, 120 BPM
- 16 – Exercise 7, 240 BPM
- 17 – Exercise 7, Tab
- 18 – Guitar Setup- A guitar with heavy strings and high action is hard to play. How to measure the string height (action).
 - 11:35 - Chords for Exercise 8- E Major, A Sus(sustained) 2 and D Sus(sustained) 4
 - 11:50 - Eighth notes in 4/4 time
- 19 – Exercise 8- Chords and single note line- 60 BPM
- 20 – Exercise 8, Tab
- 21 – Out of Tune Chords- Accidentally pulling strings out of tune
- 22 – Exercise 9, 60 BPM
- 23 – Exercise 9, Tab
- 24 – Exercise 10, 60 BPM
- 25 – Exercise 10, Tab
 - 15:09 - Using the Fourth Finger
- 26 – Exercise 11 - Finger exercise on two strings- 60 BPM
- 27 – Exercise 11, 120 BPM
- 28 – Exercise 11, 240 BPM
- 29 – Exercise 11, Tab
- 30 – Lesson Two Goals

Lesson 3

- 1 – Lesson 3
- 2 – Exercise 12- Workout for pinky finger on all six strings, 30 BPM
- 3 – Exercise 12, 60 BPM
- 4 – Exercise 12, 120 BPM
- 5 – Exercise 12, Tab
 - 2:35 - Standard Notation
 - 3:00 – Reading note durations when tab is below standard notation; reading note durations in tablature
- 6 – Exercise 13, 60 BPM

- 7 – Exercise 13, Tab
 - 5:00 - Chords Created by Changing Only One Note
- 8 – Exercise 14, 60 BPM
- 9 – Exercise 14, Tab
- 10 – Exercise 15, 60 BPM
- 11 – Exercise 15, Tab
- 12 – Exercise 16, 60 BPM
- 13 – Exercise 16, Tab
- 14 – Rhythm Guitar- Examples of riff and chord based rhythm guitar; how they can be combined in a song structure (verse and chorus).
- 15 – Music Education- Do you need to get a college degree to be a professional guitarist? Do you need to learn to read standard notation?
 - 12:10 – How to practice so that playing becomes second nature
- 16 – Lesson 3 Goals

Lesson 4

- 1 – Lesson 4
- 2 – Barre Chords
 - 0:30 – Using the first finger to simulate the nut
 - 0:50 – Physical technique for creating a strong barre
 - 2:15 - First Finger Barre Exercise- Easy steps to six string barre
 - 3:00 - 24 Chords in Just a Few Minutes (in two sets of 12)
- 3 – Major Barre Chord on Four Strings
 - 3:28 - Chord Diagram
- 4 – Root Note of the Chord
 - 4:53 - Learning the names of notes on the guitar; trick for remembering names of the open strings; how to go up the strings and determine note names
 - 5:56 - Fretboard diagram of notes on D string
 - 6:05 – Sharps and Flats
- 5 – Minor Barre Chord on Four Strings- Movable shape for twelve more chords
- 6 – Exercise 17- Using both major and minor barre chords together- 120 BPM
- 7 – Exercise 17, Tab
 - 8:10 - Using the chords you already know as movable shapes
 - 9:06 – Creating six string open E minor chord
 - 10:00 – Reading the fingerings for chord diagrams
 - 10:17 – Five Open Position Chords for Exercise 18
- 8 – Exercise 18 (no tab necessary- see lesson PDF)
- 9 – Lesson 4 Goals
 - 12:06 – Selecting tab for a simple song and getting started on it
 - 13:20 – Message Board and Newsletter
- 10 – Closing Credits