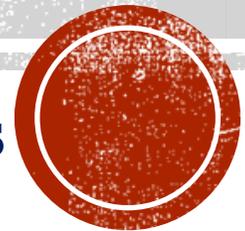




# GUITAR LEARNING ACCELERATION

**7 Steps to Turbo-Charge Your Guitar Playing Skills**



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## JOSHUA GARRETT

I have been playing guitar for over 15 years and have been both a student and a teacher.

Over the years I have discovered some of the best ways to stay motivated and learn new music as quickly as possible.

My hope is that as you work through this list and begin learning guitar, you will find that playing your first chords and first songs can be one of the best feelings in the world!



# 1. GET A QUALITY STARTER GUITAR

It's no secret that guitars come in many different styles, colors, conditions and prices. It is important for anyone wanting to play to get a quality guitar to start with. If you are trying to practice on an old beat up acoustic that keeps going out of tune, you are going to get frustrated quickly.

## Things to keep in mind:

- **Electric guitars** are a little easier on your fingers but, you will need additional gear such as amps, pedals, and headphones.
- If you start with an **acoustic** guitar make sure you use light gauge strings.
- For a **decent quality starter guitar** you should expect to pay between \$100 - \$200
- You can borrow a guitar from a friend or family member to get started. I would suggest taking it by a guitar shop to have it properly adjusted and set up before playing it.



## 2. START SIMPLE AND BUILD CONFIDENCE

Don't try to play the most complicated song on your first day. Pick something **fun and simple** that you want to play and make that your goal. Then begin learning the notes or chords required for that song. It's important to **not allow yourself to get overwhelmed or frustrated** when you first get started. As with any new learned skill, guitar playing will take a bit of time to master. However, if you follow the tips in this cheat sheet, you should have a good **head start** and be playing songs in a couple of weeks.



# 3. SONG LESSONS

It is a lot easier to stay motivated and **enjoy** the process of learning guitar if you focus on **learning songs** rather than chords or scales. You will obviously still be learning these things while you make progress toward your goal of playing a song but I have found it to be much more enjoyable to set a particular song (or two) as the short-term goal.



# 4. SHORT & FREQUENT PRACTICE SESSIONS

When you first start playing your hands and your fingers are not yet accustomed to it. Your fingers will be a little sore for the first couple of weeks. The good news is that it is actually scientifically proven that our brains learn and even work better when we practice in **shorter** and **more frequent** sessions.

I've found the **best** way to go about a practice schedule is something like this:

- 15-20 minutes practice
- 1 hour break (or less)
- 15-20 minutes practice

The idea is to complete this practice schedule **as frequently as possible**. Feel free to take this method and adapt it in a way that works best for you and your schedule.



# 5. PLAY WITH OTHER MUSICIANS

You **don't have to be a pro** to play with other musicians. If possible, find someone else at your same or slightly better skill level and ask them over for a jam session. You can learn from each other and it is a lot more fun than practicing alone.



## 6. PLAY ALONG WITH JAM TRACKS

An alternative, if playing with other musicians isn't an option, (or in addition to this) is to use jam tracks. A jam track is a **pre-recorded track** of a band playing a song with the **guitar part left out** so that you can play along. This helps you to learn tempo and rhythm and how to follow along with a band. You can get jam tracks from lots of places online or you can just play along with a full track if you can't find what you are looking for. **Guitar Tricks** (which I discuss later) has a lot of tracks in various styles to play along with.





## 7. USE A METRONOME

A **metronome** is a device used by musicians to help them keep time so that they do not speed up or slow down. They are usually used during rehearsals but also sometimes during a live performance through an in-ear monitor. A really good use for a metronome when you are practicing a new skill is to set it to a **much slower BPM** (beats per minute) than the song is normally played and then **gradually increase** the tempo as you begin to improve. You can use a metronome program **on your computer** if you don't have an actual metronome device.



# BONUS: TAKE ONLINE LESSONS

This is **by far** the best thing you can do for yourself if you are serious about learning guitar. **Here's why:**

Online lessons are usually at least 10x less costly and are much more **convenient** than traditional lessons. Rather than having only one instructor and few choices, you end up with many available instructors, lessons, and resources at your fingertips 24/7. You can practice along with any lesson or song at any time of the day or night.

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