

Thank you for your interest in our work at Guitar Principles!

Important! Go into your e-mail account, and add "newsletter@guitarprinciples.com" to the list of allowed e-mails! Spam list blockers are working overtime and your spam checker is very likely to stop our newsletter from reaching your inbox.

"The Principles" is a vast and comprehensive system for mastering guitar, created by master player and teacher, Jamie Andreas. Guitar Principles does not promise a quick fix of all your playing problems, but you will begin to see improvement immediately, even by following the suggestions below.

You can start improving right now by spending some time thinking and using these ideas.



10 THINGS YOU CAN DO RIGHT NOW TO BECOME A BETTER GUITAR PLAYER

The Principles of Correct Practice for Guitar" by Jamie Andreas.
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- 1** Watch yourself, your hands, and your fingers in a mirror when you practice. Look for tension and economy of motion. Make sure you are not causing tension by the way you are sitting and holding the guitar.
- 2** Redefine the word "mistake". Instead call it an "unwanted result". This means it has a cause which you can discover and change to produce a different result (what you want). Regard every "unwanted result" as a learning opportunity. Find its cause and plan how to improve it and get a different result.
- 3** Get specific about every "unwanted result". Be absolutely clear about exactly what is happening. What note is missing or damaged? What finger was supposed to play it? Where was that finger before it was supposed to play?
- 4** Record yourself every day. Listen back and decide the worst thing about your playing, and start thinking of a way to improve it.
- 5** Play guitar for other people as much as you can. Be aware of how you play, and how you feel each time you do. Be aware of how you feel physically, any tensions in the body. Be aware of how you feel emotionally. Do you feel fear, anxiety, pleasure? Study yourself each time and you will get to know yourself as a performer, and you will improve.
- 6** Pretend each finger is a person and give them a name. Pretend you are that person-finger playing in a band. This will promote intimate awareness of the experience of that finger while playing. This is called "Following." The lack of this awareness is the root cause of all technical difficulties in playing.
- 7** Keep "reminders" in front of you as you practice. Whatever you have decided is your weakest area, and is most in need of improvement, decide what to do about it. Write it down. Keep it in front of you,

or hang it up in your practice space, so it is always in your mind when you practice. There is always something that you will need to be reminded of!

8 Every time you move a finger, think about and imagine your next move.

9 Every time you practice pay attention to your entire body.

10 Use a metronome for building technique. For instance, start scales at 60, 4 beats per note. Notice the tensions in the fingers and body at this speed. Continue at 80, 100. Go back to 60 at 2 beats, then 80, 100. Then 60 at one beat, then 80, then 100. Go back to 60 and do eighth notes, then 80, then 100. Finally, do sixteenths, up to your limit.

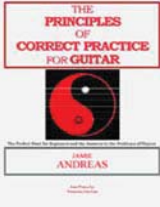
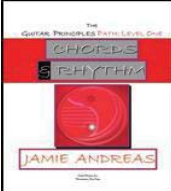
Thank you again for your interest in Guitar Principles! You will be receiving the Guitar Principles Newsletter(s) you signed up for within a week. They will be powerful guides in your effort to develop as a guitarist through CORRECT PRACTICE.




One of the best things you can do to help yourself is to take advantage of the knowledge and friendly help in our [Forums](#), where thousands of players are making their guitar playing dreams come true every day...and they love to help new people! We hope to see you there!

How to use the "Principles of Correct Practice For Guitar" System.

Here is a list of Guitar Principles publications and what they will do for you.

GuitarPrinciples Knows The Problems Players Face! And even better, we know the solutions!

Problem	Cause	Solution
<p>Inability to play smoothly, or learn ANYTHING well or completely</p>	<p>Lack of basic understanding of how to practice effectively.</p> <p>Lack of a solid technical foundation.</p>	 <p>"The Principles Of Correct Practice For Guitar", which provides a complete practice methodology, as well as the most effective set of exercises for gaining a solid technique you will ever find!</p> <p>More info... Order now!</p>
<p>Inability to strum and sing, or change chords smoothly.</p>	<p>Lack of knowledge of how to practice chord changes.</p>	 <p>"The Path Level One: Chords & Rhythm" shows you how to practice and master chord changes.</p> <p>More info... Order now!</p>

<p>Confusion, complete or partial, about how to read or understand rhythms.</p>	<p>The correct concepts have been very badly taught, as they are presented in almost unintelligible form in ALL guitar methods.</p>	<p>"The Path Level One: Chords & Rhythm" shows you how to read and understand rhythms.</p>  <p>1 + 2 e + a 3 + 4 e + a</p> <p>More info... Order now!</p>
<p>Trouble playing hammers or pulls fast or evenly.</p>	<p>Lack of knowledge of the inner dynamics of the hammer & pull action on a string.</p>	 <p>"Hammers & Pulls According To The Principles". What your teacher never told you about how to do hammers & pulls! Vital info not found anywhere else!</p> <p>Instant Download Ebook</p> <p>More info... Order now!</p>
<p>Playing scales, especially fast.</p>	<p>Lack of knowledge of the intimate behavior of each finger. Bad form in hand and fingers. Lack of finger spread and independence.</p>	 <p>"Beyond The Walking Exercises: Toward Mastery of Scales" (to be used after your fingers have received basic training with "The Principles"). Would you like to be able to play a scale like this?</p> <p>Instant Download. Available instantly online! More info...</p>

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