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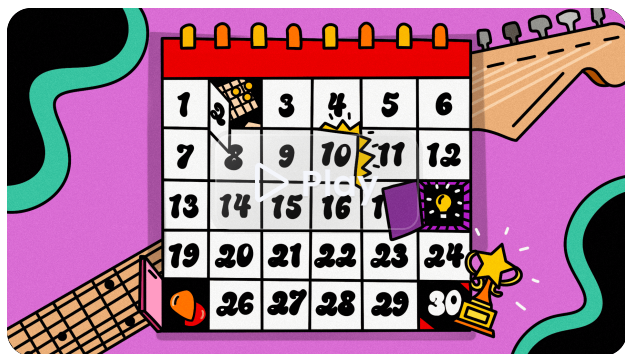
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# 30 Day Beginner Challenge

Guitar Skills

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## Smashing The Basics

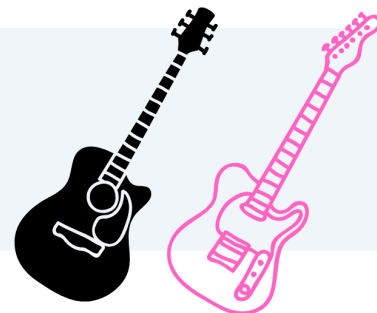
UNIT 1 • **LESSON 1** NEXT >>

### Getting Started

Before we dive into the lesson, let me just lay out the essentials you need to tackle the rest of this course. These are simple things, but if you don't have them, you won't get too far! We need...

#### your own guitar!

Yes, we know that is obvious, but you do need it! It doesn't matter if it's acoustic or electric at this point, this course will work with both.



#### a guitar tuner.

This is an absolute must! Grab a clip on tuner from a guitar shop or online and learn how to use it... Otherwise everything will simply sound wrong!

#### a pick... or 10!

We would recommend a "medium" pick (plectrum), somewhere around 80mm is a great place to start. Get something that feels nice to grip.



UNIT 1

## Smashing The Basics 0% ^

Welcome to the 30 Day Beginner Challenge! In our first unit we will now tackle the basic knowledge you need to get off to the best possible start. This is where you'll learn how to read the diagrams, hold the guitar and more!

Lessons:

- **Getting Started**
- **Chord Two!**
- **Timing**
- **Strumming Patterns**
- **Notes On The Neck**

UNIT 2

## Let's Hit The Gym 0% v

UNIT 3

## Getting Musical 0% v

UNIT 4

## The Nitty Gritty 0% v

UNIT 5

## Second Song 0% v

UNIT 6

## Getting Ready 0% v



“

That's it!  
Apart from that you simply need to show up with your guitar, and be prepared to learn exciting new things. If you're a beginner that has played a little before, this will be a great course for you to remove bad habits and learn properly again from the start. If you've

never  
plucked a  
note in  
your life,  
this  
course  
will also  
be  
perfect!

Dan ”

## Getting started

Let's get you started gently! We need to quickly cover a few basics before tackling our first chord shape on the guitar. First up, let's learn how to hold the guitar and the pick properly. We'd highly recommend sitting on a stool if you have one available so that your right leg (assuming you're holding a right-handed guitar) is slightly raised. On this raised leg, you rest the guitar where the natural curve is. Here's Dan beautifully demonstrating this vibe...

Notice how the body of the guitar rests on the raised leg.



As for holding the pick, well, there are a few ways to do this. On balance, we believe that the best way is to place the pick between your curved first finger

and thumb, ensuring the pointy edge is horizontal with your hand. Like this:




## The E minor chord...

With that covered, let's check out the first chord we will be playing. It's an E minor chord, and the first thing that will help massively is learning how to read chord boxes. Here's the E minor chord as an example, starting from the guitar neck, and turning into a chord box:

**1**

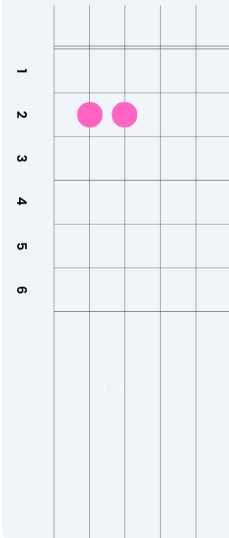
Here is the neck with the two pink "blobs" showing you where to put your fingers



**2**

Now we turn that into a diagram, giving you fret numbers and the chord name

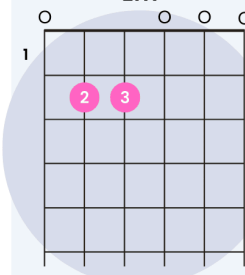
**Em**




**3**

Finally here is a completed chord diagram, as you will see them on our site!

**Em**

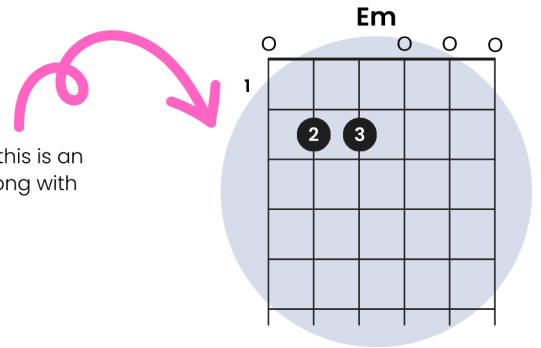


The numbers on the blobs represent the fingers you should be using to play the notes, as shown here:



So that final image details how all of our chord diagrams will appear across the whole site, and generally across the web (although they typically don't have the fancy grey circle... But we'll call that artistic license).

The "O" at the top tells you that this is an open string you want to play along with the other notes.





“ Phew! That’s a lot of information for your first lesson, so take your time to memorise it, and acknowledge that it will start to sink in more as you work through the course, so stick with it even if it’s not clicking yet!

**Dan**

”



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