|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  | **MON** | **TUES** | **WED** | **THUR** | **FRI** | **SAT/SUN** | **NOTES** |
| **1. CHROMATICS/ WARMUPS**  20 MINUTES | \*ALL FINGER  COMBINATION  EXERCISES |  | \*STAGGERED  CHROMATICS |  | \*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 MINUTES  10 MINUTES PICKING  10 MINUTES LEGATO | **PICKING/LEGATO**  \*SINGLE STRING EXERCISES  \*TWO STRING EXERCISES |  | **LEGATO**  \*TWO NOTES  PER 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/EXOTIC  20 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)  \*DOMINANT  7THS, 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 |