

Your First
**5 STEPS
TO LEARNING
THE FRETBOARD**

THE QUICKEST WAY TO UNDERSTAND MUSIC,
PLAY GUITAR, & WRITE YOUR OWN SONGS

by Tony Polecastro

1. LEARN THE MUSICAL ALPHABET

This is the most foundational element of fretboard knowledge. Everything you learn from here on out will build upon this framework. Here it is: A, B, C, D, E, F, G (and then it starts over with A and repeats.)

The distance between B & C and E & F is a half step (one fret) and the rest are all whole steps (two frets). Once you get this down, you can start with the first note on each open string and move up the neck with this formula to find each note.

Once you get this concept you can apply some shortcuts to make the job of finding notes more automatic, and eventually, you'll do it without thinking.

STOP! If this overwhelmed you, it's because you need a visual and some repetition before expecting yourself to get it. You'll immediately get this in the upcoming workshop, I promise.

2. LEARN THE MAJOR SCALE FORMULA

Once you know the Musical Alphabet, you'll apply the major scale formula to understand where chords come from and why certain notes sound good together. (And why some don't.) This

is where things start to connect. The sound of a major scale is the result of its *formula*. Whole, whole, half, whole, whole, whole, half. Once you know this formula, you can apply it to find any major scale. Through understanding the workings of the major scale, you can understand any scale that you encounter.

Don't let your lizard brain take over and tell you to run – I'm going to help you get a working, real-world understanding of this in the workshop.

3. LEARN HOW SCALES & CHORDS ARE CONNECTED

Chords that sound good together come directly from the scale. If you write out the 1st note in a scale, the 3rd note in a scale, and the 5th note in a scale you'll have a chord, every time. It's just a formula. Once you internalize the scale matrix (I'll show you this in the free workshop) you'll be able to build any chord from scratch.

When you get foundation #3 down, you'll be able to quickly find any chord in a song by ear with a simple process of deduction. This will make you a master of things like joining a jam or learning a song without tab.

4. LEARN HOW CHORDS ARE MADE

Learn the simple formula for creating major or minor chords, then understand how to change the 3rd (middle) note in order to change any major chord to minor or minor chord to major. Once this sinks in, you'll start to connect the Musical Alphabet to how scales are made to how chords are made.

What happens next will be nothing short of revolutionary for you. All of a sudden, you'll internalize that this whole system explains how you can improvise over a song without knowing what you're going to do ahead of time. It also explains how you can sit down and write a chord progression and *know* that the chords you choose are actually supposed to work together.

It also explains where the vocal melody comes from and why it works with the chord progression.

STAY WITH ME: You should be a little over your head right now, but excited at the same time because you are starting to see what's possible. Your second exposure to this stuff will be during my upcoming free workshop video series (you're already signed up – I'll send the first video to your email very soon). It's

at that point that you'll experience musical transcendence, and the world of guitar will finally be your oyster.

5. LEARN THE CAGED SYSTEM

In your journey to fully unlocking the fretboard, the mission is to be able to play all over the neck without getting lost. This, of course, means finding any note, but it also means finding any chord, anywhere on the neck.

When I first started playing, I thought there was just one place on the fretboard where a chord existed so for years my fretboard efficiency was running in the red, until I discovered CAGED.

The CAGED system shows us a way to find five different locations for each of the five most used chords. Some low, some in the middle and some high on the fretboard. But, as you can probably guess, this is a formula. You don't have to memorize anything other than the formula.

In the free workshop I'll show you the CAGED system along with the other four foundational elements of fretboard

knowledge. Now that you know *what* is involved, I will be showing you exactly how to do this stuff.

As with all of the Foundational 5, The CAGED system will take time to incorporate, but the first lightbulb moment comes from discovering that such a system exists and it's tied directly into the other four foundational concepts.

Again, it's absolutely crucial that you don't expect yourself to understand this stuff right now. I just want you to see how it connects and get just a small taste of what you'll be able to do once you start to internalize this stuff and then begin to physically test some of this stuff out in your practice routine.

A QUICK WARNING BEFORE YOU CONTINUE...

Guitar Theory (fretboard knowledge) is not a one stop, "I learned it, now what's next?" experience. With each pass you'll make new connections that will take your understanding and guitar enjoyment to the next level.

In other words, it's a process. And this process will upgrade your guitar enjoyment on each and every pass.

Here's how the process works:

- 1 – Awareness, which leads to...
- 2 – Conceptual understanding, which leads to...
- 3 – Incorporating it into your playing, which leads to...
- 4 – Making other connections, then...
- 5 – Repeat

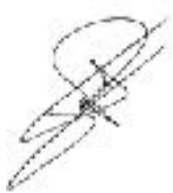
YOUR NEXT STEP...

You're registered for the free, 3-video guitar workshop called **Guitar Theory for Everybody** where I'll be teaching each of these Foundational 5 in great detail.

You're already signed up, so keep an eye out for an email with a link to video #1.

This free video series will change your guitar life whether you're brand new, or you already know a few things.

I'm excited for your journey!



Tony Polecastro

Founder of Fretboard Wizard & Tony's Acoustic Challenge

**YOUR FIRST 5 STEPS TO
LEARNING THE FRETBOARD**

[CHECKLIST]

- LEARN THE MUSICAL ALPHABET**
- LEARN THE MAJOR SCALE FORMULA**
- LEARN THE CHORD MATRIX**
- LEARN THE ANATOMY OF CHORDS**
- LEARN THE CAGED SYSTEM**