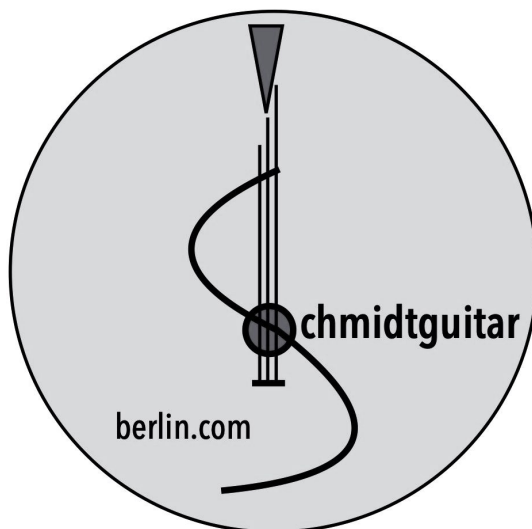


Chromatic Workout Vol.1



Intro

When I first heard of „**YouTube Shorts**“ I never ever thought of using it for my students or to create anything meaningful in context with guitar playing: too short, too busy, too hectic...But after seeing some great shorts (e.g. John Mayer, Thomas Echols and others) I realized how effective a minute of „well-tempered“ information could be.

So I started with my little „**Guitar Workouts**“:

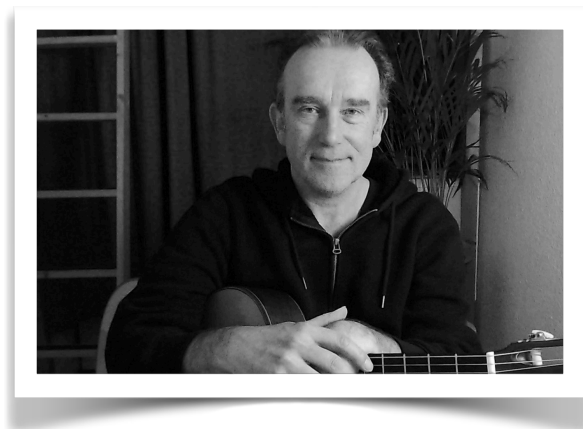
Ten **1-minute-shorts** plus an exclusive and informative **PDF** can be really helpful and guide the student to new directions in music or/and guitar playing.

I hope you'll benefit from it and keep on playing a lot. Let me know what really helped you or what you didn't like as well:

A musicians goal should be lifelong improvement.

Check out also „Schmidt's Guitar Channel“ for latest workshops and music videos.

All the best,



Thomas
Thomas

About this Workout

The chromatic scale (half note scale) offers a wide range of possibilities to improve your guitar skills. It is the „mother of all scales“ of the western music system, because it contains all the 12 notes.

Not only it serves as technical helper (movement and control of the fingers), it also gives theoretical insights to fundamental musical knowledge.

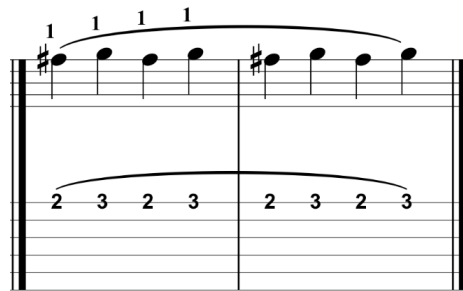
Short #1 seems quite simple, but contains a lot of essentials to work on: By changing the position that often you will practice a fluent horizontal movement of your left hand across the neck. Try to find the right pressure dose of the index finger and also the thumb on the back of the neck.

First system of musical notation for the chromatic scale exercise. It consists of a treble clef staff and a tablature staff below it. The treble staff shows a sequence of half notes: C4 (finger 1), C#4 (finger 1), D4 (finger 1), D#4 (finger 1), E4 (sim.), E#4, F4, F#4, G4, G#4, A4, A#4, B4, and a whole note C5. The tablature staff shows the corresponding fret numbers: 1, 2, 3, 4, 5, 6, 7, 8, 9, 10, 11, 12, and 13. The time signature is 4/4.

Second system of musical notation for the chromatic scale exercise. It consists of a treble clef staff and a tablature staff below it. The treble staff shows a sequence of half notes: B4, B#4, C5, C#5, D5, D#5, E5, E#5, F5, F#5, G5, G#5, A5, and a whole note B5. The tablature staff shows the corresponding fret numbers: 13, 12, 11, 10, 9, 8, 7, 6, 5, 4, 3, 2, and 1. The time signature is 4/4.

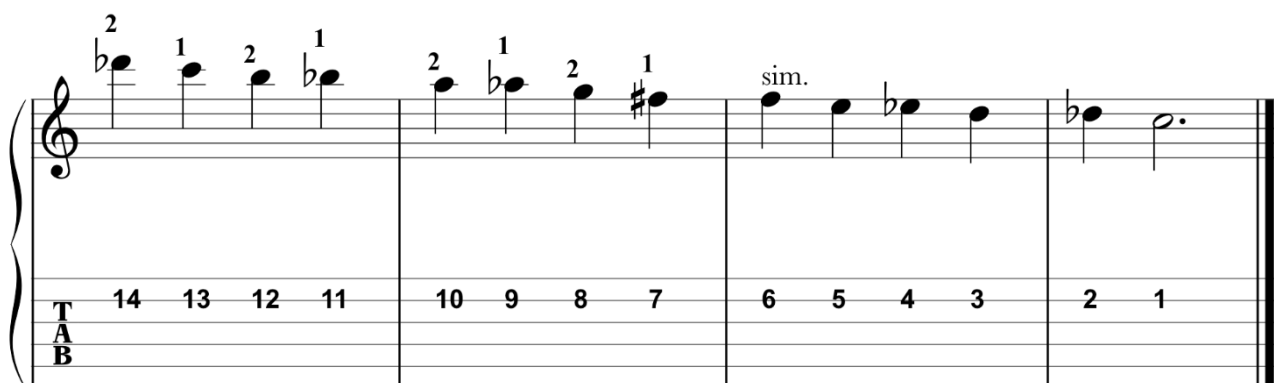
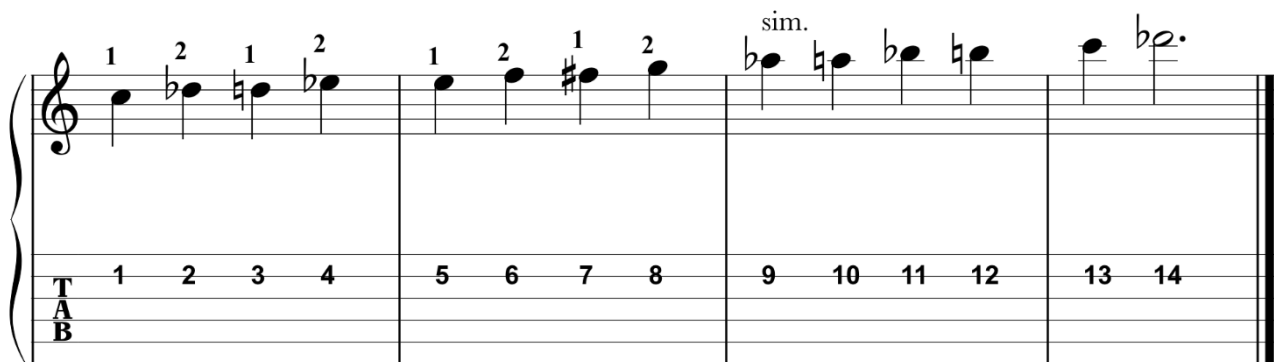
You can plug the string with **alternating fingers** (m-i; m-a; i-a and vice versa) of a **pick** (up- and downstroke), depending on the style you prefer. Why not do both...?!

As mentioned in the video: try to create long sounding notes without interruptions:



As a really basic exercise this one will influence lots of other areas of your playing.
Check the hand position especially when you try it on the other (bass-) strings.

Short #2 introduces whole tone position changes: way up the index finger „crosses“ the middle finger, way down it's vice versa.



Again, watch the isolated movement carefully: aim for a **continuous sound** while changing positions.

This musical exercise is written for a single melodic line on a treble clef staff. It consists of two measures, each repeated twice, separated by a double bar line. The notes are: F#4, G4, A4, Bb4, C5, D5, E5, F#5. The first measure is slurred and has fingerings 1, 2, 1, 2, 1, 2, 1, 2. The second measure is also slurred and has fingerings 2, 1, 2, 1, 2, 1, 2, 1. Below the staff, a tablature line shows the fret numbers: 2, 3, 4, 3, 2, 3, 4, 3 for the first measure and 4, 3, 2, 3, 4, 3, 2, 3 for the second measure.

Short #3 introduces 3-finger-movement on the 3rd string. 3 halftones equal a flat third (b3) on one string, so the space of position changing grows again.

This exercise is written for a single melodic line on a treble clef staff. It consists of four measures. The notes and fingerings are: Measure 1: F#4 (1), G4 (2), A4 (3), Bb4 (1); Measure 2: C5 (2), D5 (3), E5 (1), F#5 (2); Measure 3: G5 (3), A5 (1), B5 (2), C6 (3); Measure 4: D6 (b3). Below the staff, a tablature line shows the fret numbers: 1, 2, 3, 4; 5, 6, 7, 8; 9, 10, 11, 12; 13.

This exercise continues the previous one, written for a single melodic line on a treble clef staff. It consists of four measures. The notes and fingerings are: Measure 1: B5 (3), A5 (2), G5 (1), F#5 (3); Measure 2: E5 (2), D5 (1), C5 (3), Bb4 (2); Measure 3: A4 (1), G4 (3), F#4 (2), E4 (1); Measure 4: D4 (1). Below the staff, a tablature line shows the fret numbers: 13, 12, 11, 10; 9, 8, 7, 6; 5, 4, 3, 2; 1.

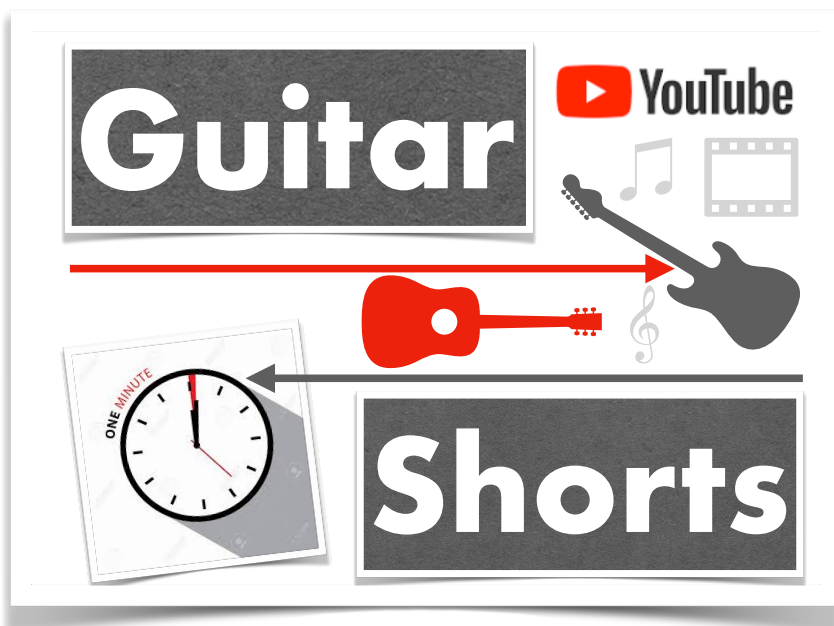
Again, go for a smooth transition, especially between the 3rd and 1st finger. Here's an isolated exercise for that.

Right hand: **alternating m-i or i-m, m-a or a-m, i-a or a-i** with rest stroke as well as free stroke. When using a pick go for **alternate picking** (up- and down stroke).

Short #4 introduces 4-finger-movement on the 3rd string. 4 halftones equal a major third (3) on one string, so the space of position changing grows again.

Here's another isolated exercise to check the position changes and the movement of fingers 1 and 4.

As mentioned in the videos: Play this on every string and **keep controlling the used pressure and muscles**. Small movements will help increasing the tempo of the exercise.



Time for a
coffee break!



Short #5 is the chromatic scale in first position, played with open strings. Think of the **4 notes on the G-string**: all the other strings have 5-note-groupings. Be mindful when switching from one string to the next one: try to play **as legato as possible** and let the strings swing.

First system of musical notation (measures 1-4). The treble clef staff shows the chromatic scale in 4/4 time. The bass clef staff shows the fretting for the strings: T (Treble), A (Alto), and B (Bass). The fret numbers are: 0 1 2 3, 4 0 1 2, 3 4 0 1, 2 3 4 0.

Second system of musical notation (measures 5-8). The treble clef staff shows the chromatic scale. The bass clef staff shows the fretting: 1 2 3 0, 1 2 3 4, 0 1 2 3, 4.

Third system of musical notation (measures 9-12). The treble clef staff shows the chromatic scale. The bass clef staff shows the fretting: 4 3 2 1, 0 4 3 2, 1 0 3 2, 1 0 4 3.

Fourth system of musical notation (measures 13-16). The treble clef staff shows the chromatic scale. The bass clef staff shows the fretting: 2 1 0 4, 3 2 1 0, 4 3 2 1, 0.

Here's another isolated movement which should be practiced.

This musical notation shows a 4-note-per-string movement exercise. The top staff is in treble clef with a key signature of one flat (B-flat). The bottom staff is labeled 'T A B' for Treble, Alto, and Bass staves. The exercise consists of four measures, each with a repeat sign. The first three measures have a 4-measure rest in the top staff and a 4-measure rest in the bottom staff. The fourth measure has a 4-measure rest in the top staff and a 4-measure rest in the bottom staff. The notes in the top staff are: B-flat, A, G, F (first measure); B-flat, A, G, F (second measure); B-flat, A, G, F (third measure); and B-flat, A, G, F (fourth measure). The notes in the bottom staff are: 4, 0, 1, 0 (first measure); 4, 0, 1, 0 (second measure); 4, 0, 1, 2 (third measure); and 3, 2, 1, 0 (fourth measure).

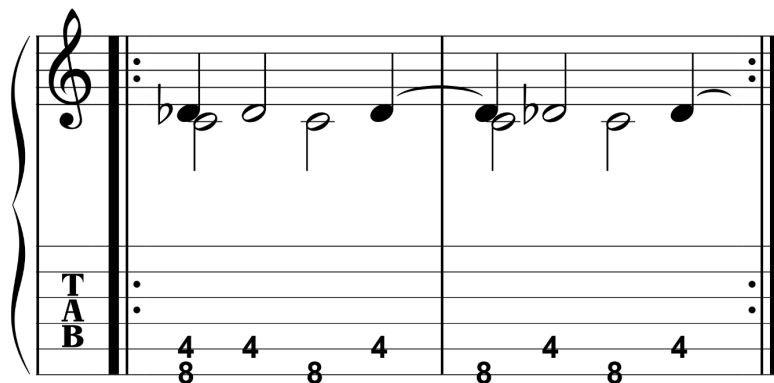
Short #6 is a 4-note-per-string-movement, starting on the 6th string, 5th position. It's a combination of horizontal and vertical movement: the hand goes down 1 fret per string, except on the second string: position 2 stays because of the third interval between G- and B-string.

This musical notation shows the first four measures of Short #6. The top staff is in treble clef with a key signature of one flat (B-flat). The bottom staff is labeled 'T A B' for Treble, Alto, and Bass staves. The exercise consists of four measures, each with a repeat sign. The first three measures have a 4-measure rest in the top staff and a 4-measure rest in the bottom staff. The fourth measure has a 4-measure rest in the top staff and a 4-measure rest in the bottom staff. The notes in the top staff are: B-flat, A, G, F (first measure); B-flat, A, G, F (second measure); B-flat, A, G, F (third measure); and B-flat, A, G, F (fourth measure). The notes in the bottom staff are: 5, 6, 7, 8 (first measure); 4, 5, 6, 7 (second measure); 3, 4, 5, 6 (third measure); and 2, 3, 4, 5 (fourth measure).

This musical notation shows the next four measures of Short #6. The top staff is in treble clef with a key signature of one flat (B-flat). The bottom staff is labeled 'T A B' for Treble, Alto, and Bass staves. The exercise consists of four measures, each with a repeat sign. The first three measures have a 4-measure rest in the top staff and a 4-measure rest in the bottom staff. The fourth measure has a 4-measure rest in the top staff and a 4-measure rest in the bottom staff. The notes in the top staff are: B-flat, A, G, F (first measure); B-flat, A, G, F (second measure); B-flat, A, G, F (third measure); and B-flat, A, G, F (fourth measure). The notes in the bottom staff are: 2, 3, 4, 5 (first measure); 1, 2, 3, 4 (second measure); 5, 4, 3, 2 (third measure); and 6, 5, 4, 3 (fourth measure).

This musical notation shows the final four measures of Short #6. The top staff is in treble clef with a key signature of one flat (B-flat). The bottom staff is labeled 'T A B' for Treble, Alto, and Bass staves. The exercise consists of four measures, each with a repeat sign. The first three measures have a 4-measure rest in the top staff and a 4-measure rest in the bottom staff. The fourth measure has a 4-measure rest in the top staff and a 4-measure rest in the bottom staff. The notes in the top staff are: B-flat, A, G, F (first measure); B-flat, A, G, F (second measure); B-flat, A, G, F (third measure); and B-flat, A, G, F (fourth measure). The notes in the bottom staff are: 6, 5, 4, 3 (first measure); 7, 6, 5, 4 (second measure); 8, 7, 6, 5 (third measure); and 9, 8, 7, 6 (fourth measure).

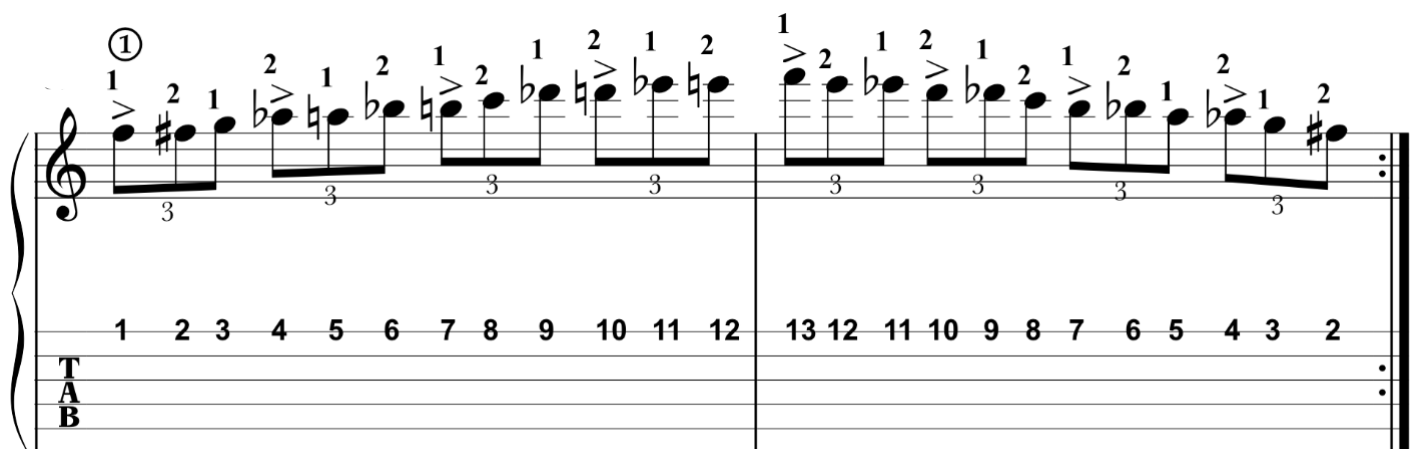
To get a legato sound when switching from string to string you need a **stretch between fingers 4 and 1**. It is worth practicing this also separate, here's another little study for that:



Always remember to **practice in short units and have breaks** as soon as you notice any pain or tension in your hand.

Short #7 introduces **rhythmic variations**, based on odd/straight numbers: if two fingers are involved, play your exercises in triplets or 3/4 - rhythm, so that **accents move from finger to finger**.

Additionally it helps to **improve the coordination between both hands** (pick as well as m-i alternate stroke).



This is always a great way to make any „boring“ exercise more interesting:
 If you are using 2 or 4 fingers (no matter if left or right hand) play triplets or in 3/4-rhythm, if you use 3 fingers use groupings of 2 or 4 notes (8ths/16ths), so the played accents move.

We will get back to this more detailed in the following workouts.

Short #8 shows the principle mentioned above: 3 fingers, first 8ths, then 16ths notes, accent placed always on the first note of the grouping.

First system of musical notation for Short #8. The treble clef staff contains eighth notes with fingerings: 1 2 3 1, 2 3 1 2, 3 1 2 3, and 3 2 1 3. Accents (>) are placed on the first note of each group. The bass staff shows the fretboard with numbers 1 through 13.

Second system of musical notation for Short #8. The treble clef staff contains eighth notes with fingerings: 2 1 3 2, 1 3 2 1, and a final half note with fingering 1. Accents (>) are placed on the first note of each group. The bass staff shows the fretboard with numbers 9 through 1.

Third system of musical notation for Short #8. The treble clef staff contains eighth notes with fingerings: 1 2 3 1, 2 3 1 2, 3 1 2 3, and 3 2 1 3. Accents (>) are placed on the first note of each group. The bass staff shows the fretboard with numbers 1 through 13.

Fourth system of musical notation for Short #8. The treble clef staff contains eighth notes with fingerings: 2 1 3 2, 1 3 2 1, and a final half note with fingering 1. Accents (>) are placed on the first note of each group. The bass staff shows the fretboard with numbers 9 through 1.

Short #9: 4-finger movement on the 2nd string, played as triplets with accents on the first note. Watch out for gaps, this one is more difficult than #4, because more rhythmic flexibility is needed.

First system of musical notation for Short #9, measures 1 through 12. The staff is in treble clef. The notes are on the second line (D4). The sequence of notes is: D4 (accented, triplet), E4 (triplet), F4 (triplet), G4 (triplet), A4 (triplet), B4 (triplet), C5 (triplet), D5 (triplet), E5 (triplet), F5 (triplet), G5 (triplet), A5 (triplet). The triplet groups are indicated by a '3' below the notes. The fretboard below the staff shows fingerings: 1, 2, 3, 4, 5, 6, 7, 8, 9, 10, 11, 12.

Second system of musical notation for Short #9, measures 13 through 1. The staff is in treble clef. The notes are on the second line (D4). The sequence of notes is: A5 (triplet), G5 (triplet), F5 (triplet), E5 (triplet), D5 (triplet), C5 (triplet), B4 (triplet), A4 (triplet), G4 (triplet), F4 (triplet), E4 (triplet), D4 (triplet). The triplet groups are indicated by a '3' below the notes. The fretboard below the staff shows fingerings: 13, 12, 11, 10, 9, 8, 7, 6, 5, 4, 3, 2, 1.

A logo for 'Guitar YouTube Shorts'. It features the word 'Guitar' in a large, bold, white font on a dark grey background. To the right is the YouTube logo. Below these is a red guitar icon. To the left of the guitar is a clock face with the text 'ONE MINUTE' and an arrow pointing to the 12 o'clock position. Below the clock is the word 'Shorts' in a large, bold, white font on a dark grey background.

Have a break!



Short #10: This is #5, played in 2 rhythmically different ways. The irregular groupings of 5 or 4 notes (G-string) are challenging, because the accents are also moving irregular.

The image displays three systems of musical notation for guitar, each consisting of a treble clef staff and a bass staff. The notation includes various rhythmic values, accidentals, and fingerings. The first system has a treble staff with a key signature of one sharp and a bass staff with a key signature of one flat. The second system has a treble staff with a key signature of one sharp and a bass staff with a key signature of one flat. The third system has a treble staff with a key signature of one sharp and a bass staff with a key signature of one flat.

Again: check out your right hand when you change the strings, keep on with alternate strokes (m-i etc.) or up - down when using a pick.

Here's the last one:

First system of guitar music. The treble staff contains a melodic line with fingerings 1, 2, 3, 4, ①, 1, 2, 3, 4, ①, 1, 2, 3, 4, ①. The bass staff contains a bass line with fingerings 0, 1, 2, 3, 4, 0, 1, 2, 3, 4, 0, 1, 2, 3, 4, 0. The system is marked with a repeat sign at the beginning.

Second system of guitar music. The treble staff contains a melodic line with fingerings 1, 2, 3, ①, 1, 2, 3, 4, ①, 1, 2, 3, 4, 3, 2, 1. The bass staff contains a bass line with fingerings 1, 2, 3, 0, 1, 2, 3, 4, 0, 1, 2, 3, 4, 3, 2, 1. The system is marked with a repeat sign at the beginning.

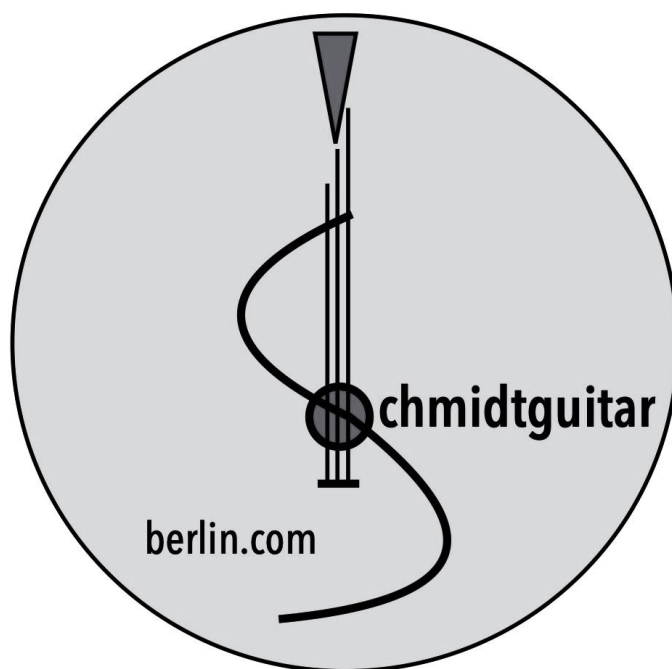
Third system of guitar music. The treble staff contains a melodic line with fingerings ①, 4, 3, 2, 1, ①, 3, 2, 1, ①, 4, 3, 2, 1, ①, 4. The bass staff contains a bass line with fingerings 0, 4, 3, 2, 1, 0, 3, 2, 1, 0, 4, 3, 2, 1, 0, 4. The system is marked with a repeat sign at the beginning.

Fourth system of guitar music. The treble staff contains a melodic line with fingerings 3, 2, 1, 5, 4, 3, 2, 1, ①. The bass staff contains a bass line with fingerings 3, 2, 1, 0, 4, 3, 2, 1, 0. The system is marked with a repeat sign at the beginning.

Summary/Facts:

- The **chromatic scale** is a musical scale with **successive half-step** pitches, containing the **12 available notes of common Western music**.
- **One fret** on the guitar equals **one half-step**.
- A **half-step** is the **smallest interval** in Western music
- On the **12th fret** of the guitar you find the **octave**: it is exactly the middle of the string length.
- **Different Grouping** of notes and/or fingers makes your playing more flexible: check out different **accentuations** and **rhythms** in context with that fact.
- There is only one chromatic scale: **you can start on any note**.
- When you know the 12 pitches by **name and position on all strings** you definitely know **all existing scales and harmonies** (although you might never have played it ;-)).
- To get used to **horizontal and vertical** movement on your fingerboard the chromatic scale offers unlimited possibilities: find them out!

Distributed by:



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Price/Schutzgebühr: 5.- €