

COMPLETE GUITAR COURSE

Level 1

Week 1

- 00:00 Course overview and how to get started
- 01:50 The journey begins – guitar tablature
- 02:37 How to read tab.pdf
- 02:46 Frets explained
- 03:23 How to play an A-minor Pentatonic lead pattern – tab demonstration
- 03:49 How to configure Guitar Pro for standard notation view
- 03:59 How to tune your guitar
- 05:00 Exercise 1 – tuning by ear
- 06:48 How to tune your guitar with a tuner or a software app
- 07:18 How to hold the pick
- 07:42 5th intervals and power chords – exercise 2 explanation
- 08:06 Power chord
- 08:24 Exercise 2 – power chord
- 09:06 Your first jam – play along with backing track
- 10:10 Play any song with power chords
- 10:25 Power chords on the 5th and 4th strings
- 10:30 Technique – how to make power chords sound clean
- 10:51 Technique – mute sixth string with 5th finger
- 11:05 Smoke on the Water riff
- 11:27 How to create a hard rock sound
- 11:45 Adjust amp for clean volume
- 11:58 Adjust amp distortion
- 12:32 Gain control for distortion
- 12:52 Amp tone control
- 13:21 Going for the gusto! Increase gain
- 13:37 Distortion pedal for maximum distortion

Lesson Note: This is a long lesson. You may choose to end the first week here and complete the following next week.

- 14:23 Technique – correct finger angle
- 14:41 Technique – elbow against torso
- 14:57 Technique – pull the fingers to the fretboard
- 15:53 Technique – palm muting for power chords
- 16:26 Note name of power chords / intervals
- 16:54 Correct way to position / hold guitar
- 17:23 Using a guitar strap
- 17:47 Technique – flat wrist on fretting hand

17:54 How to use the guitar strap to easily stand and Play
18:14 Fret hand finger technique
19:43 Picking technique – down strokes
20:01 Exercise 3 – A minor Pentatonic scale ascending and descending
20:35 Power chords on 5th and 4th Strings
20:51 Exercise 4 – 5th and 4th string power chords
21:34 Your turn to jam
22:18 Electric vs. acoustic guitar
22:52 Guitar buying tips
24:22 Identifying parts of the guitar
25:31 Pickups
25:46 Pickup selector switch
26:12 Signal path
26:29 How the course is organized
26:56 Guitar Pro software
27:45 Week 1 conclusion and homework assignment

Week 2

28:07 Week 2
28:12 Forming new habits
30:38 How and why I name instrumental pieces.
31:30 About Exercise 1
31:36 How to read chord diagrams.
31:58 How to palm mute strings that aren't supposed to sound.
04:57 Exercise 1: Almost There, play along demo
05:29 Your turn to play rhythm while I play lead.
05:58 Chord progression explained
06:42 Note names (PDF included with lesson materials)
07:14 Octaves explained
07:48 Sharps and flats explained
08:48 C to B and E to F – The exceptions
09:01 Note names on the 6th string
09:17 Note names on the 5th string
09:58 Power chord names
10:24 Guitar licks are defined and composition explained
11:54 Exercise 2 - you play rhythm from Exercise 1
12:26 Exercise 2 – you play lead while I play rhythm
12:56 Using Guitar Pro with Exercise 2
13:21 Picking techniques: down strokes and alternate picking
14:38 Legato and staccato
14:52 2nd pattern of the Pentatonic scale
15:34 “As you play each note leave the finger pressed to the string. Only lift it when absolutely necessary.”
15:44 Exercise 3 – 2nd pattern of the Pentatonic scale
16:13 First two Pentatonic patterns explained
17:42 Exercise 4 – animated tab positions 1 and 2 review

18:36 The five Pentatonic patterns (PDF in course materials)
19:33 Week 2 Conclusion
19:40 List of songs that you can begin to learn

Week 3 Complete Chapter List-

Program Length: 11:45

00:00 Three of the most popular open chords
00:48 Exercise 1 and 2 explained – verse and chorus
01:29 The song “Onward”
01:55 Chord diagrams
02:30 How to Play open chords – angle of fingers and finger pressure
03:16 Technique for smoothly changing chords
04:52 Exercise 1 – Verse of "Onward"
05:16 The chorus of "Onward"
06:27 Exercise 2 – Chorus of "Onward"
06:51 Song arrangement of "Onward" and how to read the tablature
07:20 Exercise 1 and 2 together – Complete arrangement, "Onward"
08:41 The third pattern of A-minor Pentatonic
09:17 Exercise 3 – Third pattern of A-minor Pentatonic
09:45 Three Pentatonic patterns combined
10:07 Exercise 4 – Patterns combined
10:36 Your goals and level of commitment

Week 4 Complete Chapter List -

Program Length: 10:56

00:05 Note names review
02:01 How to memorize note names
04:35 Note values
05:36 Time signature – $\frac{3}{4}$ time
06:35 Exercise 1 – Riffin’ It Up
06:56 Introduction to exercise 2
07:03 Eighth note rests
07:23 Exercise 2 – Kinda Heavy
07:46 Fourth Pentatonic pattern introduction
08:04 Exercise 3 – Fourth Pentatonic Pattern
08:29 Scale sequence explanation
08:48 Exercise 4 – Scale sequence
09:11 How to play licks, in time, over a chord progression
09:49 Exercise 5 – Lick one – from first pattern
09:57 Exercise 5 – Lick two – from second pattern
10:08 Exercise 5 – Lick three – from third pattern
10:17 Exercise 5 – Lick four – from fourth pattern
10:27 List of easy songs and final thoughts

10:17 Exercise 5 – Lick four – from fourth pattern

Week 5 Complete Chapter List-

Program Length: 17:14

- 00:05 Chords – 2 types
- 00:27 Chords – be sure that each string sounds
- 01:11 Bar chords explained
- 04:45 How to position the first finger for an effective bar
- 05:14 Twisting motion to clamp the bar to the fret
- 06:06 Speed and accuracy tips and exercise
- 07:33 Exercise 1 – First speed and accuracy exercise
- 07:54 Guitar riffs explained
- 09:22 Exercise 2 – Don't Believe It
- 10:06 The cause of out of tune sounding chords
- 11:27 A properly setup guitar is easier to play
- 11:41 About string height and guitar set-up
- 12:38 The 5th position is moved an octave lower
- 13:36 Exercise 3 – 5th pattern of the Pentatonic scale
- 14:05 Exercise 4 – scale sequence from 5th pattern
- 14:28 Changing keys with the 5 patterns
- 15:34 Exercise 5 – review of all 5 patterns
- 16:09 Final thoughts

Week 6 Complete Chapter List -

Program Length: 14:29

- 00:05 Practice and motivation
- 03:35 Exercise 1 – rhythmic notation
- 06:03 A minor and E major open chords
- 07:07 Chord strumming technique
- 08:09 Mute sixth string with thumb
- 08:54 Exercise 2 – Open Em and Am
- 10:34 Exercise 3 – Open Em, C, and D
- 11:20 Exercise 4 – AC/DC Thing
- 13:38 Final thoughts

Week 7 Complete Chapter List-

Program Length: 24:00

- 00:09 Mastering bar chords
 - 01:55 Drop D tuning - first step to master the barre
 - 03:02 Tuning my low E string to D - drop D tuning demonstration
 - 03:23 Play power chord with one finger
 - 04:09 The barre technique explained (briefly)
 - 04:32 Exercise 1, Molten Metal, played slowly (part 1)
 - 05:02 Exercise 1, played slowly (part 2)
 - 05:30 Exercise 1 – Molten Metal, normal speed with on-screen tab
 - 06:40 Be sure that each string sounds at the barre
 - 08:07 Exercise 2, Molten Metal, played slowly in standard tuning (part 1)
- Note: This exercise is optional because it's too difficult for a beginner. It's designed to show a beginner Exercise

1 in standard tuning. Some of the adjustments make this exercise difficult to play.
08:45 Exercise 2, Molten Metal, played slowly in standard tuning (part 2)
09:09 Exercise 2, Molten Metal normal speed with tab
10:09 Exercise 3 – I, IV, V progression.
10:29 Intervals explained
10:45 Major scale intervals explained
11:43 Minor is evil
12:47 Power chords are the first and fifth tones of the major scale.
13:29 Exercise 3 – I, IV, V progression explained and demonstrated
14:37 A minor and E major open chords (Closeup)
14:57 A major open chord up close and personal.
16:14 Five-string bar
17:42 Shapes in front of the five string bar to form major, minor, minor seventh, and dominant seventh
18:03 Move the barre up and down the neck to form hundreds of chords
18:55 Exercise 3 with on-screen tab at normal speed
19:52 If you find the five-string barre chord too difficult, just allow the lower strings to sound to form power chords.
21:30 Exercise 4 - adding notes to the open D chord
21:49 Changing notes on the E string while playing the open D chord.
23:12 Exercise 4 at normal speed with on-screen tab
23:32 Make practice a habit, consistency is the key to success.

Week 8 Complete Chapter List-

Program Length: 16:00

00:09 Top Ten Tips for Mastering Guitar
01:01 Tip 10 - Repetition
02:38 Effectiveness comes from reconsolidation
04:15 Exercise 1 from Speed and Accuracy for Lead Guitar
04:54 Whole tone and half tone intervals explained
05:57 The three diatonic patterns
06:22 Avoid spider fingers
07:47 Exercise 1 played slowly - triplets, three notes per beat
08:15 Exercise 1 with on-screen tab at normal speed
08:42 Shapes from the E major open chord.
09:11 Review of the technique for six string barre chords.
09:40 Six string G barre chord
10:05 A major, A minor 7th, A minor, A 7
10:25 Exercise 2 explained
10:42 Exercise 2 played slowly
11:34 Exercise 2 with tab and chord diagrams
12:18 A beginner will not master Exercise 2 this week
12:43 Exercise 3 - Cool Metal Jazz
13:11 Exercise 3 played very slowly
13:35 Exercise 3 with on-screen tab - You can do this!
14:03 Exercise 4 chord progression (Am, G, and F)
15:03 Exercise 4 at normal speed with on-screen tab.

Week 8 Complete Player List-

- 01:01 Tip 10 - Repetition
- 04:15 Exercise 1 from Speed and Accuracy for Lead Guitar
- 04:54 Whole tone and half tone intervals explained
- 05:57 The three diatonic patterns
- 07:47 Exercise 1 played slowly - triplets, three notes per beat
- 08:15 Exercise 1 with on-screen tab at normal speed
- 09:40 Six string G barre chord
- 10:05 A major, A minor 7th, A minor, A 7
- 10:42 Exercise 2 played slowly
- 11:34 Exercise 2 with tab and chord diagrams
- 13:11 Exercise 3 played very slowly
- 13:35 Exercise 3 with on-screen tab - You can do this!
- 15:03 Exercise 4 at normal speed with on-screen tab.

Week 9 Complete Chapter List-

- Program Length: 14:12
- 00:09 Create your own program
- 04:41 The hammer-on technique
- 04:57 Hammer-on technique demonstrated
- 05:29 How to make the hammer-on sound clearly
- 06:32 Exercise 1 played very slowly.
- 06:54 Exercise 1 with the animated tab.
- 07:50 Exercise 2 is my favorite dexterity exercise – 02132432
- 08:31 Exercise 2 with animated on-screen tab
- 09:57 Exercise 3 acoustic guitar technique
- 10:19 Exercise 3 with animated on-screen tab
- 10:39 All common open chords for rock guitar
- 12:31 Exercise 4 - chord chart

Week 10 Complete Chapter List

- Program Length: 19:04
- 00:09 Tip #8 - Learn to play complete songs and build a song list.
- 03:46 Introduction to this week's lesson
- 04:22 Pull-off technique
- 04:38 Hammer-pull
- 06:19 How to mute surrounding strings for a pro sound
- 07:37 Exercise 1 – the pull-off technique
- 08:09 Pull-off in tune – don't bend strings
- 08:45 Exercise 2 demonstrated slowly
- 09:23 Exercise 2 with animated tab
- 10:37 Exercise 3 with animated tab
- 11:03 Exercise 4 with animated tab
- 11:24 Exercise 5 from Speed and Accuracy
- 12:19 Exercise 5 – whole step, whole step

12:34 An in-depth examination of the 5-string bar
15:22 Exercise 6 the 5-string bar chords
15:45 Easy guitar tricks
15:52 Pick rake
16:29 Angle the pick to scrape against the windings
17:24 Volume swell
18:08 Whale mating call

Week 10 Player List

00:09 Tip #8 - Learn to play complete songs and build a song list.
04:22 Pull-off technique
04:38 Hammer-pull
06:19 How to mute surrounding strings for a pro sound
07:37 Exercise 1 – the pull-off technique
08:45 Exercise 2 demonstrated slowly
09:23 Exercise 2 with animated tab
10:37 Exercise 3 with animated tab
11:03 Exercise 4 with animated tab
12:19 Exercise 5 – whole step, whole step
12:34 An in-depth examination of the 5-string bar
15:22 Exercise 6, the 5-string bar chords
15:45 Easy guitar tricks

Week 11 Complete Chapter List

Program Length: 18:28
00:09 Tip #7 – Step-by-step guitar instruction
06:16 String bending technique
10:02 Exercise 1 – hammer-on, and pull-off
10:34 Hammer-pull technique explained
11:14 Exercise 2 – hammer-pull
11:37 How to identify the key of the song
14:23 Introduction to the riff “Aces High”
14:59 Exercise 3 – Aces High
15:38 Commentary on internet era guitar playing
17:55 Final thoughts

Week 12 Complete Chapter List

Program Length: 13:59
00:09 Tip #6 – Master scales
03:09 This lesson is about rock n’ roll
03:35 Acoustic style rock n’ roll progression
03:52 Thumb used to mute bass strings
04:04 Exercise 1 – strumming rock n’ roll
04:44 Same progression using power chords
05:23 Power chords with palm muting

05:36 Progression played slowly
06:13 Exercise 2 – power chords
06:41 Using the pinky to play rock n’ roll
07:01 Exercise 3 played slowly
07:49 Exercise 3 – rock n’ roll pinky style
08:18 Muting with the pinky
09:06 Introduction to exercise 4 with playing demonstration
09:28 Technique used in Exercise 4
10:06 Pick the fifth and fourth strings to add the seventh
10:57 Exercise 4 – rock n’ roll with the seventh
11:26 Further explanation of exercise 4
12:06 Pull-off and hammer using the bar
13:26 Exercise 5 – licks using the bar
13:44 Final thoughts

Week 12 Player Chapter List

00:09 Tip #6 – Master scales
04:04 Exercise 1 – strumming rock n’ roll
05:23 Power chords with palm muting
05:36 Progression played slowly
06:13 Exercise 2 – power chords
06:41 Using the pinky to play rock n’ roll
07:01 Exercise 3 played slowly
07:49 Exercise 3 – rock n’ roll pinky style
09:28 Technique used in Exercise 4
10:06 Pick the fifth and fourth strings to add the seventh
10:57 Exercise 4 – rock n’ roll with the seventh
12:06 Pull-off and hammer using the bar
13:26 Exercise 5 – licks using the bar

Week 13 Chapter List

Program Length: 16:06
00:09 Tip #5 – Learn to improvise lead guitar
03:45 Use Exercise 1 to improvise lead guitar
03:58 An explanation of Exercise 2, Never Too Late
04:22 Suspended chords for acoustic music
05:43 Exercise 1 – Never Too Late
06:44 Exercise 2 – Riff On
08:01 How to mute strings that shouldn’t sound
09:13 String muting technique demonstrated
13:27 Attitude
15:04 Exercise 3 / Massive Destruction / outro

Week 14 Chapter List

Program Length: 9:56
00:06 Tip #4 – Learn to Play by Ear

04:51 A minor chord progression
07:02 Chords of rock and popular music
07:21 Exercise 1 – A minor chord progression
07:34 Introduction to exercise 2
07:40 Exercise 2 – C Major chord progression
07:52 Introduction to exercise 3
08:01 Exercise 3 – pull-off in 3rd pattern
08:15 Exercise 4, a simple riff to practice hammer-pull
08:30 Exercise 4 – hammer-pull riff
09:08 Final thoughts and additional instructions

Week 15 Chapter List

Program Length: 19:19

00:05 Tip #3 – Record your playing on a regular basis
04:57 Metal Tricks
06:05 Vibrato
09:05 Natural harmonics
10:12 Pick harmonics
11:18 Tremolo picking
12:50 Two-hand tapping
14:00 Exercise 1 played slowly
14:15 Exercise 1 – tapping
14:26 Exercise 2 played slowly
14:41 Exercise 2 - tapping
14:58 Exercise 3, bend, tap played slowly
15:28 Exercise 3 – bend, tap
15:43 Whammy bar demonstration (vibrato bar)
16:32 Tremol-no
18:00 Exercise 4 played slowly
18:40 Exercise 4 - chromatic exercise
19:02 Final thoughts

Week 15 Player Chapter List

Program Length: 19:19

06:05 Vibrato
09:05 Natural harmonics
10:12 Pick harmonics
11:18 Tremolo picking
12:50 Two-hand tapping
14:00 Exercise 1 played slowly
14:15 Exercise 1 – tapping
14:26 Exercise 2 played slowly
14:41 Exercise 2 - tapping
14:58 Exercise 3, bend, tap played slowly
15:28 Exercise 3 – bend, tap

15:43 Whammy bar demonstration (vibrato bar)
18:40 Exercise 4 - chromatic exercise

Week 16 Chapter List-

Program Length: 12:57

00:09 Tip #2 – Form a band or jam with friends
06:26 Exercise 1 is for bar chord practice
06:49 Exercise 1 – Arrival
07:29 Exercise 2 is chromatic
07:44 Exercise 2 demonstrated played slowly
08:54 Exercise 2 – chromatic exercise
09:16 Exercise 3 demonstrates a sliding technique
10:31 Exercise 3
10:39 Exercise 4 features bends and pull-offs
11:21 Exercise 4 – pull-offs from the bar
11:32 Speed and Accuracy exercise
12:08 Exercise 5 played slowly
12:27 Exercise
12:38 Final thoughts

Week 16 for player -

06:26 Exercise 1 is for bar chord practice
06:49 Exercise 1 – Arrival
07:29 Exercise 2 is chromatic
07:44 Exercise 2 demonstrated played slowly
08:54 Exercise 2 – chromatic exercise
09:16 Exercise 3 demonstrates a sliding technique
10:31 Exercise 3
10:39 Exercise 4 features bends and pull-offs
11:21 Exercise 4 – pull-offs from the bar
11:32 Speed and Accuracy exercise
12:08 Exercise 5 played slowly
12:27 Exercise
12:38 Final thoughts

Week 17 Chapter List-

Program Length: 15:56

00:10 Tip #1 – Surprise!
05:49 Introduction to this week's lesson with playing demonstration
08:36 Lick-O-Matic
11:48 Lick-O-Matic and Guitar Pro software
12:40 The four-note lead
13:20 Move the four notes to other patterns
15:17 Final thoughts

Intermediate Program

Week 18 Chapter List-

Program Length: 13:04

- 00:11 Playing demonstration
- 00:35 The pentatonic zone series
- 01:24 A minor, first pentatonic pattern
- 01:29 Scale demonstrated
- 01:39 Use a metronome to find your current max tempo
- 02:00 Exercise 1 – Pentatonic scale played using 16th notes
- 02:14 Using guitar pro tab to assist your progress
- 02:30 Speed picking technique
- 02:51 Tracking your progress
- 03:39 Looping with guitar pro tab
- 03:53 Eighth note triplets
- 04:51 Exercise 2 – pattern 1 using eighth note triplets
- 05:06 Mastering the exercises with practice
- 05:49 Looping exercise
- 07:20 Building a lead using patterns
- 07:27 Exercise 3
- 07:49 Explanation of exercise 4
- 08:34 Exercise 4 – Lead using the first pattern
- 09:09 How to practice exercise 4
- 10:01 Using guitar pro tab for improvising
- 10:20 About repetitive movement injuries
- 12:39 Final thoughts

Week 18 Player

- 00:35 The pentatonic zone series
- 02:00 Exercise 1 – Pentatonic scale played using 16th notes
- 02:30 Speed picking technique
- 03:39 Looping with guitar pro tab
- 03:53 Eighth note triplets
- 04:51 Exercise 2 – pattern 1 using eighth note triplets
- 07:20 Building a lead using patterns
- 07:27 Exercise 3
- 07:49 Explanation of exercise 4
- 08:34 Exercise 4 – Lead using the first pattern
- 09:09 How to practice exercise 4
- 10:01 Using guitar pro tab for improvising
- 10:20 About repetitive movement injuries

Week 19 Chapter List-

Program Length: 10:50

- 00:10 No shortcuts
- 00:50 Importance of Pentatonic patterns

02:10 Fundamentals
03:30 Exercise 1 – 2nd Pentatonic pattern
03:44 Exercise 1 – 16th notes played slowly
04:06 Tempo of eighth note triplets
04:39 Triplet playing demonstration
04:52 Exercise 2 – eighth note triplets
05:10 Eighth note triplet sequence
05:32 Sequence played slowly
05:52 Exercise 3 – triplet sequence
06:14 Improvising lead guitar
07:01 Improvise with sequence
07:41 Pattern 1 sequence
08:40 Exercise 4
08:51 Exercise 4 played slowly
09:05 Exercise 4 played slowly
09:55 Exercise 4 with tab
10:26 Final thoughts

Week 19 Player List-

00:50 Importance of Pentatonic patterns
03:30 Exercise 1 – 2nd Pentatonic pattern
03:44 Exercise 1 – 16th notes played slowly
04:39 Triplet playing demonstration
04:52 Exercise 2 – eighth note triplets
05:10 Eighth note triplet sequence
05:32 Sequence played slowly
05:52 Exercise 3 – triplet sequence
07:41 Pattern 1 sequence
08:51 Exercise 4 played slowly
09:05 Exercise 4 played slowly
09:55 Exercise 4 with tab
10:26 Final thoughts

Week 20 Chapter List-

Program Length: 11:41
00:09 Week three of Pentatonic mastery
01:05 Value of the five-pattern strategy
04:33 How to develop automatic behavior
04:56 Exercise 1 – 3rd pattern of Pentatonic scale
05:09 How to master these patterns
06:01 Alternate fingering for pentatonic pattern 3
06:56 Description of exercise 2
07:48 Exercise 2 – Sequence
08:42 Exercise 3 – Pattern review
09:51 Exercise 4 – The Pentatonic lead continued
10:25 Exercise 5 – Bonus!

11:02 Last thoughts

Week 21 Chapter List-

Program Length: 15:16

00:08 Test your skill level

07:22 The test begins

08:57 PDF instructions to analyze test

09:18 Today's lesson

09:44 Exercise 1 - 4th Pentatonic pattern

10:00 For slow songs set metronome to eighth note beat

11:26 Exercise 2 sequence played slowly

11:49 Exercise 2 – Part 1, sequence

12:10 Part 2 played slowly

12:27 Exercise 2 – Part 2, sequence

13:06 Four sequences reviewed

13:34 Exercise 3 – Four pentatonic patterns reviewed

13:53 Exercise 4 – Pentatonic lead / backing track

14:27 Importance of studying fundamental techniques

Week 21 for Player-

Program Length: 15:16

00:08 Test your skill level

07:22 The test begins

08:57 PDF instructions to analyze test

09:44 Exercise 1 - 4th Pentatonic pattern

10:00 For slow songs set metronome to eighth note beat

11:26 Exercise 2 sequence played slowly

11:49 Exercise 2 – Part 1, sequence

12:10 Part 2 played slowly

12:27 Exercise 2 – Part 2, sequence

13:06 Four sequences reviewed

13:34 Exercise 3 – Four pentatonic patterns reviewed

13:53 Exercise 4 – Pentatonic lead / backing track

14:27 Importance of studying fundamental techniques

Week 22 Chapter List-

Program Length: 9:45

00:09 Final Pentatonic Zone lesson

00:47 About Doug's guitar & a little jam

01:50 Preview of 5 Note Lead

03:42 Onto this week's lesson & explanation of exercise 1

04:07 Exercise 1 (the 5th pentatonic position)

04:22 Exercise 1 played an octave lower

04:43 Exercise 2 explanation

05:35 Exercise 2 – all five patterns

05:57 Complete Pentatonic lead explained

06:20 Maximum intermediate tempo – 85 bpm
06:43 Exercise 3 – complete lead
07:07 Last thoughts on Pentatonic Zone
07:48 Important tempo information
08:31 Doug jam's on Bridge of Sighs by Trower

Week 22 for player-

00:09 Final Pentatonic Zone lesson
00:47 About Doug's guitar & a little jam
03:42 On to this week's lesson & explanation of exercise 1
04:07 Exercise 1 (the 5th pentatonic position)
04:22 Exercise 1 played an octave lower
04:43 Exercise 2 explanation
05:35 Exercise 2 – all five patterns
06:20 Maximum intermediate tempo – 85 bpm
06:43 Exercise 3 – complete lead
07:07 Last thoughts on Pentatonic Zone
07:48 Important tempo information
08:31 Doug jam's on Bridge of Sighs by Trower

Week 23 Chapter List-

Program Length: 15:33
00:08 Reasonable expectations and goals
05:43 Review of the four-note lead aa
06:41 Trapezoid shape demonstration
08:34 Rhythmic and melodic variety using only four notes
08:54 Chord progression for lead explained
09:10 Exercise 1 with tab – Chord progression for five note lead
10:18 The five-note lead.
10:25 BB King Blues Box
11:24 Closeup of the five-string box with blues lick demonstration.
13:27 Exercise 2 played slowly
13:42 Exercise 2 with tab – Section 1, Back in Time Lead
13:55 Exercise 3 played slowly
14:08 Exercise 3 with tab – Section 2, Back in Time Lead
14:30 Exercise 4 played slowly
14:45 Exercise 4 with tab – Section 3, Back in Time Lead
14:58 This week's lesson goals

Week 23 Chapter List for player

06:41 Trapezoid shape demonstration
08:34 Rhythmic and melodic variety using only four notes
08:54 Chord progression for lead explained
09:10 Exercise 1 with tab – Chord progression for five note lead.
10:25 BB King Blues Box

11:24 Closeup of the five-string box with blues lick demonstration.
13:27 Exercise 2 played slowly
13:42 Exercise 2 with tab – Section 1, Back in Time Lead
13:55 Exercise 3 played slowly
14:08 Exercise 3 with tab – Section 2, Back in Time Lead
14:30 Exercise 4 played slowly
14:45 Exercise 4 with tab – Section 3, Back in Time Lead
14:58 This week's lesson goals

Week 24 Chapter List-

Program Length: 8:25

00:08 Why is it so difficult to play along with a metronome?
01:39 Problem with “quantized notes”
02:31 MIDI
03:14 Introduction to this week's lesson
04:01 About exercise 1
04:42 Exercise 1 – linear sequence
04:52 Moving the linear sequence
05:22 Back to “Back in Time”
05:48 Exercise 2 with tab – Section 4, Back in Time Lead
06:02 Exercise 3 played slowly
06:29 Exercise 3 with tab – Section 5, Back in Time Lead
06:42 What if 5 turned out to be 6?
07:23 Exercise 4 with tab – Back in Time Review
08:14 Final thoughts

Week 24 Chapter List for player-

00:08 Why is it so difficult to play along with a metronome?
01:39 Problem with “quantized notes”
02:31 MIDI
04:01 About exercise 1
04:42 Exercise 1 – linear sequence
04:52 Moving the linear sequence
05:22 Back to “Back in Time”
05:48 Exercise 2 with tab – Section 4, Back in Time Lead
06:02 Exercise 3 played slowly
06:29 Exercise 3 with tab – Section 5, Back in Time Lead
06:42 What if 5 turned out to be 6?
07:23 Exercise 4 with tab – Back in Time Review
08:14 Final thoughts

Week 25 Chapter List-

Program Length: 11:50

00:04 Week 3 of the 5 note lead
00:59 Explanation of why limitations enhance creativity
04:12 Student challenge & how students should track their progress

07:22 Exercise 1 played slowly
07:48 Exercise 1 with tab – Speed and Accuracy
08:07 Preview & explanation of exercise 2
08:21 Exercise 2 with tab – Section 6, Back in Time Lead
08:37 Preview & explanation of exercise 3
09:10 Exercise 3 with tab – Section 7, Back in Time Lead
09:25 Preview & explanation of exercise 4
09:42 Exercise 4 with tab – Complete Lead
10:57 Final thoughts

Week 26 Chapter List-

Program Length: 15:08

00:03 Practice as a habit
01:07 Schedule practice
03:43 Beginning of “Diatonic Program”
04:38 First diatonic pattern
05:06 Add the half steps
05:45 Exercise 1 with tab – first pattern in A natural minor
06:48 Attention to technique
08:48 Exercise 2 with tab – A natural minor ascending, A Pentatonic descending
09:35 Exercise 3 with tab – chords in A natural minor scale
09:52 How to create chord progressions
10:31 Exercise 4 – A minor chord progression
11:23 Practice Leads
12:09 Your Turn to Jam
13:29 A Lick in A Natural Minor
14:22 Exercise 5 with tab – A minor lick
14:36 Exercise 5 – Blazing!
14:45 Practice time
15:01 Lesson End

Week 27 Chapter List-

Program Length: 12:41

00:03 Diatonic program overview
01:54 Exercise 1 with tab – Second pattern of the Diatonic scale
02:20 Visualization
02:54 Exercise 2 – Diatonic scale descending, and the Pentatonic scale ascending
03:18 How to practice exercise
04:45 What determines the melody of a song?
05:32 Diatonic scale diagrams
06:44 Start on C instead of A to sound like C Major
08:24 Major scale pattern
09:57 "A Natural minor" and "C Major" share the same notes
10:25 "A Natural minor" and "C Major" Chords
10:48 Exercise 3 with tab – C Major chord scale
11:24 Exercise 4 – C Major chord progression (From the West)

12:10 Exercise 5 – C Major Lead (From the West)
12:30 Lesson End

Week 27 Chapter List for Player–

01:54 Exercise 1 with tab – Second pattern of the Diatonic scale
02:20 Visualization
02:54 Exercise 2 – Diatonic scale descending, and the Pentatonic scale ascending
03:18 How to practice exercise
04:45 What determines the melody of a song?
05:32 Diatonic scale diagrams
06:44 Start on C instead of A to sound like C Major
08:24 Major scale pattern
09:57 "A Natural minor" and "C Major" share the same notes
10:25 "A Natural minor" and "C Major" Chords
10:48 Exercise 3 with tab – C Major chord scale
11:24 Exercise 4 – C Major chord progression (From the West)
12:10 Exercise 5 – C Major Lead (From the West)

Week 28 Chapter List-

Program Length: 14:53
00:03 Course mastery
00:25 The trick to staying motivated
01:36 Our online forum
02:32 Third Diatonic pattern
03:02 Exercise 1 with tab – third pattern
04:07 Third Diatonic pattern ascending and third Pentatonic pattern descending
04:14 Exercise 2 with tab – ascending and descending scales
04:37 Chords in the Dorian scale
05:02 Exercise 3 with tab – Dorian chords
06:30 Where do these chord progressions come from?
06:54 Building a chord scale (graphics)
07:44 Backing Tracks (Monster Backing Tracks)
08:51 Exercise 4 – D Dorian minor backing track
12:22 Five positions of D Dorian minor (pdf)
12:47 Key of A Dorian Minor
13:36 Exercise 5 with tab – Dorian minor lick
13:48 My concept
14:47 Lesson end

Week 28 Chapter List for player-

00:03 Course mastery
00:25 The trick to staying motivated
03:02 Exercise 1 with tab – third Diatonic pattern
04:07 Third Diatonic pattern ascending and third Pentatonic pattern descending
04:14 Exercise 2 with tab – ascending and descending scales
04:37 Chords in the Dorian scale

05:02 Exercise 3 with tab – Dorian chords
06:54 Building a chord scale (graphics)
08:51 Exercise 4 – D Dorian minor backing track
12:22 Five positions of D Dorian minor (pdf)
12:47 Key of A Dorian Minor
13:36 Exercise 5 with tab – Dorian minor lick

Week 29 Chapter list-

Program Length: 12:50

00:54 Natural minor preference
01:27 Modal patterns / positions
01:42 Modes of the Major scale
02:46 A natural minor or E Phrygian minor
03:42 Exercise 1 with tab – pattern 4 of A natural minor
04:24 Fourth Diatonic and 4th Pentatonic patterns
04:48 Exercise 2 with tab – 4th pattern ascending, pentatonic descending
05:11 E Phrygian minor chord Progression
05:36 A minor chord scale is C Major chord scale
06:27 Exercise 3 with tab – E Phrygian minor progression
06:43 More on modal theory
07:48 A Major sound explained
08:08 Transpose C Major to A Major
08:35 A Major sound demonstrated
09:41 A Dorian minor sound demonstrated
11:14 A Phrygian minor sound demonstrated
12:04 A Natural minor sound demonstrated
12:37 Lesson End

Week 29 Chapter list for player-

01:27 Modal patterns / positions
01:42 Modes of the Major scale
03:42 Exercise 1 with tab – pattern 4 of A natural minor
04:24 Fourth Diatonic and 4th Pentatonic patterns
04:48 Exercise 2 with tab – 4th pattern ascending, pentatonic descending
05:11 E Phrygian minor chord Progression
06:27 Exercise 3 with tab – E Phrygian minor progression
07:48 A Major sound explained
08:08 Transpose C Major to A Major
08:35 A Major sound demonstrated
09:41 A Dorian minor sound demonstrated
11:14 A Phrygian minor sound demonstrated
12:04 A Natural minor sound demonstrated

Week 30 Chapter List-

Program Length: 11:45

00:07 Mixolydian jam – Beach Tweakers

00:48 Lesson begins – Mixolydian mode

01:41 Exercise 1 with tab – position 5 of natural minor mode

02:04 Thumb placement

02:40 Diatonic vs Pentatonic

03:50 Exercise 2 with tab – Diatonic ascending/Pentatonic descending

04:06 Proper fingering

04:51 Fingering example

06:21 Exercise 3 played slowly

06:38 Exercise 3 with tab – G Mixolydian lick

07:31 A Natural minor phrase played slowly

07:45 Exercise 4 with tab – A natural minor phrase

08:29 G Mixolydian Monster Backing Track

Week 31 Chapter List-

Program Length: 13:45

00:01 Improvised lead

00:19 How do you play fast?

01:36 Master the fretting hand

02:23 Hammer pulls

02:34 Hammer pull demonstration

02:49 Fret hand fundamentals

04:26 Picking hand

04:59 Goal for this lesson

Note: The tab in this lesson is not animated because exercises aren't played at a single tempo

05:21 Exercise 1 with tab – use the bar for speed

05:46 Metronome and this lesson

06:22 Exercise 2 with tab – all pull-offs with the bar

06:41 Alternate picking with hammers and pulls

07:03 Exercise 3 with tab – hammer-on

07:14 Personal technique

08:42 Exercise 4 with tab – alternate picking

09:01 Exercise 5 with tab

09:27 Muting with both hands

09:42 Exercise 6 with tab

10:01 Exercise 7 with tab

10:14 Exercise 8 with tab

10:26 Exercise 9 with tab

10:39 Exercise 10 with tab

10:55 Alternate pick vs hammer-pull

11:37 MAB and speed

12:07 Choose personal goals

13:38 Lesson End

Week 31 for player-

Program Length: 13:45

00:19 How to play fast

01:36 Master the fretting hand

05:21 Exercise 1 with tab – use the bar for speed

06:22 Exercise 2 with tab – all pull-offs with the bar

07:03 Exercise 3 with tab – hammer-on

08:42 Exercise 4 with tab – alternate picking

09:01 Exercise 5 with tab

09:27 Muting with both hands

09:42 Exercise 6 with tab

10:01 Exercise 7 with tab

10:14 Exercise 8 with tab

10:26 Exercise 9 with tab

10:39 Exercise 10 with tab

Week 32 Chapter List-

Program length: 10:46

00:05 Doug Playing “Moving On”

03:07 Exercise 1 description

03:17 Exercise 1 with tab – part 1 of rhythm

03:26 “Moving On” Lead

03:52 Exercise 2 played slowly

04:04 Exercise 2 with tab – part 1 of lead

04:24 Exercise 3 with tab – part 2 of rhythm

04:43 Difficult section

05:20 Exercise 4 played slowly

05:10 Composition trick – mix hammers and pulls

05:32 Exercise 4 – part 2 of lead

05:43 Hammers and pulls

06:20 Staccato and legato

06:24 Exercise 5 played slowly

06:32 Exercise 5 played slowly

06:52 Exercise 5 – part 3 of lead

07:12 Exercise 6 played slowly

07:25 Exercise 6 – end of lead

08:10 Exercise 7 “The Complete Lead”

08:35 Final words regarding the lead

09:03 Backing Track

Week 32 Chapter List for player-

03:17 Exercise 1 with tab – part 1 of rhythm

03:52 Exercise 2 played slowly

04:04 Exercise 2 with tab – part 1 of lead
04:24 Exercise 3 with tab – part 2 of rhythm
05:20 Exercise 4 played slowly
05:32 Exercise 4 – part 2 of lead
06:24 Exercise 5 played slowly
06:32 Exercise 5 played slowly
06:52 Exercise 5 – part 3 of lead
07:12 Exercise 6 played slowly
07:25 Exercise 6 – end of lead
08:10 Exercise 7 “The Complete Lead”
09:03 Backing Track

Week 33 Chapter List-

Program Length: 9:44

00:04 Introduction - Doug playing E Natural minor
00:09 The Speed and Accuracy program
01:32 Create your own 30-day program
02:03 The three basic Diatonic shapes
02:31 First of the three patterns
02:49 Exercise 1 with tab
03:28 Eighth note triplets
04:18 Second of the three patterns
04:50 Thumb placement
05:03 Exercise 2 with tab
05:34 Third of the three patterns
05:45 Properly hand and fingers angle
06:17 Exercise 3 with tab
06:46 Anatomical differences
07:56 Thanks Dan Mumm
09:03 Exercise 4 with tab
09:33 Lesson End

Week 33 for Player-

Program Length: 9:44

00:09 The Speed and Accuracy program
01:32 Create your own 30-day program
02:03 The three basic Diatonic shapes
02:31 First of the three patterns
02:49 Exercise 1 with tab
03:28 Eighth note triplets
04:18 Second of the three patterns
05:03 Exercise 2 with tab
05:34 Third of the three patterns
05:45 Properly hand and fingers angle

06:17 Exercise 3 with tab
09:03 Exercise 4 with tab

Week 34 Chapter List-

Program Length: 13:59

00:01 Doug Playing
00:14 Part 2 of Speed and Accuracy for Lead Guitar
00:21 Three notes per string scale
00:34 PDF neck diagrams for E Aeolian
00:39 Three note scale patterns
01:13 Third position of E Natural minor
01:27 E Natural minor
01:38 Position 1 E Natural minor
01:54 Transpose to A Natural minor
02:13 Pick and pick movement
03:18 Exercise 5 with tab
04:08 Your focus
04:47 Watch your pick hand
05:37 Alternate picking
06:11 Tap your foot
06:40 String noise
06:51 Exercise 6 with tab
07:27 Note about beginning of Exercise 6
07:43 Your picking technique may naturally improve
08:44 Potential picking speed
09:14 The tremolo picking technique
10:53 Picking technique for speed
12:05 Exercise 7 with tab
12:29 Moving up the neck
13:36 Exercise 8 with tab
13:53 Lesson End

Week 34 for player-

00:14 Part 2 of Speed and Accuracy for Lead Guitar
00:34 PDF neck diagrams for E Aeolian
00:39 Three note scale patterns
02:13 Pick and pick movement
03:18 Exercise 5 with tab
06:51 Exercise 6 with tab
07:27 Note about beginning of Exercise 6
08:44 Potential picking speed
09:14 The tremolo picking technique
10:53 Picking technique for speed
12:05 Exercise 7 with tab
12:29 Moving up the neck

13:36 Exercise 8 with tab

Week 35 Complete Chapter List-

Program Length: 11:08

00:02 Doug plays E Natural minor sequence
00:12 Part 3 of Speed and Accuracy for Lead Guitar
00:24 Moving scale from string to string
00:45 Exercise 9 with tab
01:42 Natural minor Intervals
02:19 Exercise 10 with tab
02:58 Legato exercise
03:19 Symmetrical Pattern
03:35 Exercise 11 with tab
04:09 Moving sequence to other positions
05:07 Exercise 12 with tab
06:05 Exercise 13 with tab
07:01 Practice tips
07:22 Tap your foot
07:44 Slow down to increase precision
07:56 Bonus exercise
08:05 Exercise 14 with tab
08:32 To play fast, practice slow
09:43 How to apply speed to your style
10:30 90 Day challenge
11:01 Lesson End

Week 35 Chapter List for player-

00:12 Part 3 of Speed and Accuracy for Lead Guitar
00:24 Moving scale from string to string
00:45 Exercise 9 with tab
02:19 Exercise 10 with tab
02:58 Legato exercise
03:19 Symmetrical Pattern
03:35 Exercise 11 with tab
04:09 Moving sequence to other positions
05:07 Exercise 12 with tab
06:05 Exercise 13 with tab
08:05 Exercise 14 with tab
08:32 To play fast, practice slow
10:30 90 Day challenge

Week 36 Chapter List-

Lesson length: 8:45

00:01 A song from the Hawk album
00:49 Can't Fall in Love
01:06 Time signature

02:57 Verse of the song
03:25 Exercise 1 played slowly
03:47 Exercise 1 with tab – the verse
04:04 B Section of the Verse
04:15 Exercise 2 played slowly
04:34 Palm muting
04:48 Exercise 2 with tab – B section
05:06 The chorus
05:19 EX 3 Very Slow
05:56 Exercise 3 with tab – chorus
06:31 Abbreviated version of the song
06:41 Exercise 4 – abbreviated version
08:07 Record Yourself
08:38 Lesson End

Week 36 for Player-

00:01 A song from the Hawk album
01:06 Time signature
03:25 Exercise 1 played slowly
03:47 Exercise 1 with tab – the verse
04:15 Exercise 2 played slowly
04:34 Palm muting
04:48 Exercise 2 with tab – B section
05:06 The chorus
05:19 EX 3 Very Slow
05:56 Exercise 3 with tab – chorus
06:41 Exercise 4 – abbreviated version
08:07 Record Yourself

Week 37- Chapter List-

Program length: 17:09
00:01 75 licks in this program
01:03 Integrate these licks into practice routine
01:22 This week, minor Pentatonic licks
02:07 How to use these licks
03:33 Guitar Pro and this lesson
04:01 Picking technique
04:24 Proper fingering
05:11 Bending notes to pitch
06:00 Before beginning
06:42 Lick Number 1
07:05 Lick Number 2
07:23 Lick Number 3
07:47 Lick Number 4
08:09 Lick Number 5
08:37 Lick Number 6

09:01 Lick Number 7
09:24 Lick Number 8
09:42 Lick Number 9
10:12 Lick Number 10
10:36 Lick Number 11
11:05 Lick Number 12
11:26 Lick Number 13
11:44 Lick Number 14
12:12 Lick Number 15
12:46 Lick Number 16
13:08 Lick Number 17
13:36 Lick Number 18
13:55 Lick Number 19
14:24 Lick Number 20
14:45 Lick Number 21
15:03 Lick Number 22
15:24 Lick Number 23
15:51 Lick Number 24
16:29 Lick Number 25

Week 37 for Player

06:42 Lick Number 1
07:23 Lick Number 3
08:09 Lick Number 5
09:01 Lick Number 7
09:42 Lick Number 9
10:36 Lick Number 11
11:26 Lick Number 13
12:12 Lick Number 15
13:08 Lick Number 17
13:55 Lick Number 19
14:45 Lick Number 21
15:24 Lick Number 23
16:29 Lick Number 25

[Advanced Program](#)

Week 38 Chapter List-

Program length: 13:39

00:01 Part 2 Classic Guitar Licks program
01:20 How Doug practices these licks
03:47 Lesson begins
03:55 Lick Number 26
04:08 Lick Number 27
04:32 Lick Number 28
04:50 Lick Number 29

05:21 Lick Number 30
05:44 Lick Number 31
06:04 Lick Number 32
06:21 Lick Number 33
06:47 Lick Number 34
07:06 Lick Number 35
07:24 Lick Number 36
07:45 Lick Number 37
08:12 Lick Number 38
08:36 Lick Number 39
08:56 Lick Number 40
09:15 Lick Number 41
09:35 Lick Number 42
10:16 Lick Number 43
10:40 Lick Number 44
10:57 Lick Number 45
11:37 Lick Number 46
11:53 Lick Number 47
12:17 Lick Number 48
12:35 Lick Number 49
12:56 Lick Number 50
13:25 Lesson End

Week 38 For Player-

03:55 Lick Number 26
04:32 Lick Number 28
05:21 Lick Number 30
06:04 Lick Number 32
06:47 Lick Number 34
07:24 Lick Number 36
08:12 Lick Number 38
08:56 Lick Number 40
09:35 Lick Number 42
10:40 Lick Number 44
11:37 Lick Number 46
12:17 Lick Number 48
12:56 Lick Number 50

Week 39 Chapter List-

Program Length: 11:16

00:01 Part 3 Classic Guitar Licks Program

00:05 Covered in this week's lesson "Dorian Licks" then "Natural Minor Licks"

00:09 The last few licks

00:34 Lick Number 51

00:58 Lick Number 52

01:23 Lick Number 53

01:49 Lick Number 54
02:09 Lick Number 55
02:32 Lick Number 56
02:58 Lick Number 57
03:18 Lick Number 58
03:48 Lick Number 59
04:18 Lick Number 60
04:35 Lick Number 61
05:05 Lick Number 62
05:26 Lick Number 63
05:44 Lick Number 64
06:12 Lick Number 65
06:43 Lick Number 66
07:11 Lick Number 67
07:33 Lick Number 68
07:54 Lick Number 69
08:19 Lick Number 70
08:37 Lick Number 71
09:03 Lick Number 72
09:30 Lick Number 73
10:06 Lick Number 74
10:39 Lick Number 75
10:59 Review Licks!!!
11:09 Lesson End

Week 39 for player-

00:34 Lick Number 51
01:23 Lick Number 53
02:09 Lick Number 55
02:58 Lick Number 57
03:48 Lick Number 59
04:35 Lick Number 61
05:26 Lick Number 63
06:12 Lick Number 65
07:11 Lick Number 67
07:54 Lick Number 69
08:37 Lick Number 71
09:30 Lick Number 73
10:39 Lick Number 75

Week 40 Chapter List-

Program Length: 10:35

00:03 Lick from the song Tell the Truth
00:09 Welcome to Week 40
00:41 The next few weeks are difficult
01:13 Tell the Truth

01:39 Exercise 1 – Verse rhythm guitar
02:00 Exercise 1 – played slowly
02:27 B Section of Verse
03:03 Exercise 2 – B Section of Verse
03:24 Exercise 2 – played slowly
03:47 Chorus of Tell the Truth
03:56 Exercise 3 – Chorus
04:16 Exercise 3 – played slowly
04:37 Tell the Truth lick
05:43 Open and closed position fingering
06:48 Exercise 4 – Tell the Truth lick
06:58 Exercise 4 – played slowly
07:12 How to get up to tempo
08:24 Complete rhythm
08:33 Exercise 5 – complete rhythm
09:42 The key to mastery
10:25 See you next week

Week 40 Chapter List for player-

01:39 Exercise 1 – Verse rhythm guitar
02:00 Exercise 1 – played slowly
02:27 B Section of Verse
03:03 Exercise 2 – B Section of Verse
03:24 Exercise 2 – played slowly
03:47 Chorus of Tell the Truth
03:56 Exercise 3 – Chorus
04:16 Exercise 3 – played slowly
06:48 Exercise 4 – Tell the Truth lick
06:58 Exercise 4 – played slowly
07:12 How to get up to tempo
08:33 Exercise 5 – complete rhythm
09:42 The key to mastery

Week 41 Chapter List-

Program length: 6:48
00:03 Beyond the Gate lead
00:47 Beyond the Gate information
01:32 Tips for sounding professional
02:05 Riff from 3rd Pentatonic position
02:57 Exercise 1 – part 1 of lead
03:10 Exercise 1 played slowly
03:38 Hammer, tap, pull-off, and slide
04:25 Exercise 2 – part 2 of lead
04:39 Exercise 2 played slowly
05:01 Part 3 explained
05:28 Exercise 3 – part 3 of lead

05:43 Exercise 3 played slowly
06:02 Lesson end

Week 42 Chapter List-

Program length: 6:42
00:03 Beyond the Gate lead
00:47 Wardrobe malfunction
02:03 The lead continued
02:19 Chimes
02:25 Ostinato
03:00 Eighth note triplets
03:18 Exercise 4 – part 4 of the lead
03:34 Exercise 4 played slowly
03:53 Rhythm Track
04:04 Exercise 5 – part 5, the rhythm track
05:26 Exercise 6 – Complete lead
06:16 Lesson End

Week 43 Chapter List-

Program length:
00:03 Step-by-Step
01:12 The final test begins
01:53 Exercise 1 – Step 1
02:09 Exercise 1 played slowly
02:30 Tips for Exercise 2
03:16 Exercise 2 – Step 2
03:24 Exercise 2 played slowly
03:38 Learn this step by step
04:20 Lesson End

Week 44 Chapter List-

Program length: 4:03
00:03 Step-by-Step
01:11 Welcome to Week 44
02:11 Exercise 3 is a sequence
02:38 Exercise 3 – Step 3
02:46 Exercise 3 played slowly
03:01 Tips for Exercise 4
03:26 Exercise 4 – Step 4
03:32 Exercise 4 played slowly
03:40 Lesson End

Week 45 Chapter List-

Program length: 4:25
00:03 Step-by-Step
01:11 Wow, I'm impressed!

01:41 Exercise 5 explained
01:50 Variety in hammers and pulls
02:19 Exercise 5 – Step 5
02:27 Exercise 5 played slowly
02:39 Exercise 6 explained
03:07 Exercise 6 – Step 6
03:18 Exercise 6 played slowly
03:34 Lesson End

Week 46 Chapter List-

Program length: 5:16
00:03 Step-by-Step
01:11 Welcome to Week 46
01:14 Playing sequences clean
03:13 Exercise 7 – Step 7
03:23 Exercise 7 played slowly
03:43 Tips for Exercise 8
04:13 Exercise 8 – Step 8
04:19 Exercise 8 played slowly
04:29 Lesson End

Week 47 Chapter List-

Program length: 4:13
00:03 Step-by-Step
01:11 Welcome
01:22 Tips for Exercise 9
01:41 Exercise 9 – Step 10
01:49 Exercise 9 played slowly
02:00 The last step
02:28 Exercise 10 – Step 10
02:49 Exercise 10 played slowly
03:16 That's It
03:23 Submit a video
04:08 Lesson End

Week 48 Chapter List-

Program length: 7:14
00:03 Step-by-Step
01:12 News Bulletin: There is no End
01:27 In this lesson
01:50 Master this a step at a time
02:27 Record Yourself
03:06 Determine practice tempo
03:39 The Last Exercise
04:50 You have just completed the course
05:18 Your turn to give something back

05:33 Continue to review the fundamentals

06:05 Certificate of Completion

06:26 Closing Credits – A Salute to Friends of Metal Method