Learn Guitar from Scratch — Cheat Sheet

Bonus one-pager for uniquestoremarket.com's “How to Learn Guitar from Scratch” guide

The six chapters, in order

1. **Holding, tuning, one clean note (Ch. 1)** — tune every session, press just behind the fret wire with the fingertip, play ten clean notes on each string.
2. **Your first three chords (Ch. 2)** — Em, C and G, each checked string by string before you strum.
3. **Chord changes (Ch. 3)** — move all fingers as one shape; count clean changes in one minute and write the number down.
4. **Strumming and keeping time (Ch. 4)** — wrist strumming, hand always moving, metronome every session, down-down-up-up-down-up.
5. **Your first full song (Ch. 5)** — a song using only chords you have; loop the hardest section first; mistakes allowed, stopping not.
6. **Barre chords and what next (Ch. 6)** — F barre built over five days, with the four-string version as a fallback; write your next month's plan.

Do this week

- Tune up, then play ten clean notes on each string at the third fret, tip of the finger just behind the fret wire (Ch. 1).
- Form Em, C and G, pick every string, and trace any dead string to the finger causing it (Ch. 2).
- Do the one-minute Em to C count, write it down, and practise silent form-lift-reform before any strumming (Ch. 3).
- Strum one downstroke per click at 60 bpm for a minute, then the pattern through Em, C and G at 70 bpm; record 30 seconds (Ch. 4).
- Choose a song with only chords you already have, write one verse on paper, and loop its hardest section (Ch. 5).
- Start the five-day F progression and log each day's attempt rather than judging it (Ch. 6).

Pitfalls the guide names

- Strumming a broken chord — it just practises the broken version until it's automatic (Ch. 2).
- Placing fingers one at a time on a change — it caps your speed permanently (Ch. 3).
- Speeding up through the easy bar and stalling at the change; drop the metronome ten bpm instead (Ch. 4).
- Choosing a song that needs a chord you can't play yet — the most common way beginners stall (Ch. 5).

Full guide: uniquestoremarket.com/learn-guitar-from-scratch