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|  | **MON** | **TUES** | **WED** | **THUR** | **FRI** | **SAT/SUN** | **NOTES** |
| **1. CHROMATICS/ WARMUPS**20 MINUTES | \*ALL FINGERCOMBINATIONEXERCISES |  | \*STAGGEREDCHROMATICS |  | \*EXERCISES WITHOUT A GUITAR\*STRETCHES | OPTIONAL EXTRA DAY | AS NEEDED |
| **2. NECK WORK**20 MINUTES | \*NOTE FINDING |  | \*INTERVAL FINDING |  | \*CHORD FINDING |  | AS NEEDED |
| **3. PICKING/LEGATO** 20 MINUTES10 MINUTES PICKING10 MINUTES LEGATO | **PICKING/LEGATO**\*SINGLE STRING EXERCISES\*TWO STRING EXERCISES |  | **LEGATO**\*TWO NOTESPER STRING TRILLS\*SYMMETRICAL OR DIATONIC PATTERNS ON TWO STRINGS |  | **PICKING** \*SHELL VOICINGS\*SPEED KILLS\*SPEED BURSTS\*PICKING ACCENTS |  | \*AS NEEDED |
| **4. SCALES****PICK ONE A WEEK**MAJOR,MELODIC MINOR, HARMONIC MINOR, PENTATONIC/BLUES, SYMETRICAL,BEBOP/EXOTIC20 MINUTES | **INTERVAL**\*3RDS\*4THS\*5THS\*6THS\*OCTAVES |  | **SEQUENCES**\*3’S\*4’S\*6’S\*PENTATONICS |  | **CONNECTING POSITIONS**\*CONNECT SCALES UP AND DOWN THE NECK. |  | \*ALWAYS |
| **5. CHORDS****6. ARPEGGIOS**20 MINUTES | \*TRIADS\*SWEEPING\*7TH CHORDS/ARPEGIOS |  | \*OPEN CHORDS (CAGED)\*DOMINANT7THS, 9THS\*BAR CHORDS |  | \*HALF DIM\*ALT. DOM\*AUGMENTED\*JAZZ CHORDS\*STRING SKIPPING\*ARPEGGIOS |  | \*ALWAYS |
| **7. IMPROVISATION****HABITS ANALYSIS**20 MINUTES  | \*PICK AN ARTIST/STYLE |  | \* REVIEW WHAT YOU LEARNED AND APPLY |  | \*REPEAT |  | \*ALWAYS |
| **8. PROGRESSIONS**20 MINUTES | **MAJOR/MIN**\*LICKS\*SEQUENCES |  | **DOMINANT/ALT**\*LICKS\*SEQUENCES |  | **MINOR/DIM****II V I’S****TURNAROUNDS**\*LICKS\*SEQUENCES |  | \*ALWAYS |
| **9. REPERTOIRE**20 MINUTES | \*REVIEW |  | \*NEW |  | \*REVIEW |  | \*ALWAYS |
| **9A. TECHNIQUES**20 MINUTES |  \*VIBRATO\* STRING BENDING |  |  \*TAPPING\* HARMONICS\*WAMMY |  | \*MUTING \*DISCOVERY\* DYNAMICS |  | \*AS NEEDED |
| **9B. EAR TRAINING/THEORY/****SIGHT-READING**20 MINUTES | \*EAR TRAINING |  | \*THEORY |  | \*SIGHT READING |  | \*AS NEEDED |