Rock Discipline:

* USE A METRONOME
* Practice and writing are not the same
* Get grounded and stay loose.
* Listen and let go.

Warm-up Exercises:

1. SKIP string walk out barred major chord
   1. Singles, doubles, triples, quadruples
2. Flight of the bumble bee type walk up and down fret board
3. Practice playing one string for 3 minutes with a metronome (start at 120 beats)
4. Finger tapping for strength.
5. Walk up four frets; move up a fret at the bottom; walk grouping back down; shift up one fret; walk the sequence up walking down the fret board.

Pick a chord/ Go to Root on 6th String / Go down one string/ you are in the 6 note box

1st Strung: E0 | F1 | G3 | A5 | B7 | C8 | D10 | E12

2nd String: B0 | C1 | D3 | E5 | F6 | G8 | A10 | B12

3rd String: G0 | A2 | B4 | C5 | D7 | E9 | F10 | G12

4th String: D0 | E2 | F3 | G5 | A7 | B9 | C10 | D12

5th String: A0 | B2 | C3 | D5 | E7 | F8 | G10 | A12

6th String: E0 | F1 | G3 | A5 | B7 | C8 | D10 | E12

A D G (Play chord and then seek out the 6 note box)

Move with each chord as it happens or pick one position to stay in

Position Two--

Every major scale

Every minor scale

Major arpeggios

Minor arpettios

Focus on one note -- all of the sense ala zen masters who do something small but try to do it perfectly.

SCALES

G is just C with F raised a half step