

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

01 – Introduction

1:05 - Overview of Stage 3- Learning the minor pentatonic scale in all positions, dominant seventh bar chord, lead techniques (hammer-on, pull-off, hammer-pull, bend) and licks

1:56 – Licks are the building blocks of leads

2:27 – Preview of exercise 24- the solo you will learn

2:49 - How to use the DVD and access additional on-disk materials and training aids

02 – Tuning

03 – Lesson 1

Pentatonic (five tone) Scale- graphic animation

5:23 - Finding the Five Tones Everywhere on the Fretboard- graphic animation

04 – Exercise 1 (pentatonic minor scale in various positions and octaves)

05 – 5 Patterns/Positions of the Pentatonic Scale

7:26 - “Closed Position”

8:10 - Block Diagrams of Positions

06 – First Position of Pentatonic Minor (from Stage Two)

8:54 – Visualizing shapes to create licks

07 – Shape from Position 5

08 – Changing Keys- Transposing the Patterns

9:49 – Graphic Animation of Moving Patterns to Another Key

10:12 – Determining the Key of a Song

09 – Dominant Seventh Bar Chord

10 – Exercise 2 - 8 Bar Chord Progression in E (combining open chord and dominant 7th bar chord)

12:41 – Eighth note rest

11 – Exercise 2 Tab

13:46 - Root Note Diagram

13:58 – The importance of knowing the roots in each scale pattern/position

12 – Position 2 of the Pentatonic Minor Scale

13 – Exercise 3 (Position Two)

14 – Exercise 3 Tab

15 – Exercise 4 (Position two with rhythmic phrasing- an important transitional step between playing scales and playing licks)

16 – Exercise 4 Tab

17 – Hammer-On Technique (for speed and fluidity)

16:14 - E Minor Pentatonic- Open Position- Pattern and Diagram

18 – Exercise 5 (hammer-ons in E minor pentatonic)

17:27 – Notation of hammer-ons and slurs in tab

19 – Exercise 5 Tab

18:01 – Hammer-ons in fifth position (A minor)

18:17 – Details of technique for hammer-on

20 – Exercise 6 (hammer-ons in fifth position)

21 – Smooth Transitions for Hammer On

22 – Exercise 6 Tab

23 – Exercise 7 (hammer-ons with phrasing)

24 – Exercise 7 Tab

21:54 - Melody and Phrasing (making licks from scales)

22:48 – Scale Diagrams for Exercise 8

25 – Exercise 8 (hammer-on lick with phrasing combining two different positions)

- 26 – Exercise 8 Tab
- 27 – Lesson 1 Goals
- 28 – **Lesson 2**
 - 24:35 - Position 3 of Minor Pentatonic- Animation and Diagram
- 29 – Exercise 9 (position 3)
- 30 – Exercise 9 Tab
- 31 – Exercise 10 (position 3 with rhythmic phrasing)
- 32 – Exercise 10 Tab
- 33 – Pull-Off (the opposite of a hammer-on)
 - 25:50 - Technique for Pull Off
- 34 – Exercise 11 (pull-offs in E minor pentatonic open position)
 - 26:38 – Notation for pull-offs (slurs)
- 35 – Exercise 11 Tab
- 36 – Exercise 12 (pull-offs in position 3 of A minor pentatonic)
- 37 – Exercise 12 Tab
- 38 – Exercise 13 (pull-off lick with index barred on two strings)
- 39 – Exercise 13 Tab
- 40 – Lesson 2 Goals
- 41 – **Lesson 3**
 - 29:13 - Do you actually have talent?
 - Building on Your Strengths and Committing to Improvement
- 42 - 4th Position Pentatonic Minor Scale Diagram
- 43 – Exercise 14 (4th position A minor pentatonic scale)
- 44 – Exercise 14 Tab
 - 32:57 – Eighth note triplets
- 45– Exercise 15 (same as exercise 14 but one octave lower)
- 46 – Exercise 15 Tab
- 47 – Hammer-Pull Technique
- 48 – Exercise 16 - Hammer Pull at the Nut
- 49 – Exercise 16 Tab
 - 35:07 – Reading Ties in Notation
 - 36:37 – Quarter Note Rest
- 50 – Exercise 17 (hammer-pull technique in fourth position of A minor pentatonic)
- 51 – Exercise 17 Tab
- 52 – Exercise 18 (lick in two positions with hammer-pull)
- 53 – Exercise 18 Tab
- 54 – Lesson 3 Goals
- 55 – **Lesson 4**
 - 38:02 – Diagram and animation- fifth position of A minor pentatonic
- 56 – Exercise 19 (fifth position of A minor pentatonic scale)
- 57 – Exercise 19 Tab
- 58 – Exercise 20 (“sequence” or pattern of notes in previous scale position)
 - 38:56 - Exercise 20- faster for advanced players
 - 39:04 – Improvising- creating your own licks from scales, patterns, rhythmic phrases and sequences
- 59 – Exercise 20 Tab
 - 40:15 - Diagram for Exercise 21
- 60 – Exercise 21- Hammer On, Pull Off, and Hammer Pull
 - 40:27 - Exercise 21 faster for advanced players

- 61 – Exercise 21 Tab
- 62 – String Bend
 - 41:05 - Bending to Pitch
- 63 – Reinforced Fingering
- 64 – Whole Step Bend (with no vibrato)
 - 42:50 - Technique for Whole Step Bend
- 65 – Bending to Pitch
 - 43:42 - Perfecting technique with an electronic tuner
- 66 – Exercise 22 (lick with whole step bend)
 - 44:37 - Symbols in tab- bend and dotted quarter note
- 67 – Exercise 22 Tab
 - 46:15 - Determining the key of a song by the predominant sound of a riff
- 68 – Exercise 23 (rhythm part for lead in exercise 24- combines riff, open chord and bar chord)
- 69 – Exercise 23 Tab
- 70 – Exercise 24 (a complete solo made from the licks you already learned in Stage Three)
- 71 – Exercise 24 Tab
- 72 – Exercise 24 Lead and Rhythm
- 73 – Lesson 4 Goals
- 74 – Conclusion- Great accomplishments are achieved through setting short-term goals
- 75 – Credits

Be sure to view the bonus material in the on-disc PDF, “st3bonus.pdf” for more lessons and tips related to Stage Three! Scorch files for these exercises are listed after the files for the rest of the lesson examples.