

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

01 – Introduction

0:15 - Doug Marks performs the solo you will learn in Stage Five

1:20 - Lesson Overview- Blues chords, improvising, lead guitar techniques, writing harmony parts for leads, freestyle unaccompanied guitar solo

4:40 - How to use the DVD and access additional on-disk materials and training aids

02 – Tuning

03 – **Lesson 1** – Three New Blues Chords

7:03 - Dominant 7th (root on E string) and 9th (root on A string)

7:54 – How these chords are named (seventh and ninth degrees of scale)

9:20 - Passing Chords

10:08 - Augmented Chord

10:28 - 7th #9 Chord

04 – Exercise 1- “Rhythm and Blues” Progression

11:05 - Exercise 1 at Tempo

11:37 - Exercise 1 Tab

12:10 - Improvising Over Exercise 1

05 – Improvising Over Exercise 1 Demonstration- Combining rhythm and lead playing (as in a trio)

06 – Exercise 1 - Rhythm Track

07 – Lead Techniques

15:45 - Octaves

16:37 - Trill

08 – Exercise 2 - Demonstrates Trill and Octaves in Musical Example

17:23 - Exercise 2 at Tempo

18:17 - Exercise 2 Tab

09 – Exercise 2 - Rhythm Track (tab with drums and bass)

20:11 - Bend/Release (also called “pre-bend and release”)

20:26 - Hammer/Bend

10 – Exercise 3

20:30 - Exercise 3 at Tempo

20:39 - Exercise 3 Slow

20:48 - Exercise 3 Tab

21:05 - Pick Scrape

11 – Exercise 4 - Pick Scrape

21:33 - Exercise 4 at Tempo

21:42 - Exercise 4 Slow

21:58- Exercise 4 Tab

12 – Exercise 5 - Intro Lead- Part One

22:46 – E Phrygian Preview

23:10 - Exercise 5 at Tempo

23:27 - Exercise 5 Slow

23:54 - Mastering Exercises- Tips and advice for overcoming difficult sections

25:30 - Exercise 5 Tab – 80bpm

25:57 - Exercise 5 Tab - 136bpm

13 – Exercise 5 Rhythm Track

14 – Lesson 1 Goals

15 – **Lesson 2** - More Techniques

27:30 - Rake Picking

- 16 – Exercise 6 - Pick Rake
 - 27:50 - Exercise 6 at Tempo
 - 28:01 - Exercise 6 Slow
 - 28:12 - Exercise 6 Tab - 70bpm
 - 28:24 - Exercise 6 Tab - 140bpm
 - 28:34 - Volume Swell
 - 29:30 - Chromatic Run
- 17 – Exercise 7 - Chromatic Run
 - 30:05 - Exercise 7 at Tempo
 - 30:18 - Exercise 7 Slow
 - 30:38 - Exercise 7 Tab- 70bpm
 - 31:00 - Exercise 7 Tab- 140bpm
 - 31:12 - Tremolo Picking
 - 31:25 - Potential Picking Speed
- 18 – Exercise 8 - Tremolo Picking
 - 32:01 - Exercise 8
 - 32:33 - Exercise 8 Tab (not tremolo picked for purpose of demonstration)
- 19 – Exercise 9 – Intro Lead- Part Two
 - 32:52 - Exercise 9 at Tempo
 - 33:06 - Exercise 9 Slow
 - 33:44 - Exercise 9 Tab- 80bpm
 - 34:07 - Exercise 9 Tab- 136bpm
- 20 – Exercise 9 - Rhythm Track
- 21 – Lesson 2 Goals
- 22 – **Lesson 3** - "How I Practice"
 - 35:15 – Practicing
 - 37:09 – Preview of A Locrian
 - 37:49 – Motifs, improvising on example 10
 - 39:26 – Rubato and free time
- 23 – Exercise 10 - Part 1
 - 40:53 - Exercise 10 at Tempo
 - 41:13 - Exercise 10 Slow
 - 41:37 - Exercise 10 Tab
 - 42:04 - Exercise 10 in free time
 - 42:274 - Motif for Exercise 11
- 24 – Exercise 11 - Part 2
 - 42:44 - Exercise 11 at Tempo
 - 43:02 - Exercise 11 Slow
 - 43:24 - Exercise 11 Tab
 - 43:46 - Exercise 11 in free time
 - 43:53 - Motif and Technique for Exercise 12
- 25 – Exercise 12 - Part 3
 - 44:46 - Exercise 12 at Tempo
 - 44:55 - Exercise 12 Slow
 - 45:17 - Exercise 12 Tab
 - 45:38 - Exercise 12 in free time
 - 46:06 - Exercise 13 Motif
 - 46:32 - Point A to Point B at Tempo
 - 46:43 - Point A to Point B Slow

- 26 – Exercise 13 - Part 4
 - 47:01 - Exercise 13 at Tempo
 - 47:06 - Exercise 13 Tab
 - 47:21 - Exercise 13 in free time
- 27 – Exercise 14 - Intro Lead- Part Three
 - 48:02 - Exercise 14 at Tempo
 - 48:22 - Exercise 14 Slow
 - 48:55 - Measures 7-9 fingering
 - 49:17 - Exercise 14 Tab- 80bpm
 - 49:47 - Exercise 14 Tab- 136bpm
- 28 – Exercise 14 Rhythm Track
- 29 – Lesson 3 Goals
- 30 – **Lesson 4** - How to Form a Band
 - 50:58 - Forming a Band
 - 53:16 - Motif for Exercise 15
- 31 – Exercise 15 - Part 5 of “How I Practice” solo
 - 53:35 - Exercise 15 at Tempo
 - 53:47 - Exercise 15 Tab
 - 54:24 - Exercise 15 in free time
- 32 – Exercise 16
 - 54:40 - Exercise 16 at Tempo
 - 55:02 - Exercise 16 Slow
 - 55:20 - Exercise 16 Tab
- 33 – Exercise 17 - Last Part of "How I Practice"
 - 55:45 - Exercise 17 at Tempo
 - 55:53 - Exercise 17 Slow
 - 56:08 - Exercise 17 Tab
- 34 – “How I Practice”- Complete
- 35 – Exercise 18 – Writing Harmony Guitar Lines
 - 57:47 - Fourth Pattern and Explanation of Exercise
 - 58:04 – Harmonizing in Thirds (diatonically- within the scale)
 - 59:04 - Finding the 7th note above A
 - 59:33 - Writing Harmony Parts
 - 1:00:43 - Exercise 18 Tab (Doug plays melody and you harmonize)
- 36 – Exercise 19 -Intro Lead- Part Four
 - 1:01:24 - Exercise 19 at Tempo
 - 1:01:54 - Exercise 19 Slow
 - 1:02:39 - Exercise 19 Tab- 80bpm
 - 1:03:28 - Exercise 19 Tab- 136bpm
- 37 – Intro Lead Complete
- 38 – Intro Lead Rhythm Track
- 39 – Lesson 4 Goals
- 40 – Closing