

Progressive Guitar Exercises

Level 1-01

Steve Bussey for
Praa Sands Guitar Club

A Basic Triad & Chord **B**

♩ = 92

T 4 3 2 3 4 2 3 4 2 3 4 2 3 4

A 10 9 8 9 10 9 8 9 10 9 8 9 10 9 8 9

B 10 10 10 10 10 10 10 10 10 10 10 10 10 10 10

C Maj7 - Arpeggio & Chord

6 4 3 2 1 2 3 4 2 3 4 1 2 3 4

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

A 10 9 8 7 10 9 8 7 10 9 8 7 10 9 8 7

B 10 10 10 10 10 10 10 10 10 10 10 10 10 10 10

D Cmaj7 Cmaj7

11 2 3 4 2 3 4 1 2 3 4

T 2 3 4 2 3 4 1 2 3 4

A 10 9 8 7 3 0 1 10 9 8 7 3 0 1 10 9 8 7 3 0 1

B 10 10 10 10 10 10 10 10 10 10 10 10 10 10 10

E Arpeggio & Chord including the octave

15 3 2 1 1 1 2 3 1 2 3 1 2 3

T 3 2 1 1 1 2 3 1 2 3 1 2 3

A 10 9 8 8 10 9 8 8 10 9 8 8 10 9 8 8

B 10 10 10 10 10 10 10 10 10 10 10 10 10 10 10

F

18

T
A
B

G

The Major Pentatonic Scale

21

4 1 3 2 4 2 3 1 C⁶ 4 1 3 2 4 2 3 1 C⁶

T
A
B

H

Simple Pentatonic Lick

27

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

T
A
B

J

Arpeggio with Enclosures

29

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

T
A
B

K

1 Octave Major Scale

32

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

T
A
B

L

36

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

T 7 8 | 7 10 8 | 8

A 10 10 | 10 9 7 10 | 8

B 10 10 | 10 9 7 10 | 10

M

39

1 Octave Scalar Exercises

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

T 9 8 10 10 | 8 7 10 8 7 10 8

A 10 10 | 10 10 8 7 10 8

B 10 10 | 10 10 8 7 10 8

41

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

T 8 10 7 8 10 10 8 9 | 10 7 9 10 7 9 10

A 10 7 9 10 7 9 10 | 10 7 9 10 7 9 10

B 10 7 9 10 7 9 10 | 10 7 9 10 7 9 10

N

44

One Octave exercise with some awkward string jumping

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

T 9 10 7 8 9 10 10 | 7 8 10 10 7 8 | 10 8 8 7 10 9 8 | 7 10 9 7 10

A 10 10 | 10 10 8 7 10 9 8 | 10 9 7 10

B 10 10 | 10 10 8 7 10 9 8 | 10 9 7 10

O

48

C⁶/₉

Two Octave Maj7th Arpeggio

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

T 8 7 8 7 8 9 | 7 10 9 10 9 8 7 8 7 8 9 | 10 9 10 7

A 7 7 | 7 10 9 10 9 8 7 8 7 8 9 | 10 9 10 7

B 8 8 | 8 7 10 9 10 9 8 7 8 7 8 9 | 10 9 10 7

53 **P**

T
A
B

57 **Q** Two Octave Major Scale

T
A
B

63 **R**

T
A
B

67 **S** Maj 7th Arpeggio & Chord

T
A
B

72 2 Octave Scalar Exercises

T
A
B

76 2 4 1 2 4 4 2 3 4 1 3 4 1 3 4 4 1 3 4 1 2 4 1 2 4 1 2 4 1 2

TAB: 8 10 7 8 10 10 8 9 10 7 9 7 10 9 10 10 7 9 7 10 8 10 7 8 10 7 8

80 **T** 1 2 2 4 4 1 1 2 3 4 4 1 1 3 4 3 4 4 1 2 3 4 4

TAB: 8 8 9 10 10 8 7 8 10 10 7 7 8 9 10 7 9 10 9 10 7 8 9 10 10

84 1 2 2 4 4 1 2 4 2 2 1 4 4 3 2 1 4 4 3 3 1 4 1 4 4 3 2 1 1 4

TAB: 7 8 8 10 10 7 8 10 8 8 7 10 9 8 7 10 9 9 7 10 7 10 9 7 10 7 10 10 8 7 10

88 **U** 4 2 2 1 1 4 2 2 1 2 4 2 4 1 4 1 2 1 3 4 3 4 1 4 1 3 1 3 4 3 4

TAB: 10 8 8 7 7 10 8 8 7 8 10 8 10 7 10 7 8 7 9 10 9 10 7 10 9 10 9 10

92 1 4 2 3 2 4 4 4 1 2 1 2 4 2 4 1 1 3 4 3 4 3 4 4 2 1 4 1 4 2 4 2 1 2 4

TAB: 7 10 8 9 8 10 10 7 8 10 8 10 7 10 12 13 12 13 12 12 8 7 10 7 8 10 8 7 8 10

95 4 4 3 2 3 1 4 1 4 3 4 3 1 3 1 4 1 4 3 4 2 1 2 1 4 1 4 2 4 2 1 2 1 2

T 10 8 7 10 9 7 10 9 7 9 7 10 7 9 10 9 7 10 8 7 10 7 8 7 10 7 8 7 8

A 10 9 9 7 10 7 10 9 7 9 7 10 7 9 10 9 7 10 8 8 7 10 7 8 7 8

B 10 9 9 7 10 7 10 9 7 9 7 10 7 9 10 9 7 10 8 8 7 10 7 8 7 8

98 2 2 1 4 4 2 1 1 4 2 3 1 4 4 3 1 1 4 3 3 1 4 4 3 1 2 4 3 4 2 4 1 4 2 2 1

T 8 7 10 8 7 7 10 8 9 7 10 10 9 7 10 9 7 10 9 7 8 10 8 7 10 8 7 8 7

A 8 7 10 8 7 7 10 8 9 7 10 10 9 7 10 9 7 10 9 7 8 10 8 7 10 8 7 8 7

B 8 7 10 8 7 7 10 8 9 7 10 10 9 7 10 9 7 10 9 7 8 10 8 7 10 8 7 8 7

101 4 4 2 1 3 1 4 V 1 2 4 2 4 1 4 1 2 1 2 4 3 4 1 4 1 3 1 3 4 3 4 1

T 10 8 7 12 10 13 7 8 10 10 7 10 7 8 7 8 10 9 10 7 10 7 9 7 9 10 9 10 7

A 10 8 7 12 10 13 7 8 10 10 7 10 7 8 7 8 10 9 10 7 10 7 9 7 9 10 9 10 7

B 10 8 7 12 10 13 7 8 10 10 7 10 7 8 7 8 10 9 10 7 10 7 9 7 9 10 9 10 7

104 4 1 3 2 3 4 4 4 2 1 2 4 2 4 1 4 1 2 2 4 2

T 10 7 9 8 9 10 10 8 7 8 10 8 10 7 10 7 8 12 8 10 8

A 10 7 9 8 9 10 10 8 7 8 10 8 10 7 10 7 8 12 8 10 8

B 10 7 9 8 9 10 10 8 7 8 10 8 10 7 10 7 8 12 8 10 8