

Shaw Academy  
NOTES

Diploma in Guitar



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## Lesson 2 Notes

### Introduction:

The goal of lesson 2 is develop the strength and dexterity in your fretting hand and the coordination between your fretting and picking hands.

### Playing the Spider:

The first exercise we do is called the Spider. This exercise increases the strength in our fretting fingers and develops the coordination between our picking and our fretting hands and fingers. This is a great exercise for those who want to play single notes fast.

- The First note:
  - Press your 1st Finger on the 1st fret of the High E String
  - If you are fingerpicking, play this note with your P finger
  - If you are using a plectrum, pick in the Down direction
- The Second Note:
  - Press your 2nd Finger on the 2nd fret of the High E String
  - If you are fingerpicking, play this note with your I finger
  - If you are using a plectrum, pick in the Up direction
- The Third Note:
  - Press your 3rd Finger on the 3rd fret of the High E String
  - If you are fingerpicking, play this note with your M finger
  - If you are using a plectrum, pick in the Down direction
- The Fourth Note:
  - Press your 4th Finger on the 4th fret of the High E String
  - If you are fingerpicking, play this note with your A finger
  - If you are using a plectrum, pick in the Up direction
- Repeat this pattern on every single string (1st finger – 1st fret, 2nd finger – 2nd fret, 3rd finger – 3rd fret, 4th finger – 4th fret on B, G, D, A, and High E string) with the same picking patterns (P – I – M – A or Down-Up)

### Finger Yoga:

The next exercise we do is called the stretching exercise. This exercise forces us to stretch our fingers and develops the coordination, strength, and dexterity we will need to move around the fretboard to grab our chords more easily.

- Stretching Exercise – B & High E string Variation 1
  - Press your 2nd finger on the 2nd fret of the B string, and
  - Press your 1st finger on the 1st fret of the High E string.
  - Play these two notes simultaneously

- Then press your 2nd finger on the 2nd fret of the High E string, and
  - Press your 1st finger on the 1st fret of the B string
  - Play these two notes simultaneously.
  - Move back and forth and play each combination
  - Repeat as many times as you'd like.
- **Stretching Exercise – B & High E string Variation 2**
    - Press your 3rd finger on the 2nd fret of the B string, and
    - Press your 2nd finger on the 1st fret of the High E string.
    - Play these two notes simultaneously
    - Then press your 3rd finger on the 2nd fret of the High E string, and
    - Press your 2nd finger on the 1st fret of the B string
    - Play these two notes simultaneously
    - Move back and forth and play each combination
    - Repeat as many times as you'd like.
- **Stretching Exercise – B & High E string Variation 3**
    - Press your 4th finger on the 2nd fret of the B string, and
    - Press your 3rd finger on the 1st fret of the High E string.
    - Play these two notes simultaneously
    - Then press your 4th finger on the 2nd fret of the High E string, and
    - Press your 3rd finger on the 1st fret of the B string
    - Play these two notes simultaneously.
    - Move back and forth and play each combination
    - Repeat as many times as you'd like.
- Once you feel comfortable doing each variation on the B and High E string, move to doing the combinations on succession strings. Play the same pattern between the G and High E string, D and High E string, A and High E string, and from the Low E to the High E string
  - While doing these exercises, keep your fretting arm loose but always in the same position. You want to refrain from doing the “funky chicken.”
  - This exercise is to be picked only with your fingers. You cannot do this exercise with a plectrum as you have to pluck only the notes on the strings you are pressing in unison.

### **Lesson 2 Songs:**

The first song for Lesson 2 is to be able to play the lick for Nirvana’s “Come As You Are.” First we:

1. Play the open Low E string twice, then
2. Press our 1st finger on the 1st fret of the Low E string, and play, then
3. Press our 2nd finger on the 2nd fret of the Low E string, and play, then
4. Play the open A string, then

5. Press our 2nd finger on the 2nd fret of the Low E string, and play, then
6. Play the open A string, then
7. Press our 2nd finger on the 2nd fret of the Low E string, and play twice, then
8. Press our 1st finger on the 1st fret of the Low E string, and play, then
9. Play the open Low E string, then
10. Press our 2nd finger on the 2nd fret of the A string, and play, then
11. Play the open Low E string twice, then
12. Press our 2nd finger on the 2nd fret of the A string, and play, then
13. Play the open Low E string, then
14. Press our 1st finger on the 1st fret of the Low E string, and play, then
15. Repeat from number 3.

The second song is to play Deep Purple's "Smoke on the Water." For this, use only the 1st finger to press the indicated frets.

1. Play the open D and the open G string in unison, then
2. Press the 3rd frets of the D and G strings, and play in unison, then
3. Press the 5th frets of the D and G strings, and play in unison, then
4. Play the open D and the open G string in unison, then
5. Press the 3rd frets of the D and G strings, and play in unison, then
6. Press the 6th frets of the D and G strings, and play in unison, then
7. Press the 5th frets of the D and G strings, and play in unison, then
8. Play the open D and the open G string in unison, then
9. Press the 3rd frets of the D and G strings, and play in unison, then
10. Press the 5th frets of the D and G strings, and play in unison, then
1. Press the 3rd frets of the D and G strings, and play in unison, then
12. Play the open D and the open G string in unison, then
13. Repeat from #1 as many times as you'd like.

The third and final song for Lesson 2 is to play the lick the Rolling Stone's "Satisfaction."

1. Press your 1st finger on the 2nd fret of the A string, and play three times, then
2. Press your 3rd finger on the 4th fret of the A string, and play once, then
3. Press your 4th finger on the 5th fret of the A string, and play three times, then
4. Press your 3rd finger on the 4th fret of the A string, and play twice, then
5. Repeat from #1 as many times as you'd like.

I strongly encourage you to share what your favorite song is for the class interaction on [www.facebook.com/shawacademy](http://www.facebook.com/shawacademy).

This concludes the summary notes for Lesson 2 and see you on Lesson 3.

THANK YOU

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