



the practice mat

POCKET EDITION

Find your way around the neck.
Standard tuning, E A D G B E.

DAY ONE STARTS HERE

- 02 The fretboard
- 03 Cheat codes
- 04 The "L" trick
- 05 CAGED chords, C D E F
- 06 CAGED chords, G A B
- 07 C major, five ways
- 08 FunGuy's 5

progress over polish



The fretboard

02

Dark dots are natural notes.

Pale ones are sharps and flats.

Frets 1 to 6

E	F	F# Gb	G	G# Ab	A	A# Bb
B	C	C# Db	D	D# Eb	E	F
G	G# Ab	A	A# Bb	B	C	C# Db
D	D# Eb	E	F	F# Gb	G	G# Ab
A	A# Bb	B	C	C# Db	D	D# Eb
E	F	F# Gb	G	G# Ab	A	A# Bb
	1	2	3	4	5	6

Frets 7 to 12

E	B	C	C# Db	D	D# Eb	E
B	F# Gb	G	G# Ab	A	A# Bb	B
G	D	D# Eb	E	F	F# Gb	G
D	A	A# Bb	B	C	C# Db	D
A	E	F	F# Gb	G	G# Ab	A
E	B	C	C# Db	D	D# Eb	E
	7	8	9	10	11	12



Cheat codes

03

The tricks everybody passes around the shop.

STRINGS

Low to high: E A D G B E

Eddie Ate Dynamite, Good Bye Eddie

THE DOTS

Low E, frets 3-5-7 spell G A B

Same dots on the A string: C D E

NO SHARP

B to C and E to F are next door

Big Cats Eat Fish

FRET 12

The open string, an octave up

Past 12, the whole neck repeats

FRET 5

Equals the next string open

G string uses fret 4. Tune by ear.

MAJOR

W W H W W W H

Whole and half steps. Every key.

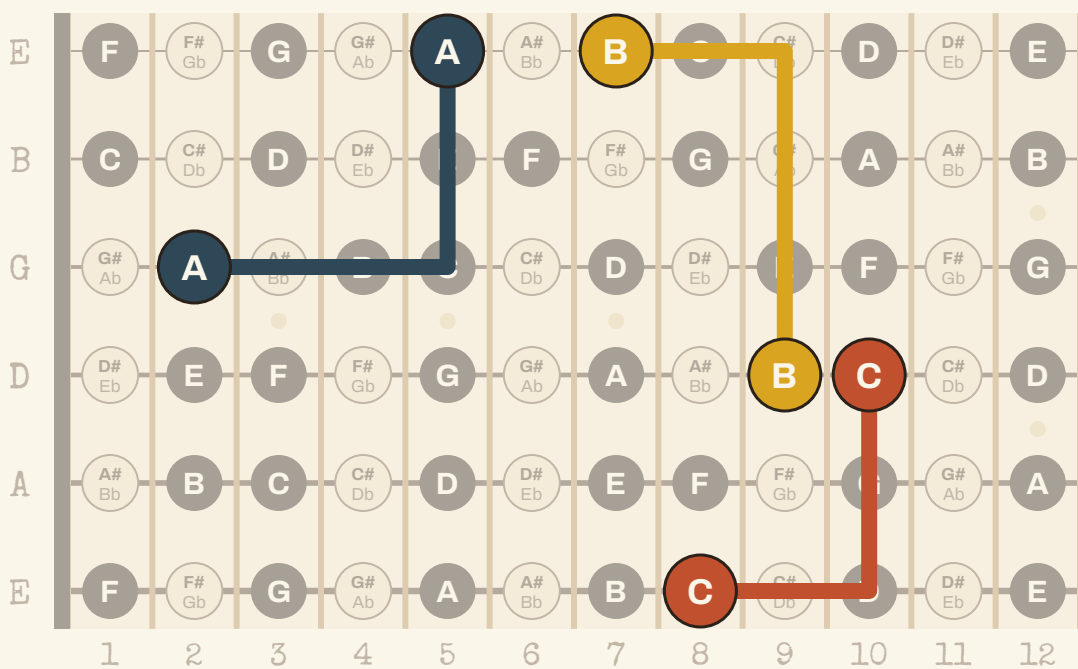


The "L" trick

04

Learn the two fat strings.
Let the shape find the rest.

- A** Memorize the 6th and 5th strings.
That's most of the work.
- B** 6th or 5th string: down 2 frets,
across 2 strings. Octave up.
- C** 4th or 3rd string: down 3 frets,
across 2 strings. Octave up.
- D** 2nd or 1st string: down 2 frets,
up 3 strings. Octave down.



same note, different spot

FIRST OCTAVE FOUND



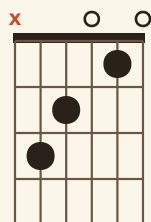
CAGED chords

05

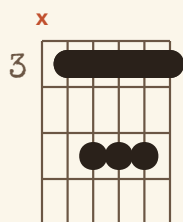
One chord, five places on the neck.
Lowest position first. Letter = shape.

C

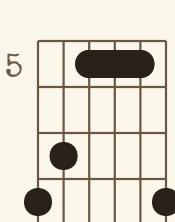
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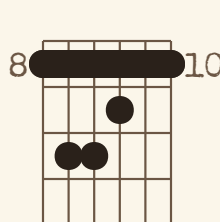
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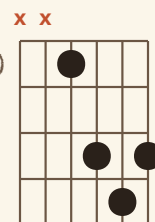
A



G



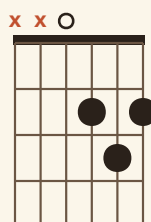
E



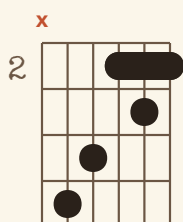
D

D

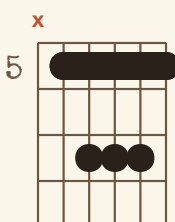
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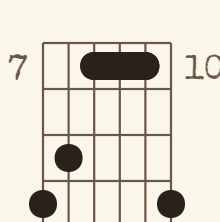
D



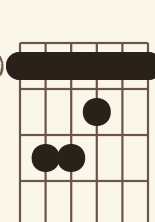
C



A



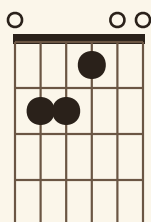
G



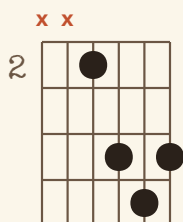
E

E

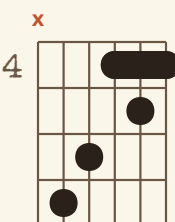
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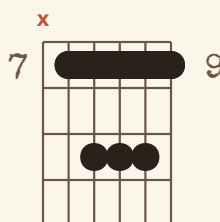
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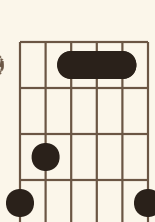
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C



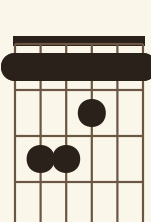
A



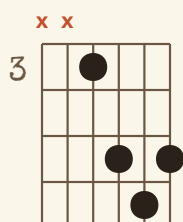
G

F

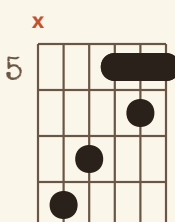
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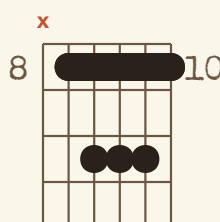
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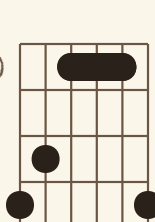
D



C



A



G



CAGED chords

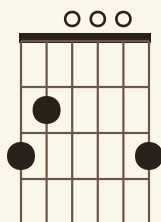
06

Same five shapes, different roots.

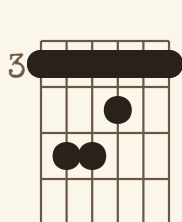
Learn one row at a time.

G

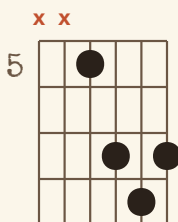
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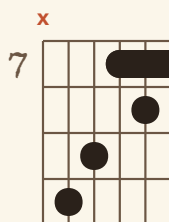
G



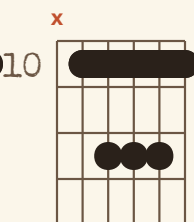
E



D



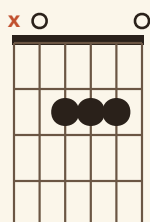
C



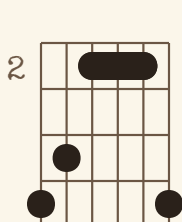
A

A

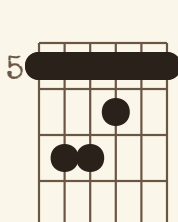
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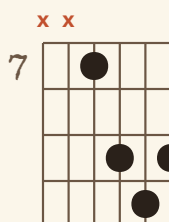
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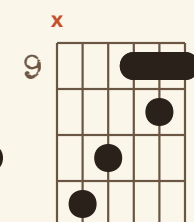
G



E



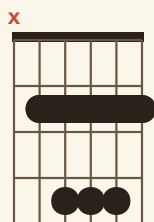
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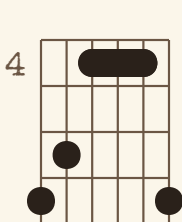
C

B

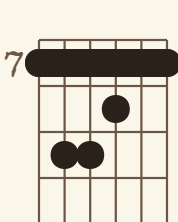
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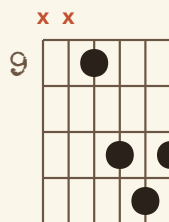
A



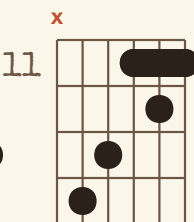
G



E



D



C

Why it's called CAGED

Five open shapes: C, A, G, E, D.

Slide any shape up the neck and it becomes a new chord. The shape stays, only the spot changes.

five shapes, every chord



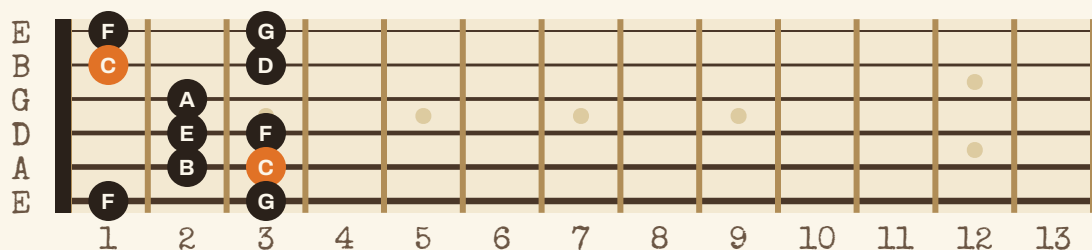
C major, five ways

07

Orange is C, your home base.
Each box hands off to the next.

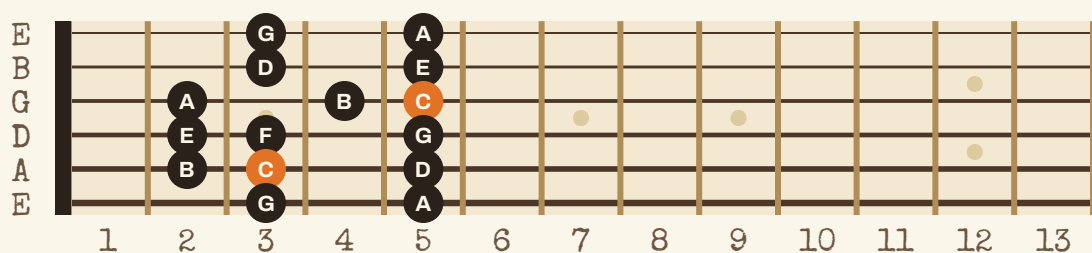
Position 1

frets 1-3



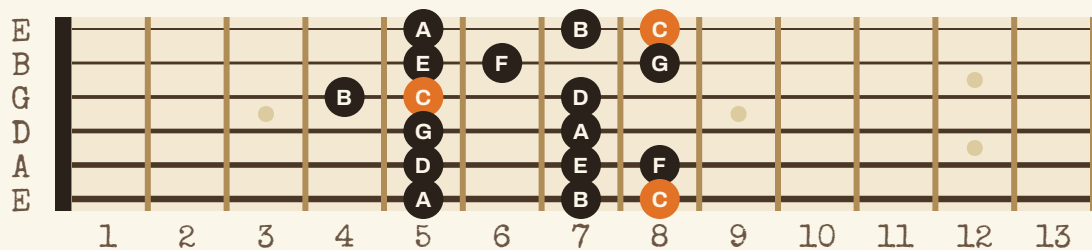
Position 2

frets 2-5



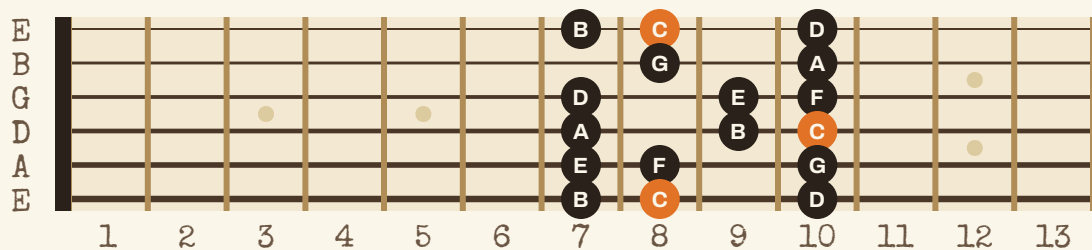
Position 3

frets 4-8



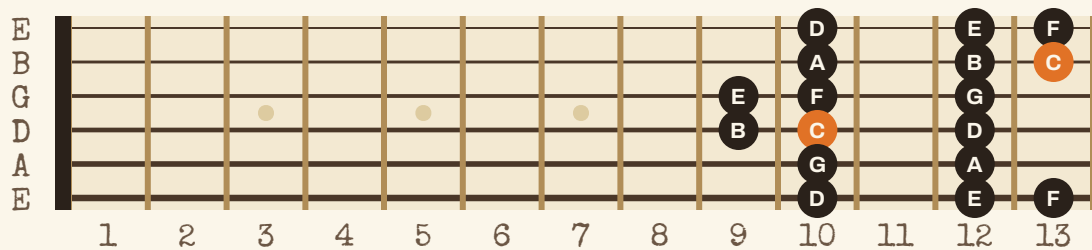
Position 4

frets 7-10



Position 5

frets 9-13





What actually kept me playing.
Not rules. Just what worked.

1 Find your why

Know why you picked it up. It gets you through the days you don't want to.

mine? the guitaring grandpa

2 Start with chords

Chords get you playing real songs fast. Songs keep you coming back.

3 Use a metronome

Start slow. Speed up when it feels easy. Your timing will thank you.

4 Find your people

Play for someone. Play with someone. Guitar gets better when it's shared.

5 Enjoy the journey

It's a long road, and the road is the best part. Film the rough takes too.

document it