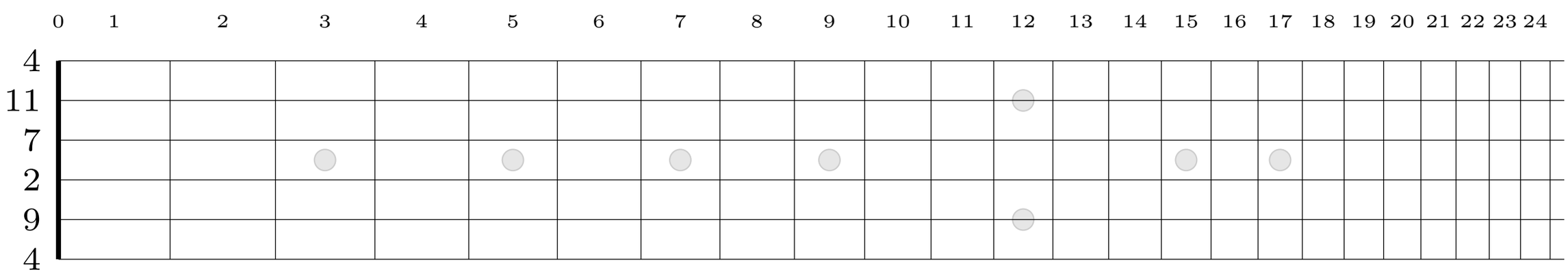
$4,-8$	$\overset{\rightleftharpoons}{\pm}5$	$9,-3$	$\overset{\rightleftharpoons}{\pm}5$	$2,-10$	$\overset{\rightleftharpoons}{\pm}5$	$7,-5$	$\overset{\rightleftharpoons}{\pm}4$	$11,-1$	$\overset{\rightleftharpoons}{\pm}5$	$4,-8$
$\odot$	——ıı——	$5,-7$	——ıı——	$10,-2$	——ıı——	$3,-9$	——ıı——	$7,-5$	——ıı——	0
$7,-5$	——ıı——	$\odot$	——ıı——	$5,-7$	——ıı——	$10,-2$	——ıı——	$2,-10$	——ıı——	$7,-5$
$2,-10$	——ıı——	$7,-5$	——ıı——	$\odot$	——ıı——	$5,-7$	——ıı——	$9,-3$	——ıı——	$2,-10$
$9,-3$	——ıı——	$2,-10$	——ıı——	$7,-5$	——ıı——	$\odot$	——ıı——	$4,-8$	——ıı——	$9,-3$
$5,-7$	——ıı——	$10,-2$	——ıı——	$3,-9$	——ıı——	$8,-4$	——ıı——	$\odot$	——ıı——	$5,-7$
0	——ıı——	$5,-7$	——ıı——	$10,-2$	——ıı——	$3,-9$	——ıı——	$7,-5$	——ıı——	$\odot$



Horizontal Fret Movement Explanation

$4, -8$	$\overset{\rightleftharpoons}{\pm}5$	$9, -3$	$\overset{\rightleftharpoons}{\pm}5$	$2, -10$	$\overset{\rightleftharpoons}{\pm}5$	$7, -5$	$\overset{\rightleftharpoons}{\pm}4$	$11, -1$	$\overset{\rightleftharpoons}{\pm}5$	$4, -8$
$\odot$	——ıı——	$5, -7$	——ıı——	$10, -2$	——ıı——	$3, -9$	——ıı——	$7, -5$	——ıı——	0
$7, -5$	——ıı——	$\odot$	——ıı——	$5, -7$	——ıı——	$10, -2$	——ıı——	$2, -10$	——ıı——	$7, -5$
$2, -10$	——ıı——	$7, -5$	——ıı——	$\odot$	——ıı——	$5, -7$	——ıı——	$9, -3$	——ıı——	$2, -10$
$9, -3$	——ıı——	$2, -10$	——ıı——	$7, -5$	——ıı——	$\odot$	——ıı——	$4, -8$	——ıı——	$9, -3$
$5, -7$	——ıı——	$10, -2$	——ıı——	$3, -9$	——ıı——	$8, -4$	——ıı——	$\odot$	——ıı——	$5, -7$
0	——ıı——	$5, -7$	——ıı——	$10, -2$	——ıı——	$3, -9$	——ıı——	$7, -5$	——ıı——	$\odot$

- Represents the fretboard diagram rotated by $-\frac{\pi}{2}$ (clockwise rotation of 90°). In other words, a vertical guitar fretboard, as seen if it was hung up vertically.
- The numbers in the first row represent the pitch of the string written in Semitone Integer Notation
  - The negative numbers here represent the note written in an equivalent notation, for example, the top left entry has $4, -8$ this is because a 4 represents an E in standard musical notation. This is because it is 4 semitones above a C which we write as the number 0, additionally, if you go 8 notes down from C you also end up at an E.
- The numbers in the rows after the first represent a jump in semitones/interval between the anchor point and some other point on the same fret, but on a different string.
  - The negative numbers here have the same implication as above, in otherwords, going x semitones up from any note yields the same letter name or number as going down by $x - 12$. (not considering difference in octave)
- $\overset{\rightleftharpoons}{\pm}X$:
  - If you move from the current string and go to the string one to the right in the table (passing over $\overset{\rightleftharpoons}{\pm}X$ from left to right), then you add X semitones
  - If you start on a string and go left (passing over $\overset{\rightleftharpoons}{\pm}X$ from right to left), you subtract X semitones (notice how the notation implies this)
- $\odot$ represents an anchor point, elements in the same row represent horizontal movement to the next string on the same fret. Uses for an anchor point could be a starting point to build a chord from, or just being able to move to a different location based on your most recent reference point.
- ——ıı—— represents copying whatever is in the row above to this row, it is used to reduce visual clutter