

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

1 – Beginning

0:10 - How to use the DVD and access additional on-disk materials and training aids

2 – Intro

2:04 - A Few Additions to Stage One- Tips for mastering the exercises

3:35 – How to use the Scorch files (animated tab)

3 – Tuning

4 – **Lesson 1**

5:00 - Changing chords quickly by developing muscle memory; maintaining shapes

5 – Exercise 1 (changing open chords), 60 BPM

6 – Exercise 1, Animated Tab

7 – Exercise 2 (changing open chords), 60 BPM

8 – Exercise 2 , Animated Tab

9 – Exercise 3 (changing open chords), 60 BPM

10 – Exercise 3, Animated Tab

11:30 – How to practice changing chords so that it becomes effortless and natural

11 – Exercise 4 (four-string bar chords over rhythm track), 60 BPM

12 – Exercise 4, Animated Tab

13 – Exercise 4, Rhythm Track

14:11 – Strengthening your first-finger bar technique

14 – Dropped D Tuning- Low E string is tuned to D

15:12 – Playing three-string power chords with one finger

15:31 - Notes on the bottom string in Dropped D Tuning

15 – Exercise 5 (chord progression in Drop D), 60 BPM

16 – Exercise 5, Animated Tab

17 – Exercise 5, Rhythm Track

18 – Lesson One Goals

19 – **Lesson 2**

19:45 – Setting a practice schedule; keeping it fun and making progress

20 – Fifth Type Intervals

21:43 – Assigning a number to each note of the Major scale

22:35 – Three string movable “power chord” (not a true chord) in standard tuning (root, fifth, octave)

23:11 – Playing the perfect fifth interval on two strings

21 – Exercise 6 (riff with fifths on different sets of strings), 60 BPM

23:57 – Palm muting for heavy sound on riffs

22 – Exercise 6, Animated Tab

24:37 - Deadening the sound of the fourth string (fret-hand muting)

25:26 - Power chords on five sets of two strings (E/A, A/D, etc.)

23 – Exercise 7 (bar chords on different sets of strings), 60 BPM

24 – Exercise 7, Animated Tab

25 – Power Chords- More than 100!

26 – Note Names- Be prepared for your next jam session

27:43 - Half Steps and Whole Steps

27 – Diagram 8

28:16 - Sharps and Flats- different names for the same notes (“enharmonic equivalents”)

29:10 - Chromatic Scale

29:40 – Diagram of notes repeating after 12th fret

- 29:53 – How to learn and memorize notes on the entire neck
- 28 – Exercise 9, Pentatonic Minor Scale
- 29 – Exercise 9, Animated Tab
 - 32:50 – Moving the scale to other keys (transposing)
- 30 – Exercise 10 (C Minor Pentatonic), 60 BPM
- 31 – Exercise 10, Animated Tab
- 32 – Lesson 2 Goals
- 33 – **Lesson 3-**
 - 35:35 - Choosing the pentatonic scale to solo over a progression
 - 36:14 - How to make a scale sound like a lead and create melodies
- 34 – Exercise 11 (using the G minor pentatonic in a simple lead/melody), 60 BPM
- 35 – Exercise 11, Animated Tab
- 36 – Exercise 12 (the lead from exercise #11 played against a power chord progression), 60 BPM
- 37 – Exercise 12, Animated Tab (rhythm and lead combined)
- 38 – Rhythm Track- You play example #11 with the band
 - 39:07 - Acoustic Guitars- You can study this course on acoustic but electric is easier to play
- 39 – Electric Guitar Effect Demonstration
 - 40:13 - Clean Sound
 - 40:26 - Distortion
 - 41:08 – Reverb
 - 41:26 – Echo/Delay (sometimes called “slap-back”)
 - 41:55 - Distortion with Reverb and Echo
 - 42:18 - Flanging
 - 42:42 - Phase Shift
 - 42:55 - Phase Shift with Distortion
 - 43:12 - Chorusing
 - 43:54 - Wah Pedal
 - 44:38 – Three-string power “chords” (root, five, octave)
- 40 – Exercise 13 (power chord progression), 60 BPM
- 41 – Exercise 13, Animated Tab
- 42 – Exercise 14 (combining open and power chords in a progression), 60 BPM
- 43 – Exercise 14, Animated Tab
- 44 – Exercise 15 (finger dexterity exercise), 60 BPM
- 45 – Exercise 15, Fast
- 46 – Exercise 15, Animated Tab
- 47 – Exercise 16 (another dexterity exercise “02132432”), 60 BPM
- 48 – Exercise 16, Animated Tab
 - 50:40 - Playing Acoustic and Clean Electric
- 49 – Exercise 17 (strumming straight 8th notes), 60 BPM
- 50 – Exercise 17, Animated Tab
- 51 – Exercise 18 (strumming 8th and quarter notes), 80 BPM
- 52 – Exercise 18, Animated Tab
- 53 – Exercise 19 (one more strumming pattern), 80 BPM
- 54 – Exercise 19, Animated Tab
 - 57:01 – Rhythmic Strumming
- 55 – Lesson 3 Goals
- 56 – Lesson 4
 - 59:30 - Six String Barre Chords
 - 1:02:00 - Adding the third finger to the barred index (six-string minor seventh chord)

- 57 – Exercise 20 (minor seventh bar chord and open chords combined), 60 BPM
- 58 – Exercise 20, Animated Tab
 - 1:04:06 – Adding pinky to last shape to make plain minor chord
- 59 – Exercise 21 (combining barred minor and minor seventh with open chords)
- 60 – Exercise 21, Animated Tab
 - 1:06:00 – Major six-string bar chord
- 61 – Exercise 22 (combining major, minor and minor seventh bar chords)
- 62 – Exercise 22, Animated Tab
- 63 – Lesson 4 Goals