



LPM

Guitar 101 (Essential 1.1)

Getting Started

LESSON NOTES

This lesson is designed for guitarists who are just getting started. When you have your instrument but don't know how to begin, this lesson will put you on track. From the word go you are learning how best to hold the guitar and avoid tension in your posture, how to efficiently fret notes on the strings and basically how to make a good sound on our chosen instrument.

Points covered:

- How to hold the guitar
- How to fret notes
- Avoiding tension