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

Lesson 1
1 – Beginning
   0:12 - How to use the DVD and access additional on-disk materials and training aids
   0:20 - Instructions for Tablature
2 – Intro-
   Assuming you know absolutely nothing about guitar; maybe you do and just need to review the basics, break some bad habits or fill in some gaps in your knowledge. Whether you want to master the instrument or just have some fun, this is the place to start.
   2:12 - Special considerations for younger players.
   2:53 - Tips for getting the most from the course, including practice schedule, study pace, when to move to next lesson. Words of encouragement.
3 – Lesson 1
   4:45 - Equipment for the Course- Acoustic will work but electric is recommended. Special tips for younger (or smaller) players.
   6:04 - Selecting and Purchasing a Guitar- What to look for in a new or used guitar.
4 – Parts of the Guitar
   7:56 - Bridges
   8:46 - Pickups and Selector Switches; Signal Path of Guitar Sound
   9:50 - Advice about tuning the guitar (precedes Tuning chapter point)
5 – Tuning
   11:55 - Exercise 1 - Tuning to Your Own Guitar
   12:53 - How to Tell When a Guitar is Out of Tune
   13:28 - Electronic Guitar Tuners
6 – How to Fret a Note
   Correct hand positioning and muscle movement for maximum results with minimum effort. Relaxed muscles are faster!
7 – Position of Elbow
   Expand your fretboard reach with proper arm angle.
8 – How to Hold a Pick
   Making the pick an extension of your body. Correct motion. Up, down, and alternate picking.
   18:11 - Legato and Staccato
9 – How to Read Guitar Tab
   18:46 - Tab for Exercise 2 Explained
10 – Exercise 2, 60 BPM
11 – Exercise 2, 120 BPM
   20:00 - The one-finger-per-fret fingering guideline (closed position).
   20:20 - Leaving fingers on the fretboard for economy of motion
   21:02 - Quarter notes and 4/4 time signature
12 – Exercise 2, Tab
13 – Exercise 3, 60 BPM
14 – Exercise 3, 120 BPM
15 – Exercise 3, 240 BPM
16 – Exercise 3, Tab
17 – Lesson One Goals
Lesson 2
1 – Lesson 2
2 – Your Goals for this Course- Set your goals and commit to achieve them.
   1:00 - Overview of Chords - Open Position and Barre Chords
   2:18 - Three String Chords
3 – String Mute- Foam mute for beginners
4 – How to Read and Play Chord Diagrams
   5:01 - Half Notes in 4/4 Time
5 – Exercise 4, 60 BPM
6 – Exercise 4, Tab
7 – Exercise 5, 60 BPM
8 – Exercise 5, Tab
9 – Metronome
10 – Exercise 6 - Finger Exercise- 60 BPM
11 – Exercise 6, 120 BPM
12 – Exercise 6, 240 BPM
13 – Exercise 6, Tab
14 – Exercise 7 - Single pattern repeated on all six strings- 60 BPM
15 – Exercise 7, 120 BPM
16 – Exercise 7, 240 BPM
17 – Exercise 7, Tab
18 – Guitar Setup- A guitar with heavy strings and high action is hard to play. How to measure the string height (action).
   11:35 - Chords for Exercise 8- E Major, A Sus(sustained) 2 and D Sus(sustained) 4
   11:50 - Eighth notes in 4/4 time
19 – Exercise 8- Chords and single note line- 60 BPM
20 – Exercise 8, Tab
21 – Out of Tune Chords- Accidentally pulling strings out of tune
22 – Exercise 9, 60 BPM
23 – Exercise 9, Tab
24 – Exercise 10, 60 BPM
25 – Exercise 10, Tab
   15:09 - Using the Fourth Finger
26 – Exercise 11 - Finger exercise on two strings- 60 BPM
27 – Exercise 11, 120 BPM
28 – Exercise 11, 240 BPM
29 – Exercise 11, Tab
30 – Lesson Two Goals

Lesson 3
1 – Lesson 3
2 – Exercise 12- Workout for pinky finger on all six strings, 30 BPM
3 – Exercise 12, 60 BPM
4 – Exercise 12, 120 BPM
5 – Exercise 12, Tab
   2:35 - Standard Notation
   3:00 – Reading note durations when tab is below standard notation; reading note durations in tablature
6 – Exercise 13, 60 BPM
Lesson 4
1 – Lesson 4
2 – Barre Chords
   0:30 – Using the first finger to simulate the nut
   0:50 – Physical technique for creating a strong barre
   2:15 - First Finger Barre Exercise- Easy steps to six string barre
   3:00 - 24 Chords in Just a Few Minutes (in two sets of 12)
3 – Major Barre Chord on Four Strings
   3:28 - Chord Diagram
4 – Root Note of the Chord
   4:53 - Learning the names of notes on the guitar; trick for remembering names of the open strings; how to go up the strings and determine note names
   5:56 - Fretboard diagram of notes on D string
   6:05 – Sharps and Flats
5 – Minor Barre Chord on Four Strings- Movable shape for twelve more chords
6 – Exercise 17- Using both major and minor barre chords together- 120 BPM
7 – Exercise 17, Tab
   8:10 - Using the chords you already know as movable shapes
   9:06 – Creating six string open E minor chord
   10:00 – Reading the fingerings for chord diagrams
   10:17 – Five Open Position Chords for Exercise 18
8 – Exercise 18 (no tab necessary- see lesson PDF)
9 – Lesson 4 Goals
   12:06 – Selecting tab for a simple song and getting started on it
   13:20 – Message Board and Newsletter
10 – Closing Credits