

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

1. Program Beginning
2. Introduction
 - 0:35 - Lesson Overview
 - 2:52 – Difficult chord voicings are for visualizing fretboard; not necessary to actually play them
 - 3:50 - Diminished Chords- technically correct but not commonly used
3. Tuning
 - 5:35 - How to use the DVD and access additional on-disk materials and training aids
4. **Lesson 1**
 - 6:55 - The Root Note- Establishing a tonal center
 - 7:29 - Chromatic Scale
5. Symmetrical Scales
 - 8:31 - Symmetrical Scale Demonstration
 - 9:05- Whole Tone Scale
 - 9:25 - Whole Tone Scale Diagrams
 - 9:46 - Whole Tone Scale Demonstration
6. Diatonic Scale (Non-Symmetrical)
 - 10:55 – C Major Scale Diagrams
 - 11:40 - Diatonic Scale Demonstration
 - 12:42 - A Major Scale Diagram
 - 13:03 - F Major Scale Diagram
 - 13:36 - Using 5 patterns you know to play 7 “scales” (modes)
7. Exercise 1 – 2 Octaves of E Major Scale
 - 13:50 - Exercise 1 Tab
 - 14:30 - Exercise 1 Fretboard Animation
 - 14:48 - Changing the Tonic
 - 15:22 – Fretboard Animation of C# Minor
8. Exercise 2 – C# Minor Natural Minor (Aeolian Mode)
 - 16:08 - Exercise 2 Tab
 - 16:20 - Lesson Goals (On DVD)
9. **Lesson 2**
 - 16:52 - Centering Tonality of the Phrase
 - 17:11 – The major scale contains seven modes
 - 17:31 - Whole Tone and Diatonic Scale Diagrams
10. The Seven Modes
 - 18:10 – Animated diagram of the seven diatonic modes in C major
 - 19:04 – Different patterns of intervals in different modes
 - 19:34 – Diagram of Second Pattern of Natural Minor
 - 20:20 – Animated diagram of seven modes in a single pattern
11. Exercise 3 – Seven Modes
 - 20:59 - Exercise 3 Tab
 - 21:41 - Practicing the exercise to hear the modes
 - 22:40 – Animated diagram of five diatonic patterns
 - 22:47 – Method of relating patterns to modes
12. Identifying modal patterns by root notes
 - 23:49 – Animated diagram of A natural minor
 - 23:57 – Transposing modal patterns to other keys
 - 24:12 – Locating modes in patterns

- 25:07 – Animated Diagram- Locating A Phrygian
- 26:15 - G Major Diagram and Scale
- 13. Chord Formulas
 - 27:44 - Minor 7th Chord Formula
- 14. Chord Scales- Harmony
 - 28:10 – Triads
 - 28:52 – Animated diagram of diatonic triads in C major
- 15. Exercise 4 – Triads in C Major
 - 29:21 - Exercise 4 Tab
 - 29:33 - Harmonizing a Scale
 - 30:00 – Modal Harmony
 - 30:24 – Animated diagram of modal harmony
- 16. Exercise 5 – Triads in D Major
 - 31:05 - Exercise 5 Tab
 - 31:17 – Building your own chord voicings
- 17. Piano Demonstration
 - 32:46 - C Major Scale on White Keys
 - 33:03 - Chromatic Scale
 - 33:15 – Half and Whole Steps on the Keyboard
 - 34:04 - C Major Triad
 - 34:28 – Harmonizing C Major Scale on Keyboard
 - 35:00 - A Minor Chord Scale on Keyboard
- 18. **Lesson 3** – Finding the Correct Chords and Scale
 - 36:23 – Substituting pentatonic scales for minor and major modes
 - 37:42 – Transposing minor pentatonic to major pentatonic
 - 38:26 - Minor to Major Scale Transition
 - 38:42 - Determining the key and mode of a song
- 19. Exercise 6 – Chords in A Minor- moving up the neck
 - 41:38 - Exercise 6 Tab
- 20. Exercise 7 – Chords in A Minor- staying in position
 - 41:54 - Exercise 7 Tab
- 21. Relative Keys
 - 43:00 - Major Chord Scales Diagram
 - 43:15 - Minor Chord Scales Diagram
 - 44:33 - Melodic intervals in chords for major and minor scales
- 22. Chord Numbers
 - 44:41 – I-IV-V Progression
 - 45:28 - Sub Dominant and Dominant Chords
 - 45:40 – Chord progressions on piano
 - 47:07 - Major Chord Scales (Ionian) Diagram
 - 48:45 - Changing minor V chord to major V in a minor key
 - 49:24 - Reviewing Stage 5 and applying these concepts to the solo
- 23. **Lesson 4** – The Exercises
- 24. Closing
- 25. Exercise 8 – C Major- up the neck
- 26. Exercise 9 – C Major- in position
- 27. Exercise 10 – D Major- up the neck
- 28. Exercise 11 – D Major- in position
- 29. Exercise 12 – B Minor- up the neck

30. Exercise 13 – B Minor- in position
31. Exercise 14 – G Major- up the neck
32. Exercise 15 – G Major- in position
33. Exercise 16 – E Minor- up the neck
34. Exercise 17 – E Minor- in position
35. Exercise 18 – Arpeggios in A Major
36. Closing Credits