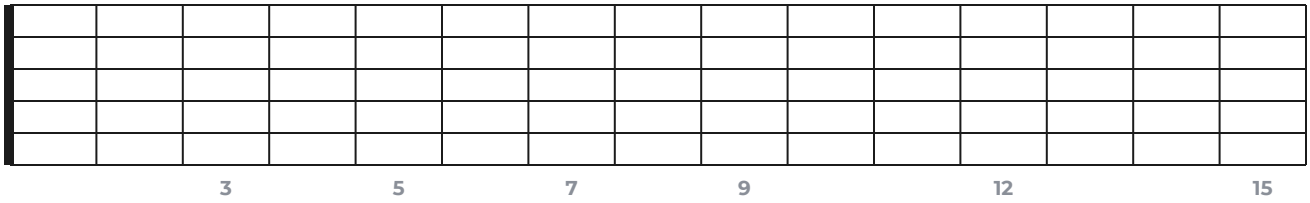
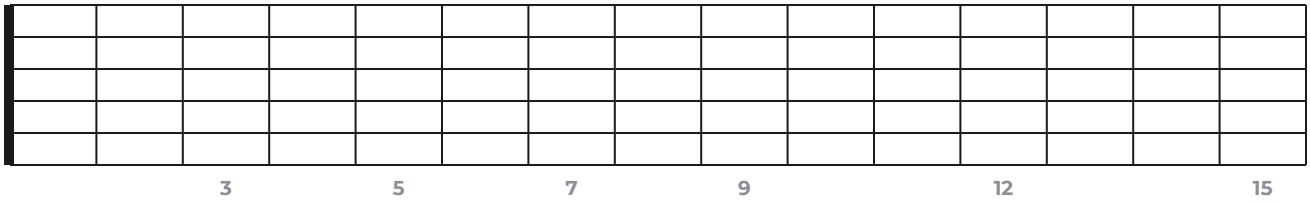
Neck Maps MAP ANY CHORD OR SCALE

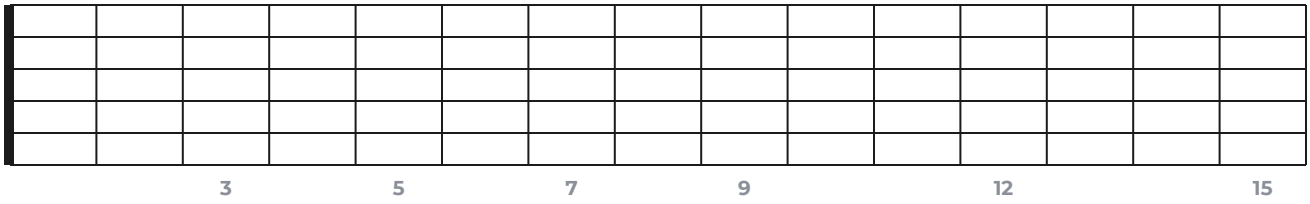
Chord / scale: _____



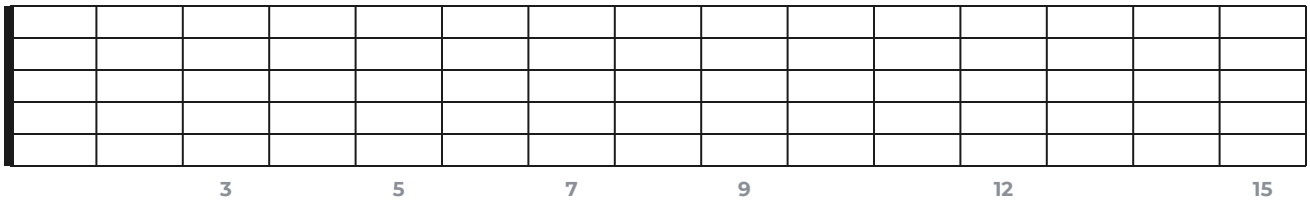
Chord / scale: _____



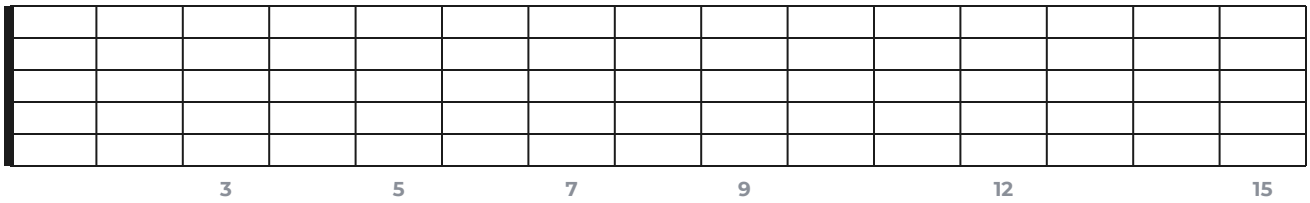
Chord / scale: _____



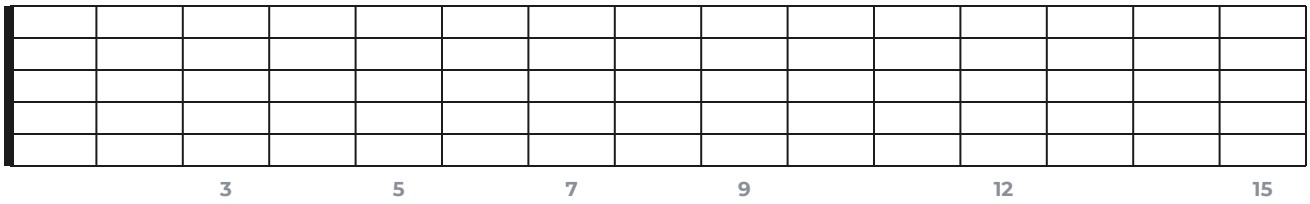
Chord / scale: _____



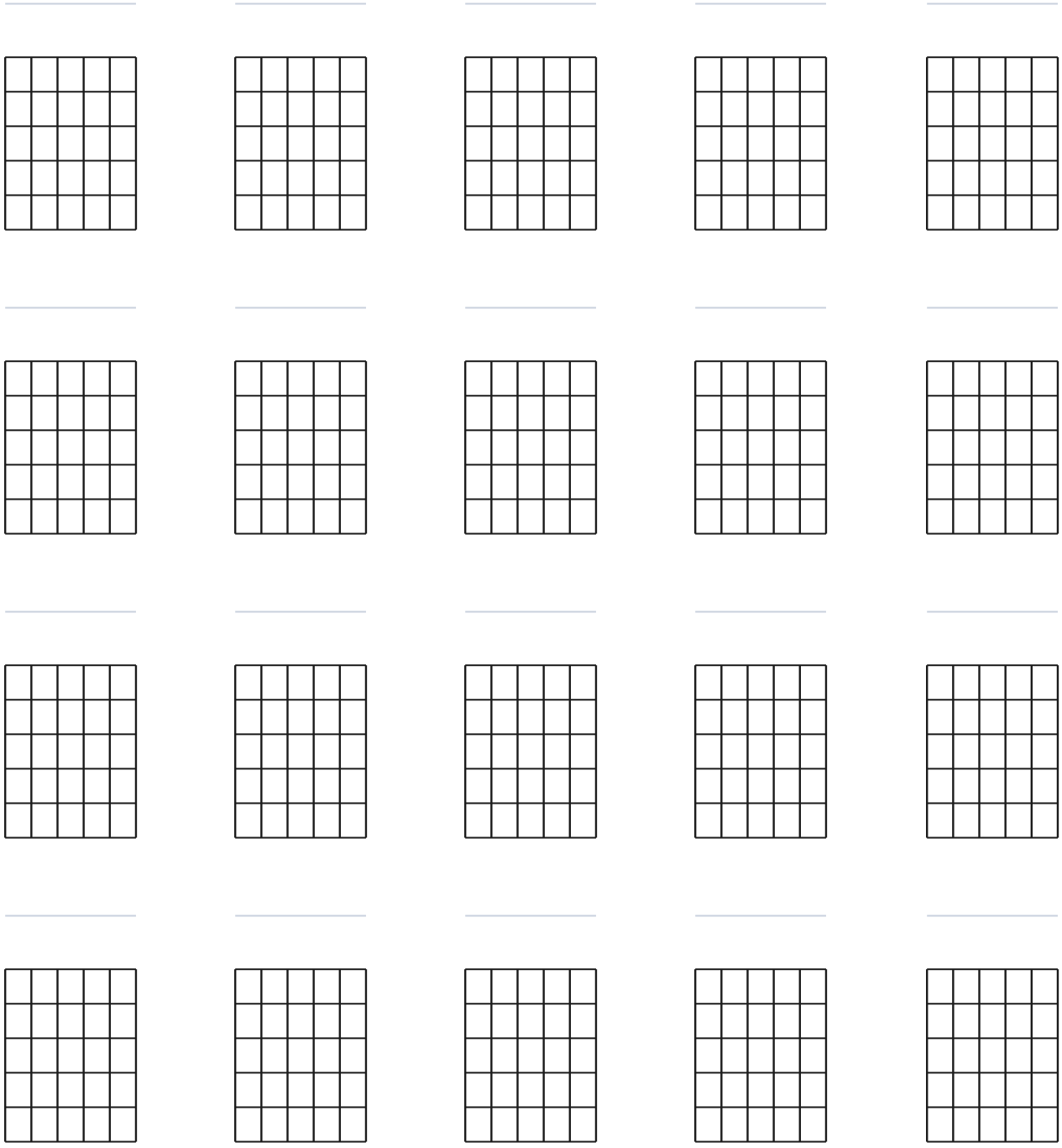
Chord / scale: _____



Chord / scale: _____



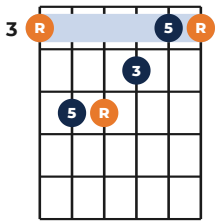
Chord Boxes WRITE YOUR OWN SHAPES



Chord Changes AREA 1 · NEAR FRET 3

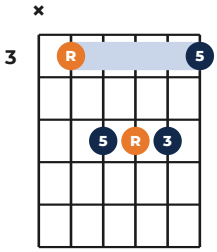
One-minute changes: set a timer for 60 seconds and switch back and forth between the two chords. Strum once on each. Count only the clean changes and write the number in today's box. Beat yesterday's number, not someone else's.

G — E shape



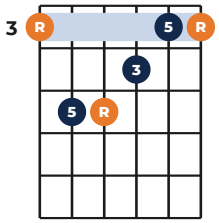
⇄

C — A shape



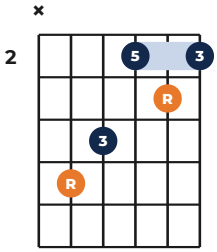
Day 1	Day 2	Day 3	Day 4	Day 5

G — E shape



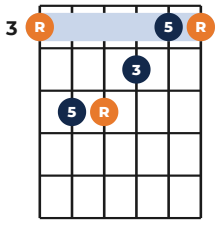
⇄

D — C shape



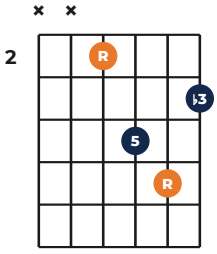
Day 1	Day 2	Day 3	Day 4	Day 5

G — E shape



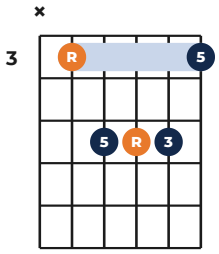
⇄

Em — D shape



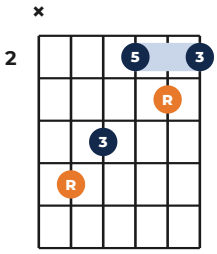
Day 1	Day 2	Day 3	Day 4	Day 5

C — A shape



⇄

D — C shape

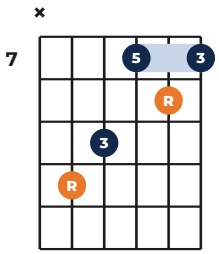


Day 1	Day 2	Day 3	Day 4	Day 5

Chord Changes AREA 2 · NEAR FRET 8

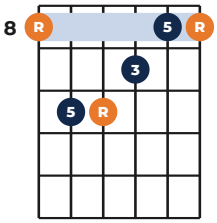
Same chords, higher on the neck. Notice how few fingers move: that is CAGED doing its job. When a pair gets easy, try it in another key using that key's Part 2 pages.

G
C shape



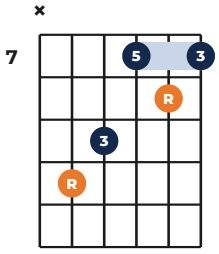
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C
E shape



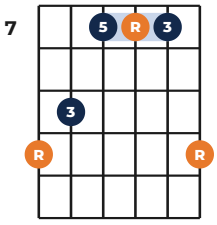
Day 1	Day 2	Day 3	Day 4	Day 5

G
C shape



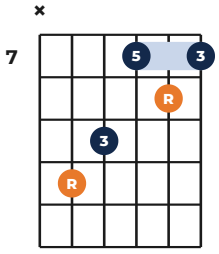
⇄

D
G shape



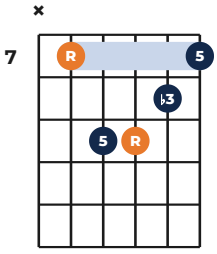
Day 1	Day 2	Day 3	Day 4	Day 5

G
C shape



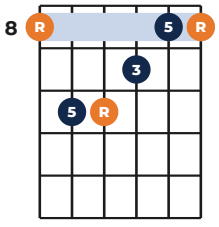
⇄

Em
A shape



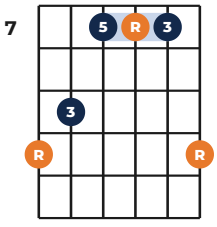
Day 1	Day 2	Day 3	Day 4	Day 5

C
E shape



⇄

D
G shape



Day 1	Day 2	Day 3	Day 4	Day 5