

May Madness! 25% off yearly membership

[Click here to grab our best price](#)

Offer ends May 29th 23:59 GMT

Get **20% off** annual membership before your trial ends – **Only 5 days left**

[Back to all courses](#)

30 Day Beginner Challenge

Guitar Skills



Recently viewed



Theatre mode

Practice summary

+ Add

You haven't logged any practice time for this lesson yet. There's no time like the present to [start](#)

Let's Hit The Gym

UNIT 2 • **LESSON 2** << PREVIOUS NEXT >>

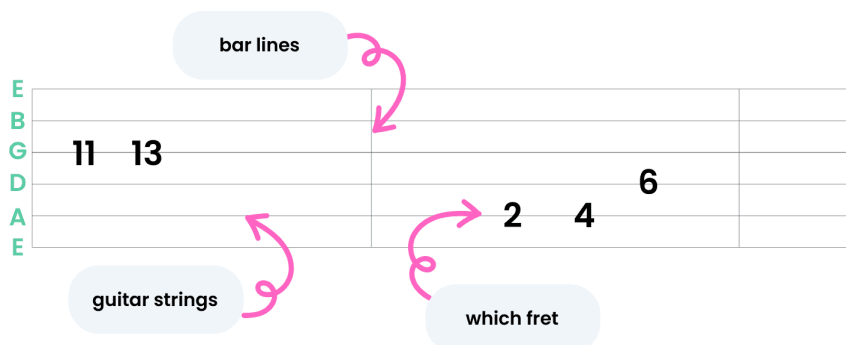
Lesson notes

Interactive tab

Reading Guitar Tab

Let's continue from our previous lesson by looking in more detail at guitar tab. Guitar tab is a fantastic way to start reading music, without having to spend the many years needed to learn standard music notation. Crucially, **guitar tab shows us where to put our fingers**, and gives us a rough sense of timing, but heavily relies on you knowing the song. You couldn't sit down and read a piece of tab, by itself (with no supporting notation) and be able to play the song.

So, let's take a look at the basics of reading tab using this little diagram to help:



UNIT 1

Smashing The Basics 0% ▼

UNIT 2

Let's Hit The Gym 0% ▲

Guitar gym is a term we use a lot here at the Guitar Club, so let's start by talking about what it means. Essentially, Guitar Gym is a range of exercises that are deliberately constructed to build your technique, skill and fluidity on the fretboard.

Lessons:

- Spider Exercise
- Reading Guitar Tab
- How To Practice
- New Rhythm!
- E Minor Pentatonic

UNIT 3

Getting Musical 0% ▼

UNIT 4

The Nitty Gritty 0% ▼

UNIT 5

Second Song 0% ▼

UNIT 6

Getting Ready 0% ▼

The full tab

With that understood, we can check out the full tab. As we spoke about in the video, depending on your current beginner level, you can choose to play the tab in 4th notes or 8th notes. This simply means that you can fit 4 notes into a bar, or 8 notes (which will feel like you're doubling the speed).



“

4th notes is a count of "one, two, three, four" and 8th notes is a count of "one and two and three and four and". Crucially, the count is over the same period of time, meaning that you get twice as many notes per bar in 8th notes

than you
do in 4th
notes.

Dan ”

1 8th Notes

mf

TAB 5 6 7 8 5 6 7 8 5 6 7 8 5 6 7 8

This is the 8th note version
above, and below is the 4th
note version of the tab.

7 4th Notes

TAB 5 6 7 8 5 6 7 8 5 6 7 8 5 6 7 8

TAB 5 6 7 8 5 6 7 8 5 6 7 8 5 6 7 8

TAB 8 7 6 5 8 7 6 5 8 7 6 5 8 7 6 5

TAB 8 7 6 5 8 7 6 5 8 7 6 5 8 7 6 5

So, continue working with your new guitar gym
exercise, and **be sure to use a metronome or drum
beat to stay in time!**



**All
done?**

Click here to mark this lesson as
complete.

Not quite done? Check the toolbox for more practice options.

Next lesson

guitar club

Made with ❤️ by Your Guitar Academy © 2025



COURSES

Guitar Skills
Player Studies
Theory Lab
Challenges
Masterclasses

TOOLS

Scale Builder
Practice History

PRICING

Subscriptions
Prepaid

BLOG

Latest Posts
All Posts

ACCOUNT

Settings
Manage subscription
Order history
Logout

COMPANY

Terms & Conditions
Privacy Policy
Cookie Preferences

GET IN TOUCH

contact@guitarclub.io

Currency: £GBP \$USD