



Beginner
Workbook

THE WORLD'S FIRST
BOOK TO COMBINE
PERSONAL GROWTH
WITH
GUITAR CREATIVITY!

RYAN KERSHAW

Use Your Buzz to Play The Guitar

Beginners Workbook

By

Ryan Kershaw

Chapter 1: How to Learn: Redefine 'Study'

- 1) Get two notebooks.

Label one 'What I Learned' and the other 'A Bit Each Day'

- 2) Pick your favorite guitarist. If you don't know who this is, pick a song that you love and find out who plays the guitar for that song

My favorite guitarist is: _____

- 3) Go to www.wikipedia.org and in the search bar, type in the above guitarists' name.

Read the article and in your 'what I learned' notebook, put the days date, and any interesting facts that you find.

Points of interest:

- 4) List 3 other guitarists that you admire. Use a similar process to step 2 if you are unsure

1. _____
2. _____
3. _____

5) List some places where you can learn

Websites	
People I Know	
Libraries	
Local Teachers	
Other	

6) Knowing **WHY** you are learning is very helpful. In times where practicing might feel like a bit of a chore, remembering why you want to improve can help you keep on track towards your goals

I want to play because _____

I want to play because eventually I'd like to _____

****Tip: Think about what your current goals are. If you don't have any, it is time to make some.***

7) Set aside a minimum of half an hour every day to practice. Write down what you do for practice in your 'bit each day' notebook.

Chapter 2: Creativity and Experimentation

- 1) Pick a song that you are learning at the moment. If you don't have one, ask a teacher or friend, or find an easy song on the internet

Song: _____

Look closely at the song and find out what things you are able to learn from it. Maybe it's a new chord or strumming pattern. Use songs as fun things to play on the guitar but to get the most out of what you are doing, use them to learn even more about what the guitarist is doing to create the song in the first place.

Write your observations down in the 'What I Learned' notebook alongside the day's date, and the song title.

Make this practice of getting the most out of each song habitual

- 2) Try out a technique or idea from that song, that you haven't used much before. It might be a new chord, or even a basic technique such as a hammer on, but think creatively. If it's a chord break it up into bits by playing different parts at different times. This is called a *broken chord*. If it's a hammer on, try it in different places on the fret board or see what it sounds like as a *trill*.

Technique _____

Way I changed it _____

- 3) Write a *riff* with a new chord

<p>*Note: If you don't know what a word means, such as 'trill' or 'riff'; use your initiative and look it up! It only takes a few seconds to do and then you're sorted!</p>

Ideas for playing things differently: Speed it up, play slower, play louder, pick/strum quietly, play at a different place on the fret board, use your pick closer to the bridge, play half of the chord, add a 'palm mute' or 'blocked string', use 'syncopation'...

- 4) Being able to tune the guitar by ear is an important skill to have if you want to take your playing further. Even with the tuning pegs, guitarists can be creative. Watch the video for 'Passionflower' by Jon Gomm for a brilliant example of this in action
- 5) As with songs, the more you practice tuning, the better you get at it. Use YouTube to find a basic instructional video on how to tune by ear. Practice this each day and use an electronic tuner to check how close you were at the end. Record your progress and how you practice tuning in the 'bit each day' notebook. Practice tuning at least 10 minutes a day for the next week.
- 6) Let's get back to being creative! Make up your own chord and give it a name, then find its real name using an internet chord finder like www.chorderator.com

Your chord name: _____ *Real name:* _____

Tip: Add the above site, and any chord sites that you like, to your list of websites in chapter one

- 7) Write a riff on a different instrument, or take the chords you know from any song and play them in a back to front order

Song: _____

Backwards chord order: _____

Take a week to experiment with songs that you know by changing the order of the notes, or adding in different techniques. As always, record what you did in your 'A Bit Each Day' notebook.

Chapter 3: Why Theory Helps

Just a reminder to re-read each chapter of Use Your Buzz to Play The Guitar before working through its related chapter in this book

- 1) Learn the note names of each **open string**, from the thickest string to the thinnest. An open string is when you play the string without pressing down on the string with your fretting hand at all. You can use an acronym such as 'Elephants And Donkeys Grow Big Ears'. 'Elephants' is the thick string.

Once you have these comfortably memorized and can point each string out if asked randomly, proceed to memorize all of the notes along the thick string. **Watch my video at:**

Getting someone to test you on the notes helps

Write the names of the *open* strings:

6th string (thick): _____

5th string: _____

4th string: _____

3rd string: _____

2nd string: _____

1st string (thin): _____

- 2) Watch my lesson on power chords at:

What is the technical name for a power chord? _____

The most common type of power chord is a 5th. Why is it called a 5th? _____

- 3) Memorize shape one of the minor **pentatonic** scale. Use my '**50 Times**' method. Once memorized you can improvise (make stuff up) by changing the order that you play the notes, and adding some techniques like slides and hammers. I'd recommend using a slow backing track first while you are getting the hang of it. Start at the 5th fret over a backing track in Am.

Watch my instructional video in the Use Your Buzz beginners online course

Once you get fluent at the pentatonic, that is where the real expression on the instrument can begin. It takes a bit of practice of course, but when comfortable with improvisation you can really start to get how you feel out on the instrument. You can also play over most songs that you enjoy using the pentatonic scales so stick with it!

4) After re-reading this chapter in Use Your buzz to Play The Guitar, answer these two questions:

What is the pattern of tones and semitones used to make a Major scale?

Why is the Major scale useful to know?

Take a week to memorize the Major scale:

Start on the 2nd string (the 2nd thinnest string).

For this exercise your '**home base**' note (note you can start on and come back to if you get lost) is the 1st fret of the 2nd string.

Pick that note with your plectrum (I'm yet to find someone in a band who calls it a plectrum) and then follow the pattern for the Major scale across the string, remembering that tone = two frets
semitone = one fret

Doing this will give you the C Major scale, because your home base note is a C

Tip: The name for what I've called a home base note is a Root note if used in a chord or Tonic if used in a scale. Think of it like the roots in your family tree is where the name comes from. The root note in a chord or tonic in a scale is where the name of that chord or scale comes from. So in a C Major scale, the root note/tonic is 'C'.

5) When ready, improvise over a C major backing track on YouTube and incorporate some of the ideas from Chapter 2.

Note: Fill in the 'A Bit Each Day' notebook. Remember that you should be using the notebooks regularly

- 6) As mentioned in Use Your Buzz... 'chords' are a few notes that are taken from scales and played together

The C major scale is the notes C, D, E, F, G, A, B and C

Which of these notes played together makes a C chord and why?

It is useful to know how chords are built simply for the security of knowing, but also for a better understanding of what your fingers are doing. You can also use this knowledge to learn how to play chords on other instruments

Do Major chords generally sound sad or happy? _____

How do you make a Major chord?

Do minor chords sound sad or happy? _____

Refresher question: What are the names of each open string when tuned to standard tuning?

Chapter 4: If You Can't Afford A Teacher

***Use my video on moving chords to help you with the following**

Moving Chords

- 1) Pick a chord that you are most comfortable with. If you have not done any chords yet, learn the 'A Major' chord

Try playing it further up the guitar. For example; Instead of having your fingers on fret 2, try and play the A chord shape at fret 4

If you already know a few chords, try it with C, E, G and A, or with a chord that you prefer

- 2) Put a **basic** rhythm to it and make the chords flow from one place to the next.

If it is too difficult, just use four down strokes on fret 2, and then four down strokes on fret 4

Devote half an hour every day to this and adjust accordingly with your skill level

- 3) After the first week of this, include and put together other ideas that you have learned such as broken chords and arpeggios

Playing Songs By Ear

Read over this section in 'Use Your Buzz...' and watch my video at

Try some of the things that I mentioned to learn a part of a song by ear

- 1) Begin by trying to get just the first note or chord to a song that you like by listening to it. It can be best to start on the thickest string. Make sure your guitar is in tune before you start. If you haven't checked your guitar is in tune, check it now.

Tip: Once you get where the bass notes are, you may want to try converting those to power chords. Power chords work in place of both Major and minor chords

- 2) Record your progress in your 'A Bit Each Day' notebook

Guitar Magazines

- 1) Complete the answers to these questions:

What is a better resource to learn from – magazines or the Internet?

Where can you look in magazines to find music career possibilities?

2) Buy a guitar magazine as you are going through this chapter

Magazine I bought _____

List of places I can get guitar magazines (include local shops if possible)

List as many guitar magazine publications as you can think of / discover

Using the guitar magazine that you have bought, find two players that you have not heard of before:

1. _____
2. _____

3) After reading the magazine, list some things that you learned in your 'What I Learned' notebook

4) Go over the list of guitar teachers in Use Your buzz... and watch their free videos

Again, put what you did in your 'A Bit Each Day' notebook

List your favorite internet guitar teacher websites:

(You might like to start with www.ryan-kershaw.squarespace.com)

Chapter 5: Repeat to Memorize

- 1) After reading this chapter again in Use Your Buzz... pick a section of a song that you like and commit to memorizing it this week!

Song_____ Section_____

Make sure that the section has no more than 4 chords, or 8 notes

Use my **50x Method**™ at a minimum of twice per day

My 50 times method™ is an effective way of memorizing sections of music that you can use for licks, solos and riffs. Basically it is repeating the riff 50 times but breaking it down into sets of 10, each with a distinct purpose:

1st set of 10: Initial Run-through

This first set of 10 is just to 'suss out' the basics of the riff and get your fingers moving

2nd set of 10: Correct Technique

The second set of 10 is for you to focus on your technique. Look at your picking hand... are you using the correct picking (e.g. down and up – alternate)? Are you using the most appropriate fingers with your fretting hand?

3rd set of 10: Memorize!

Okay, time to try and memorize it. Don't be disheartened if you don't memorize it on the first go, that is what this set of 10 is for. Turn the page of music over and play without looking. This gives you a chance to focus on getting the notes flowing a bit more, or if you are already finding it easy, you can put more energy into it

4th set of 10: Without Looking

For the fourth set of 10, play the riff without looking at your picking hand. This enables you to get more used to the guitar. It is also great practice if you are wanting to sing and play, so that you can sing clearly without looking down at your guitar all of the time. If this is easy, you can try not looking at your fretting hand.

5th set of 10. No Mistakes

For the last set of 10, you should try and play a set of 10 without any mistakes. This may not always be possible right away but give it a go.

Use my 50X method to get your favorite riffs and licks sounding great. It really works, and will give you a sense of self-discipline. Now that you know that you can practice a riff 50X in a row, DO NOT go back to 20 or so. If you were a gymnast and you finally mastered 2 back flips in a row, you would not go back to just one. So take the same approach with practice. Use the new level/amount of times as a benchmark. Set your personal benchmarks and don't fall back from that. Keep your goals, keep focused and let nothing stand in your way.

. . .

Tips: Turn the page over and try and play it without looking once you think you have it. Maybe even a bit before. Too often students use the sheet of music as a security thing when you could actually memorize it much sooner if you just try

Important: If you think that you have a bad memory, you will need to fix that thought straight away before you even touch the guitar . No one has a bad memory unless they believe that they do. Once you change that belief, you can train your memory like anything else. Start telling yourself that your memory is getting better and practice memorizing songs. Feed your brain with more positive information and your results on the guitar will most probably improve also

Once you have a piece of music memorized, you can then put more energy into getting the music flowing and making it sound good. Repeat this phrase to yourself ten times: Memorize to make it better. Memorize to make it better. Memorize to make it better. Memorize to make it better. Memorize to make it better. Memorize to make it better. Memorize to make it better. Memorize to make it better. Memorize to make it better. Memorize to make it better.

Repetition In Your Playing

Let's get back to some improvisation. Using either the Major scale or the minor pentatonic, play over an easy backing track that you have used before

What is a *hook*?

- 1) Incorporate a '**hook**' into your playing. Keep the hook simple at first and between just 2 to 4 notes long
- 2) Read two internet articles on hooks in music

Your last mission for this chapter is to go over everything that you have learned so far, from me or another teacher, and memorize it.

Chapter 6: Little Things Are Big Things

What is *technique substitution*? TM

1) Try swapping a slide for a bend and note the differences in sound in your 'What I Learned' notebook

What is a '*blocked string*'?

2) Practice using a blocked string rhythm by placing your fretting over all of the strings. Play at various places along the fret board. What differences do you notice?

Differences in blocked strings along neck:

What is a palm mute?

How is a palm mute different from blocked strings, and why could you use a palm mute in your playing?

What is a 'hammer on' used for?

What is an 'accent'?

Read about 'tone' on acoustic instruments

What are the tone controls on your guitar, and what do they do?

What are the controls on our amp and what do they do?

Chapter 7: Appreciate different Styles

1) Read about, and understand the word 'appreciate'. List 3 musical acts that you don't necessarily like, but appreciate

1. _____
2. _____
3. _____

What have they done that is worth appreciating?

2) Find 3 styles of guitar playing you have not learned yet that you may like to try in the future

1. _____
2. _____
3. _____

3) Go back to chapter one. Use the 4 guitarists that from the listed guitarists that you admire and find out who their main influences are. Record what you find in the following table:

Guitarist	Influences

- 4) Read about the artists listed in the 'influences' column
- 5) Look over the sounds like table of songs listed in this chapter, in Use Your Buzz To Play the Guitar. Find your own examples of songs you like that may sound influenced from other songs

Song	Influence

Chapter 8: Questions

1) Understand the answers to **every question** in this chapter of Use Your Buzz To Play The Guitar.

2) Write down 10 good questions of your own that aren't in this book

- I. _____
- II. _____
- III. _____
- IV. _____
- V. _____
- VI. _____
- VII. _____
- VIII. _____
- IX. _____
- X. _____

- 2) Once you have written the questions, take a week to find and study the answers. Record what you learn in your 'What I Learned' notebook

Answers:

- I. _____
- II. _____
- III. _____
- IV. _____
- V. _____
- VI. _____
- VII. _____
- VIII. _____
- IX. _____
- X. _____

Chapter 9: Tips and Advice

For this chapter take a week for each number. Do not rush through these. Make sure that you apply the knowledge and actually do the things I suggest. It is no use just knowing, you have to physically do.

If you do what I tell you to in this chapter and do not miss any of the weeks, it will dramatically improve where you are at with your guitar playing skills.

Weeks 1 to 10

Week 1: Practice using a metronome for at least 20 minutes every day

Week 2: Learn a solo, or write one yourself. Use the Internet and Use Your Buzz To Play The Guitar to help you with ideas

Week 3: Persevere with a song that you haven't committed to memory yet, and memorize it

Week 4: Use a *theme* in improvisation

Week 5: Tune your guitar every day before you play during the next week

Week 6: Note down your bad habits and good habits. Replace your bad habits with good ones

Week 7: Organize a jam session with someone

Week 8: Create a prototype band. Write down where you would like to play, how many band members are the band and what they play. Write down what style of music you play and if it is covers or originals. **Using your imagination is the start of things becoming real**

Week 9: Read about writing a 'bio' and what makes a good one. Write a bio for yourself

Week 10: Design a new logo for either yourself or your prototype band

Weeks 11 to 21

Week 11: Get a guitar lesson from a teacher that you have not been to before

Week 12: Explain something that you have learnt to another person. Let them know that you are doing it as part of this 'mission list'

Week 13: Make contact with at least 5 other music people or guitarists

Week 14: Make a 'Music People' book, to list people that you know who are guitarists or are involved with music in some way

Week 15: Go to a live show

Week 16: Write a song

Week 17: Read about artists of your choice, but preferably someone that you haven't read much about yet

Week 18: Learn a new technique

Week 19: Organize and tidy your folders and create a 'music space'. Somewhere that you can go to learn and practice the guitar without being bothered too much by others

Week 20: Go busking (even if you only know a few chords)

Week 21: Update your list of organizations that can help you

Chapter 10: Get Out There And Do It Now!

it is up to you now