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# 30 Day Beginner Challenge

Guitar Skills



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## Let's Hit The Gym

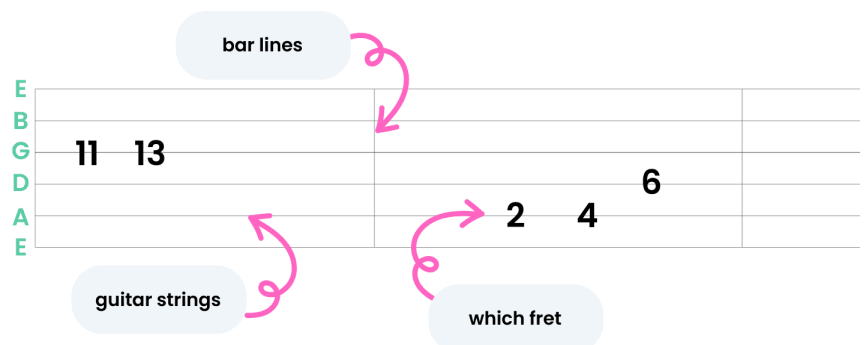
UNIT 2 • LESSON 2 << PREVIOUS NEXT >>

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

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## 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

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## 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

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



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