

# COMPLETE GUITAR COURSE

## Stage One

### **Week 1 Complete Chapter List-**

Program length: 28:17

- 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 5<sup>th</sup> and 4<sup>th</sup> strings
- 10:30 Technique – how to make power chords sound clean
- 10:51 Technique – mute sixth string with 5<sup>th</sup> 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 this program 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 5<sup>th</sup> and 4<sup>th</sup> Strings  
20:51 Exercise 4 – 5<sup>th</sup> and 4<sup>th</sup> 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 Complete Chapter List-**

Program length: 19:58

00:05 Forming new habits  
02:31 How and why I name instrumental pieces.  
03:23 About Exercise 1  
03:29 How to read chord diagrams.  
03:51 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 6<sup>th</sup> string  
09:17 Note names on the 5<sup>th</sup> 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 2<sup>nd</sup> 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 – 2<sup>nd</sup> 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

### **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 5<sup>th</sup> position is moved an octave lower  
13:36 Exercise 3 – 5<sup>th</sup> pattern of the Pentatonic scale  
14:05 Exercise 4 – scale sequence from 5<sup>th</sup> 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 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 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

## Stage Two

### **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 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 3<sup>rd</sup> 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 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 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

### **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 16<sup>th</sup> 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 19 Chapter List-**

Program Length: 10:50

00:10 No shortcuts

00:50 Importance of Pentatonic patterns

02:10 Fundamentals

03:30 Exercise 1 – 2<sup>nd</sup> Pentatonic pattern

03:44 Exercise 1 – 16<sup>th</sup> 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 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 – 3<sup>rd</sup> 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 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 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 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

## Stage Three

### **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 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 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 – 4<sup>th</sup> 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 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 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 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 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 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 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 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

## Stage Four

### **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 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 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 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 3<sup>rd</sup> 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