Great! Below is the full content formatted for a printable handout and a separate practice sheet. You can copy each section into a Word document, Google Docs, or any text editor, then save or export it as a PDF.

🎸 Rock & Blues Chord Progressions - Guitar Handout

1. 12-Bar Blues (I–IV–V) in E

Chords:
E7 (0 2 0 1 0 0), A7 (X 0 2 0 2 0), B7 (X 2 1 2 0 2)

Example Songs:

- Hound Dog – Elvis Presley
- Tush – ZZ Top
- Rock and Roll – Led Zeppelin

2. I–IV–V–IV in C

Chords:
C (X 3 2 0 1 0), F (1 3 3 2 1 1), G (3 2 0 0 0 3)

Example Songs:

- La Bamba – Ritchie Valens
- Twist and Shout – The Beatles
- Louie Louie – The Kingsmen

3. I–♭VII–IV in A

Chords:
A (X 0 2 2 2 0), G (3 2 0 0 0 3), D (X X 0 2 3 2)

Example Songs:

- Gloria – Them
- What I Like About You – The Romantics
- Franklin's Tower – Grateful Dead

4. I–V–vi–IV in C

Chords:
C (X 3 2 0 1 0), G (3 2 0 0 0 3), Am (X 0 2 2 1 0), F (1 3 3 2 1 1)

Example Songs:

- With or Without You – U2
- Let It Be – The Beatles
- No Woman, No Cry – Bob Marley

5. I–vi–IV–V in C

Chords:

C (X 3 2 0 1 0), Am (X 0 2 2 1 0), F (1 3 3 2 1 1), G (3 2 0 0 0 3)

Example Songs:

- Stand by Me – Ben E. King
- Earth Angel – The Penguins
- Duke of Earl – Gene Chandler

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6. I–IV–V–I in G

Chords:

G (3 2 0 0 0 3), C (X 3 2 0 1 0), D (X X 0 2 3 2)

Example Songs:

- Wild Thing – The Troggs
- Sweet Home Alabama – Lynyrd Skynyrd
- Brown Eyed Girl – Van Morrison

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7. I–IV–I–V in E

Chords:

E (0 2 2 1 0 0), A (X 0 2 2 2 0), B (X 2 4 4 4 2)

Example Songs:

- Blue Suede Shoes – Elvis Presley
- Johnny B. Goode – Chuck Berry
- That'll Be the Day – Buddy Holly

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8. I–♭VII–♭VI–♭VII in E

Chords:

E (0 2 2 1 0 0), D (X X 0 2 3 2), C (X 3 2 0 1 0)

Example Songs:

- All Along the Watchtower – Jimi Hendrix
- Smells Like Teen Spirit – Nirvana
- Stairway to Heaven – Led Zeppelin

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9. ii–V–I in C

Chords:

Dm (X X 0 2 3 1), G (3 2 0 0 0 3), C (X 3 2 0 1 0)

Example Songs:

- Autumn Leaves – Jazz Standard
- Blue Bossa – Kenny Dorham
- So What – Miles Davis

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10. I–♭III–IV–I in E

Chords:
E (0 2 2 1 0 0), G (3 2 0 0 0 3), A (X 0 2 2 2 0)
Example Songs:

- Sunshine of Your Love – Cream
- You Really Got Me – The Kinks
- Smoke on the Water – Deep Purple

🎼 Chord Progressions Practice Sheet

Use this sheet to write down, play, and explore the shapes and sounds of each chord progression.

Certainly! Here's a comprehensive guide to 10 essential chord progressions commonly used in rock and blues music, tailored for standard guitar tuning (EADGBE). Each progression includes:

- **Formal Name**
- **Chord Progression**
- **Chord Chart**
- **Example Songs**
- **Tutorial Resources**

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1. **12-Bar Blues (I–IV–V)**

- **Progression:** E7 – A7 – B7

- **Chord Chart:**

    - E7: 0 2 0 1 0 0
    - A7: X 0 2 0 2 0
    - B7: X 2 1 2 0 2

- **Example Songs:**

    - "Pride and Joy" – Stevie Ray Vaughan
    - "Hound Dog" – Elvis Presley
    - "Tush" – ZZ Top

- **Tutorial Resources:**

    - JustinGuitar – 12 Bar Blues Progressions
    - GuitarLessons.com – The 12-Bar Blues Progression

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2. **I–bVII–IV Progression**

- **Progression:** E – D – A

- **Chord Chart:**

    - E: 0 2 2 1 0 0
    - D: X X 0 2 3 2
    - A: X 0 2 2 2 0

- **Example Songs:**

    - "Gloria" – Them (Van Morrison)
    - "Fire on the Mountain" – Grateful Dead
    - "What I Like About You" – The Romantics

- **Tutorial Resource:**

    - Jeffrey Pepper Rodgers – Blues/Rock Chord Changes

3. **Minor Blues (i–iv–V)**

- **Progression:** Em – Am – B7

- **Chord Chart:**

    - Em: 0 2 2 0 0 0
    - Am: X 0 2 2 1 0
    - B7: X 2 1 2 0 2

- **Example Songs:**

    - "Since I've Been Loving You" – Led Zeppelin
    - "Black Magic Woman" – Santana
    - "The Thrill Is Gone" – B.B. King

- **Tutorial Resource:**

    - Reddit – Variations on the 12-Bar Blues

4. **I–IV–V–IV Progression**

- **Progression:** E – A – B – A

- **Chord Chart:**

    - E: 0 2 2 1 0 0
    - A: X 0 2 2 2 0

- B: X 2 4 4 4 2

- **Example Songs:**

    - "La Bamba" – Ritchie Valens
    - "Twist and Shout" – The Beatles
    - "Wild Thing" – The Troggs

- **Tutorial Resource:**

    - GuitarLessons.com – The 12-Bar Blues Progression

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5. **I–bIII–IV–I Progression**

- **Progression:** E – G – A – E

- **Chord Chart:**

    - E: 0 2 2 1 0 0
    - G: 3 2 0 0 0 3
    - A: X 0 2 2 2 0

- **Example Songs:**

    - "You Really Got Me" – The Kinks
    - "All Day and All of the Night" – The Kinks
    - "I Wanna Be Sedated" – The Ramones

- **Tutorial Resource:**

    - Reddit – Blues Chord Progressions

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6. **I–IV–I–V Progression**

- **Progression:** E – A – E – B

- **Chord Chart:**

    - E: 0 2 2 1 0 0
    - A: X 0 2 2 2 0
    - B: X 2 4 4 4 2

- **Example Songs:**

    - "Johnny B. Goode" – Chuck Berry
    - "Roll Over Beethoven" – Chuck Berry
    - "Rock and Roll Music" – Chuck Berry

- **Tutorial Resource:**

    - GuitarLessons.com – The 12-Bar Blues Progression

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7. **I–IV–V–I Progression**

- **Progression:** E – A – B – E

- **Chord Chart:**

  - E: 0 2 2 1 0 0
  - A: X 0 2 2 2 0
  - B: X 2 4 4 4 2

- **Example Songs:**

  - "Sweet Home Chicago" – Robert Johnson
  - "Crossroads" – Cream
  - "Boom Boom" – John Lee Hooker

- **Tutorial Resource:**

  - GuitarLessons.com – The 12-Bar Blues Progression

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8. **I–bVII–IV–I Progression**

- **Progression:** E – D – A – E

- **Chord Chart:**

  - E: 0 2 2 1 0 0
  - D: X X 0 2 3 2
  - A: X 0 2 2 2 0

- **Example Songs:**

  - "Sweet Child O' Mine" – Guns N' Roses
  - "Smells Like Teen Spirit" – Nirvana
  - "All the Small Things" – Blink-182

- **Tutorial Resource:**

  - Jeffrey Pepper Rodgers – Blues/Rock Chord Changes

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9. **I–vi–IV–V Progression**

- **Progression:** E – C#m – A – B

- **Chord Chart:**

  - E: 0 2 2 1 0 0
  - C#m: X 4 6 6 5 4
  - A: X 0 2 2 2 0

- B: X 2 4 4 4 2

- **Example Songs:**

    - "Stand by Me" – Ben E. King
    - "Every Breath You Take" – The Police
    - "Let It Be" – The Beatles

- **Tutorial Resource:**

    - GuitarLessons.com – The 12-Bar Blues Progression

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10. **I–V–vi–IV Progression**

- **Progression:** E – B – C#m – A

- **Chord Chart:**

    - E: 0 2 2 1 0 0
    - B: X 2 4 4 4 2
    - C#m: X 4 6 6 5 4
    - A: X 0 2 2 2 0

- **Example Songs:**

    - "With or Without You" – U2
    - "No Woman No Cry" – Bob Marley
    - "Let Her Go" – Passenger

- **Tutorial Resource:**

    - GuitarLessons.com – The 12-Bar Blues Progression

For a visual representation and practice, you can refer to the following video tutorials:

- Songs Using the 12-Bar Blues Chord Progression
- The MOST Famous Blues Guitar Chord Progressions
- Ten Rock Songs to Master the 12 Bar Blues Riff Concept

If you would like this information compiled into a downloadable PDF with chord diagrams and clickable tutorial links, please let me know, and I will prepare it for you.