

LESSON 1

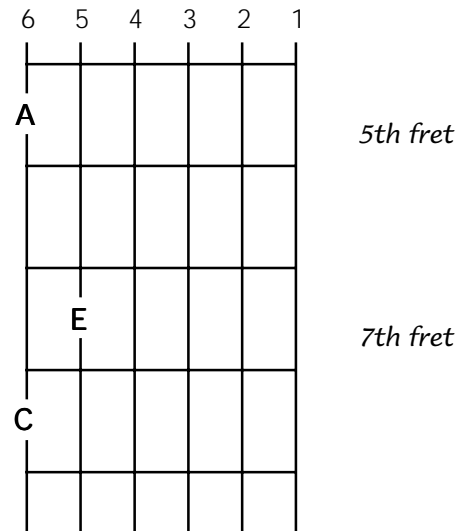
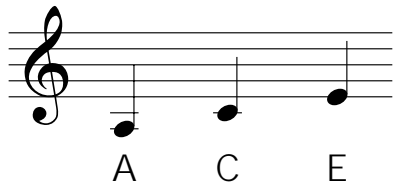
Lower Triad A, C, & E

The first three notes we'll be using are a low *A*, *C*, and *E*. At this time it will be very beneficial to assign one finger to each fret.

A - 1st finger, 5th fret, 6th string

C - 4th finger, 8th fret, 6th string

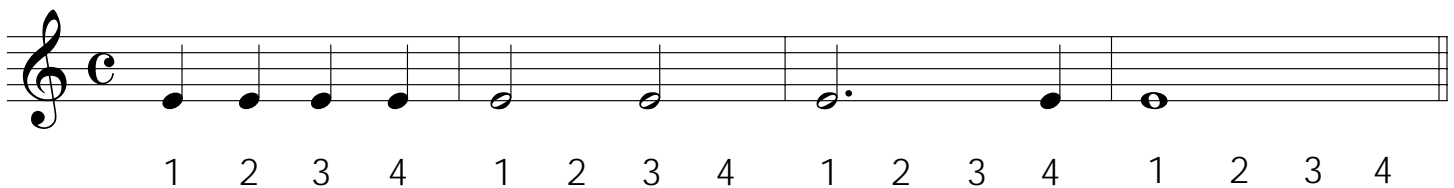
E - 3rd finger, 7th fret, 5th string



We'll be starting with these four note values.

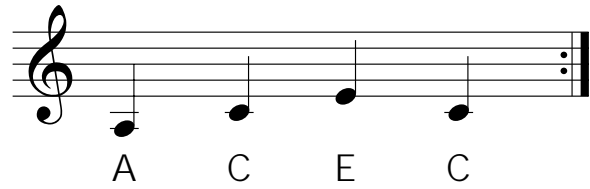
	=	Quarter note	=	One beat
	=	Half note	=	Two beats
	=	Dotted half note	=	Three beats (a dot after any note means increase its value by half)
	=	Whole note	=	Four beats

$\frac{4}{4}$ time, also known as common time (**C**)



Keep a steady beat, either by tapping your foot or with a metronome. Included on the CD are four metronome tracks, ranging from slow to fast. The slowest (track 5) is 70 bpm, and the fastest (track 8) is 130 bpm. Use the slowest at first and pick up the tempo as you become more proficient.

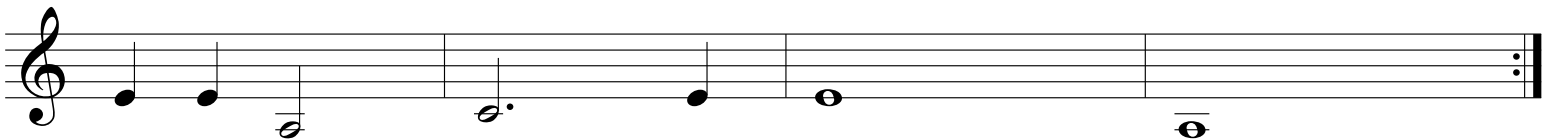
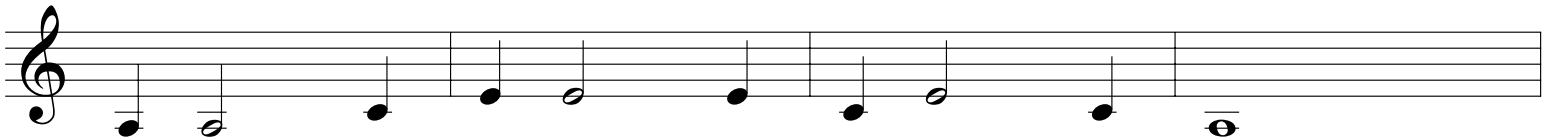
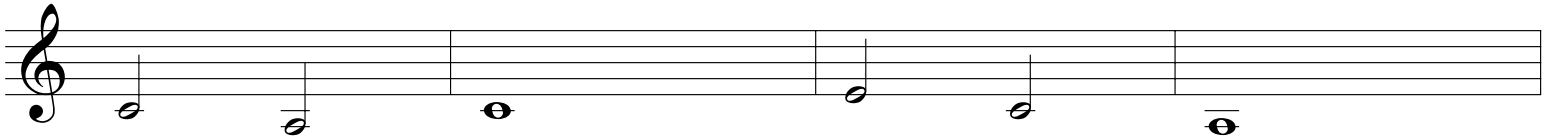
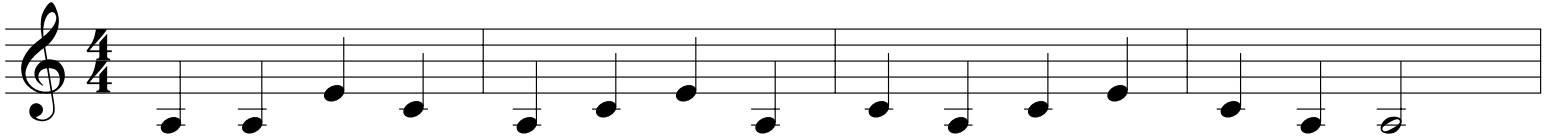
Try playing up and down the notes a few times:



First go through Exercise 1 using just one note (pretend they're all A notes), nailing the time values only. Pick all down strokes. Keep your eyes on the page.



EXERCISE 1



It's important to keep the left-hand fingers parallel to the frets, thumb vertical and low, so your wrist is free of the neck.

When playing through the exercise, resist the temptation to leave fingers 1 and 3 in place. This would cause more than one note to ring at a time. Also, your fingers need to get used to finding the notes.