

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

01 – Introduction and Overview

02 – Tuning

3:57 - How to use the DVD and access additional on-disk materials and training aids

03 – **Lesson 1**

5:18 -Major Pentatonic: Transpose five patterns from minor pentatonic to major pentatonic by establishing a new tonal center.

04 – Exercise 1 - Major Chord Progression in A

05 – Exercise 1 Tab

06 – Exercise 2 – Major Pentatonic Scale Lick

07 – Exercise 2 Tab at Tempo

08 – Exercise 2 Tab Slow

9:50 - Breakdown and analysis by scale positions and chord-based target notes

11:05- Developing smooth and even vibrato on all strings

09 – Exercise 3 - Bend with Vibrato

10 – Exercise 3 Tab at Tempo

11 – Exercise 3 Tab Slow

16:00 - Slide

12 – Exercise 4 - Demonstrates Slide

13 – Exercise 4 Tab at Tempo

14 – Exercise 4 Tab Slow

17:45 - First 5 String Barre Chord- Minor Seventh with root note on fifth string

15 – Exercise 5 - First two chords of rhythm guitar part for Stage Four lead

16 – Exercise 5 Tab

17 – Exercise 6 - Complete (all four measures)

18 – Exercise 6 Tab

19:20 - Breakdown of exercise by scale pattern and techniques (slides, vibrato, etc.)

19:46 - Rhythmic Phrasing

19 – Lesson 1 Goals

20 – **Lesson 2**

21 – Exercise 7 - Intro to "Tell the Truth" by Hawk

22 – Exercise 7 Tab

23:27 - Adding the B and F notes to A Minor Pentatonic to create A Natural Minor scale

23 – Exercise 8 - First Position Natural Minor

24 – Exercise 8 Tab

24:20 - Demonstration of licks that indicate sound of the scale

24:30 - Switching from A Natural Minor to A Minor Pentatonic

25:52 - Animation of Natural Minor patterns based on Minor Pentatonic patterns

25 – Exercise 9- Lick in A Natural Minor

26 – Exercise 9 Tab at Tempo

27 – Exercise 9 Tab Slow

26:14 - Two Hand Tapping with Variations

28 – Exercise 10 - Tapping Using A Minor Pentatonic Notes

29 – Exercise 10 Tab at Tempo

30 – Exercise 10 Tab Slow

31 – Exercise 11 - Tapped Bend/Release

32 – Exercise 11 Tab

33 – Exercise 12 - Diagonal Dexterity Exercise

- 34 – Exercise 12 Tab
 - 31:31 -Five string minor bar chord with root on fifth string
- 35 – Exercise 13 Tab- Adds D Minor Chord to Progression for Stage Four Lead
- 36 – Exercise 14 - Part 2 of the Lead (at tempo and slowly)
 - 32:42 -Detailed analysis of exercise measure by measure
- 37 – Exercise 14 Tab
- 38 – Lesson 2 Goals
- 39 – **Lesson 3**
 - 34:37 - Using Playing Technique to get a Great Guitar Sound
 - 36:22 – Monitoring Your Progress
 - 36:52 - String Muting for Rhythmic Percussion Effect
- 40 – Exercise 15 - Van Halen Style Riff
- 41 – Exercise 15 Tab
 - 37:55 - Muting unplayed strings and controlling undesired noise
 - 38:36 - Muting technique for pick and fretting hands with variations for each string
 - 40:58 - Controlled Feedback (think of the intro to “Foxy Lady” by Hendrix)
 - 42:00 - Dominant Seventh five string barre chord with root on fifth string
- 42 – Exercise 16 Tab- Chord Progression for Lead with D7 Added
- 43 – Exercise 17 - Next Portion of the Lead (at tempo and slowly)
 - 43:37 – Using phrasing to make a lead fit the song; how this part of the lead fits the chord changes behind it
- 44 – Exercise 17 Tab
- 45 – Lesson 3 Goals
- 46 – **Lesson 4**
- 47 – Exercise 18 -
 - Rock n Roll Progression (I-IV-V)- The basis of countless songs since the early 1950's
 - 46:22 - Breakdown of Exercise
- 48 – Exercise 18 Tab
 - 47:35- Palm Muting the Riff
 - 47:45 - Variations of Previous Riff
 - 48:05 – All About Natural Harmonics- How and Why They Work
 - 51:02 - Artificial or "Pinch" Harmonics
 - 52:00 - Pedal Tones
- 49 – Exercise 19- Pedal Tone Riff in A Minor
- 50 – Exercise 19 Tab
- 51 – Exercise 20 - Pedal Tone Riff from "Can't Fall in Love" by Hawk
- 52 – Exercise 20 Tab Slow
- 53 – Exercise 20 Tab at Tempo
 - 55:50 - Five string major bar chord with root on fifth string
- 54 – Exercise 21- F Major, Final Chord for Rhythm Track
- 55 – Exercise 21 Tab
- 56 – Exercise 22 - Last Part of the Lead (at tempo and slowly)
 - 58:14 - Pickup Note and Down Beat
 - 58:28 - Open String Pedal Tone
- 57 – Exercise 22 Tab
- 58 – Exercise 23 - Complete Lead
- 59 – Exercise 23 Tab
- 60 – Exercise 24 - Tab of Complete Rhythm Track for Solo

62 – Lesson 4 Goals

63 – Conclusion

64 – Credits