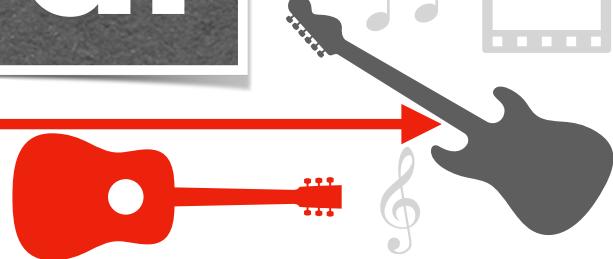


Guitar

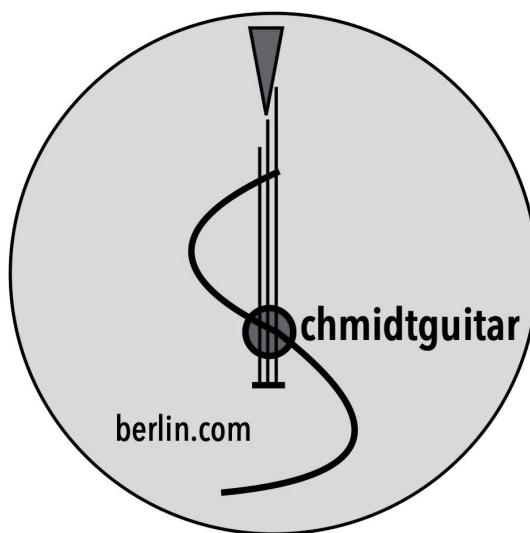


ONE MINUTE



Shorts

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

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.

1 2 3 4 5 6 7 8 9 10 11 12 13

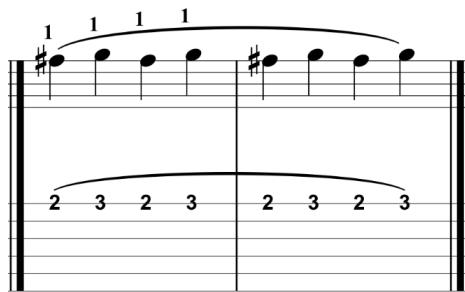
T 4

13 12 11 10 9 8 7 6 5 4 3 2 1

T 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.

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.

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

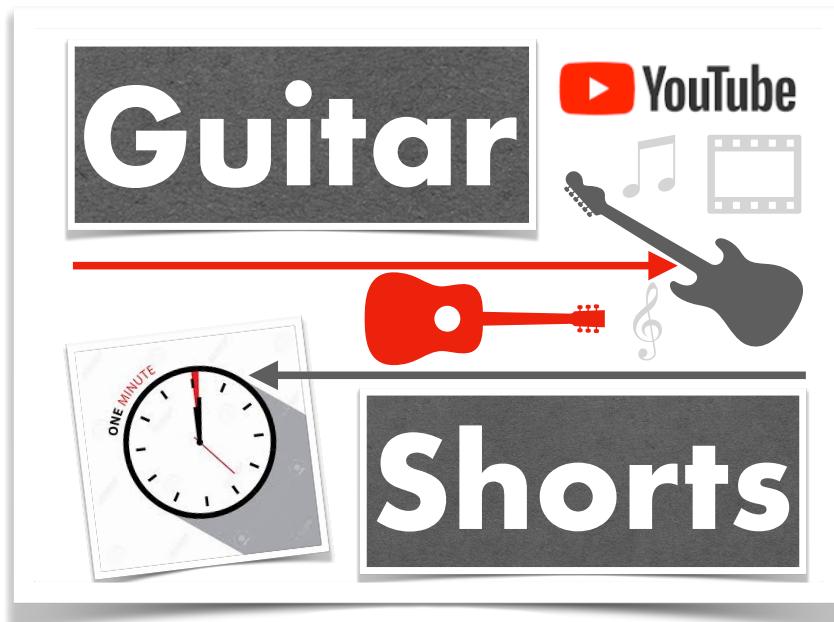
Right hand: **alternating m-i or i-m, m-a or a-m, i-a or a-i** with rest stroke as well as free stroke. When using a pick go for **alternate picking** (up- and down stroke).

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.

The image shows musical notation and TAB (Tablature) for a guitar exercise. The notation is on a staff with a treble clef, showing a series of notes and rests. Above the staff, fingerings are indicated: 1, 4, 1, 4, 1, 4, 1, 4, 1, 4, 1. The TAB below shows the frets for each string: T (1), A (4), B (5), G (8), D (9), A (12), E (13), C (10), G (9), D (8), A (5), E (2), C (1). The TAB is labeled 'T A B' on the left.



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.

T 4
A 4
B 4
0 1 2 3 4 0 1 2 3 4 0 1 2 3 4 0

T 1 2 3 0 1 2 3 4 0 1 2 3 4

T 4 3 2 1 0 4 3 2 1 0 3 2 1 0 4 3

T 2 1 0 4 3 2 1 0 4 3 2 1 0

Here's another isolated movement which should be practiced.

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.

Musical score for the first system of 'The Star-Spangled Banner'. The score consists of two staves. The top staff is in treble clef and shows a melodic line with four measures per system. The bottom staff is in bass clef and shows a harmonic line with four measures per system. The measures are numbered 1 through 4 above the top staff, and Roman numerals V, IV, III, and II are placed below the bottom staff. The bottom staff also includes a tablature at the bottom with the letters T, A, and B, and a sequence of numbers 5, 6, 7, 8, 4, 5, 6, 7, 3, 4, 5, 6, 2, 3, 4, 5. The score concludes with the instruction 'sim.'.

A musical score for a 5-string banjo. The score consists of four measures, each with a different tuning label: II., I., II., and III. The staff is in common time and has a treble clef. The tuning labels correspond to the following string configurations from bottom to top: II. (G, D, A, E, B), I. (D, G, B, E, A), II. (G, D, A, E, B), and III. (D, G, B, E, A). The tablature below the staff shows the fingerings for each measure: 2 3 4 5 for the first measure, 1 2 3 4 for the second, 5 4 3 2 for the third, and 6 5 4 3 for the fourth. The tablature is aligned with the corresponding tuning and measure number.

III. IV. V. VI. :

T 6 5 4 3 7 6 5 4 8 7 6 5 9 8 7 6 :

A B

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).

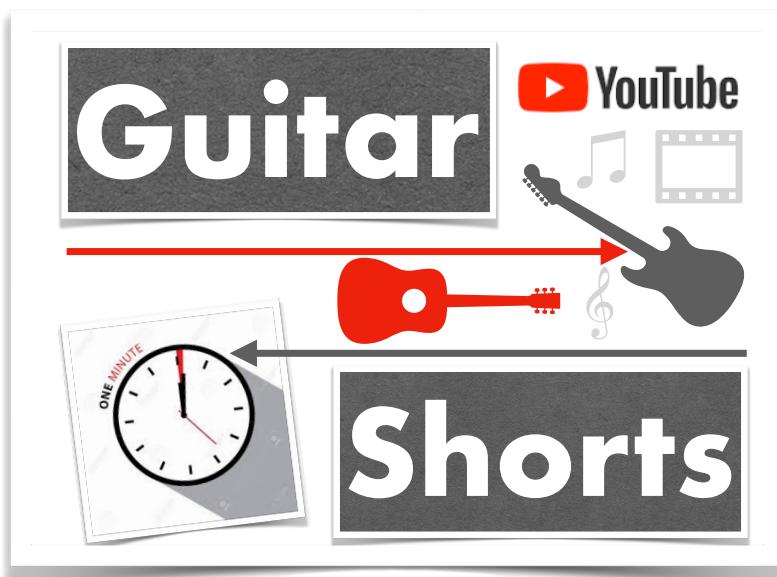
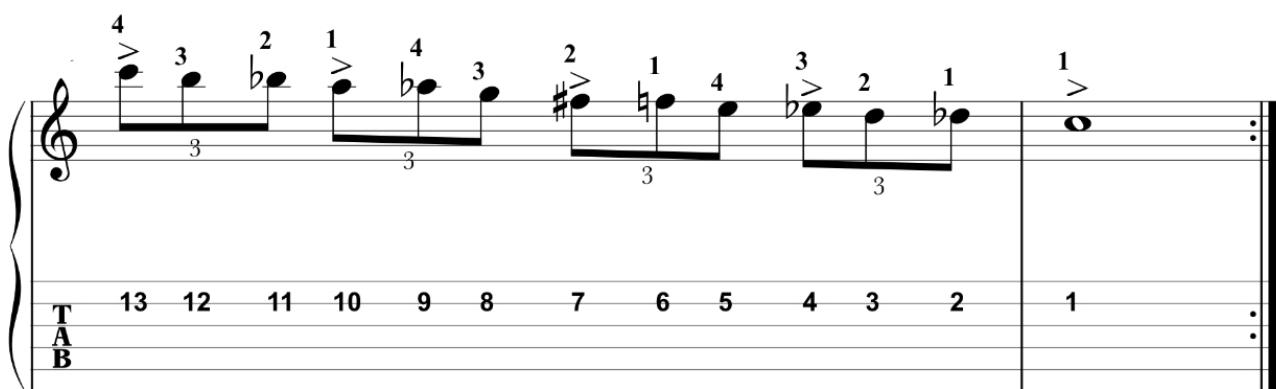
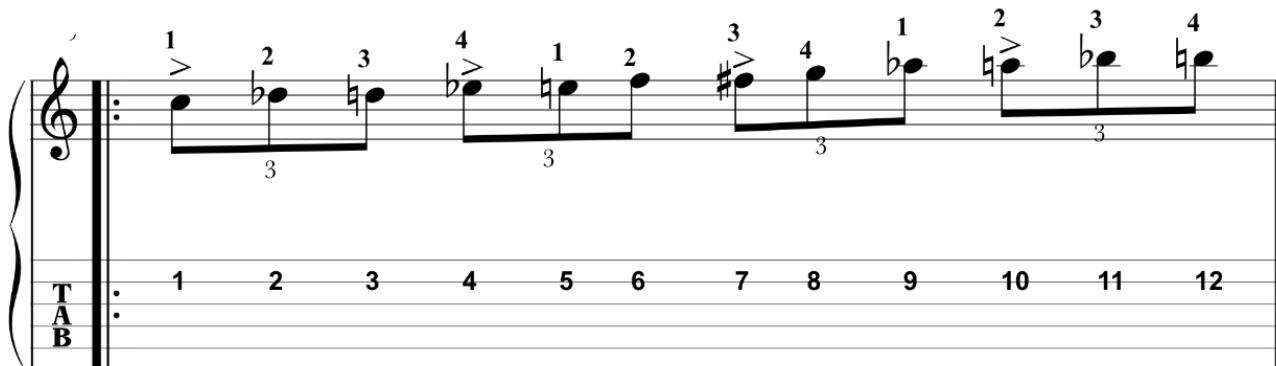
The image shows a musical score for guitar. The top part is a staff with a treble clef, showing a scale pattern with various fingerings (1, 2, 3, 4, 5, 6, 7, 8, 9, 10, 11, 12) and a measure starting with a 1. The bottom part is a tablature showing the corresponding fingerings for each note position on the guitar neck. The tablature is labeled with 'T' (Top), 'A' (A), and 'B' (Bottom) to indicate the three strings. The tablature shows a sequence of notes from the 12th fret down to the 2nd fret, with fingerings 1, 2, 3, 4, 5, 6, 7, 8, 9, 10, 11, 12, 13, 12, 11, 10, 9, 8, 7, 6, 5, 4, 3, 2.

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.

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.



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.

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:

1 2 3 4 ① 1 2 3 4 ① 1 2 3 4 ①

0 1 2 3 4 0 1 2 3 4 0 1 2 3 4 0

1 2 3 ① 1 > 2 3 4 ① > 1 2 3 4 > 1 2 3 4 > 1

1 2 3 0 1 2 3 4 0 1 2 3 4 3 2 1

① > 4 3 2 1 0 ① > 3 2 1 0 ① > 4 3 2 1 0 ① > 4

0 4 3 2 1 0 3 2 1 0 4 3 2 1 0 4

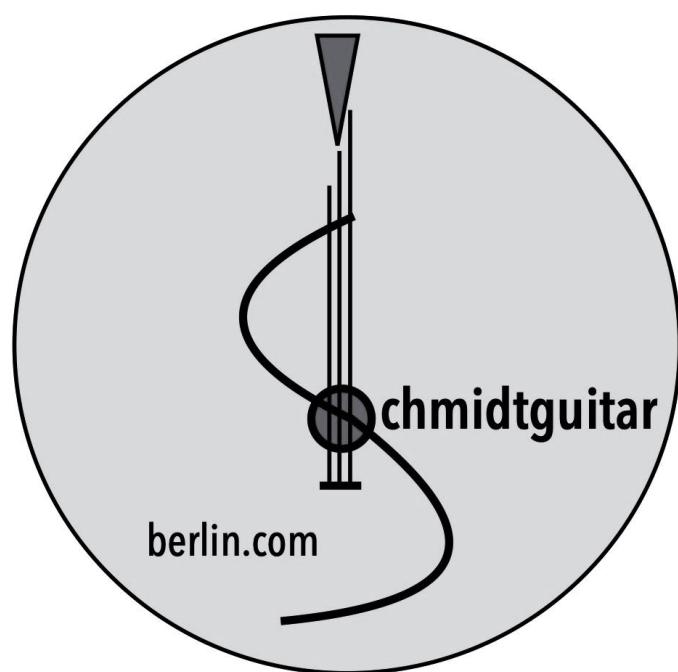
3 2 1 5 4 3 2 1 ①

3 2 1 0 4 3 2 1 0

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:



© Thomas Schmidt 2022
All Rights Reserved

Price/Schutzgebühr: 5.- €