

Pentatonic Pit Stop

So far, all these CAGED shapes fit a 4-fret span, which means they can each be played in position. Play through each of these pentatonic positions to prepare for the Pit Stop Practice track.

C+A+G+E Shape Pentatonic Map

fretting hand

E Shape

E Shape Pentatonic Scale Key of D

2 4 1 4 1 4 1 3 2 4 2 4 2 4 2 3 1 4 1 4 1 4 2

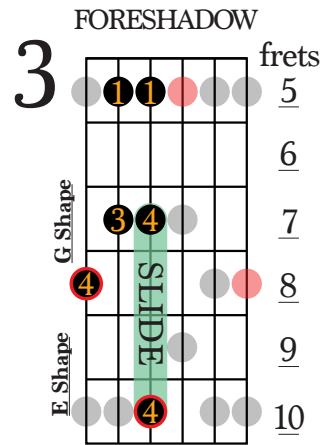
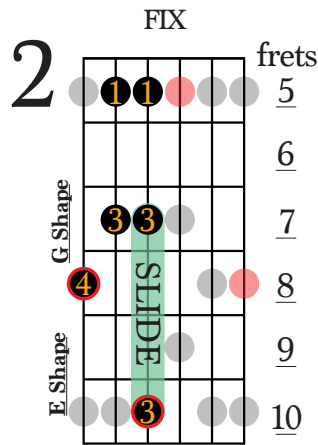
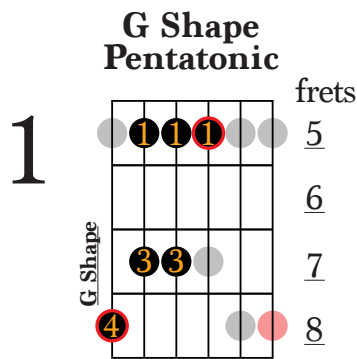
| | | | | |
|---|---|---|---|---|
| T | 1 | 2 | 3 | 4 |
| A | | | | |
| B | | | | |

1 + 2 + 3 + 4 + 1 + 2 + 3 + 4 + 1 + 2 + 3 + 4 + 1 + 2 + 3 + 4 +

Fix or Foreshadow

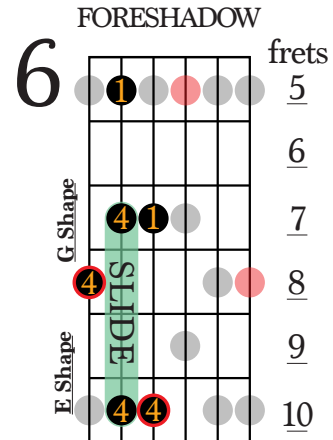
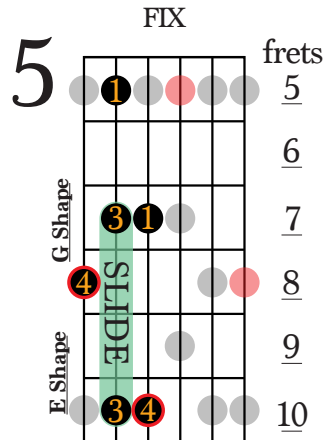
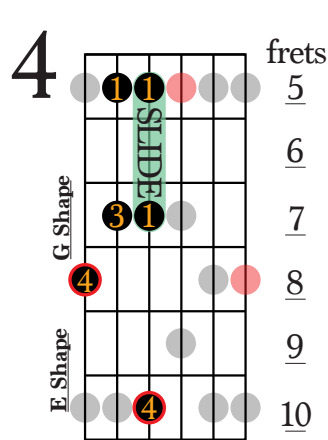
In this exercise, keep a close eye on which fingers to use. Even more importantly, keep an eye on YOUR finger preference: does it seem easier for you to fix or foreshadow when changing positions? Does it depend on the specific notes being played?

Keep in mind that the idea here is to learn to pay attention to your fingers and to develop your own preferences. Once you are able to play through this exercise, feel free to move on to the Practice section, where you'll play some music using these fix and foreshadow concepts.

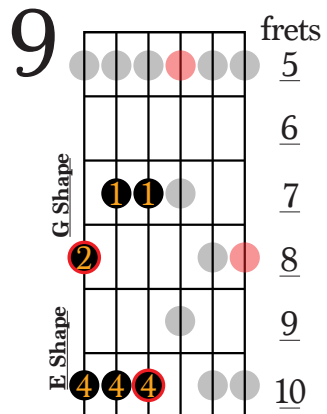
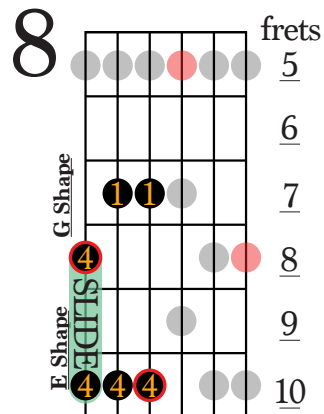
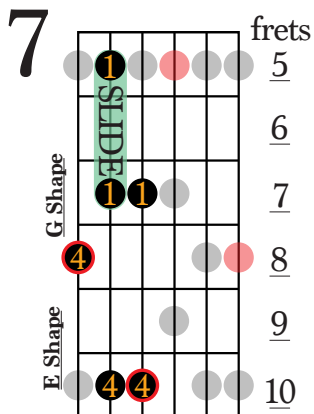


| | | | |
|----------|-----------------|-----------------|-----------------|
| | 4 1 3 1 3 1 | 4 1 3 1 3 3 | 4 1 3 1 4 4 |
| T | | | |
| A | | 5 | 5 |
| B | 5 7 | 5 7 | 5 7 |
| | 8 | 8 | 8 |
| | 1 + 2 + 3 + 4 + | 1 + 2 + 3 + 4 + | 1 + 2 + 3 + 4 + |

Fix or Foreshadow



| | | | | | | | | | | | | | | | | | | | | | | | | |
|----------|---|---|---|-----|---|----|---|---|---|---|----|---|---|----|---|---|---|---|----|---|---|----|---|---|
| | 4 | 1 | 3 | 1 | 1 | 4 | | 4 | 1 | 3 | 3 | 1 | 4 | | 4 | 1 | 4 | 4 | 1 | 4 | | | | |
| T | | | | | | | | | | | | | | | | | | | | | | | | |
| A | | | | | | | | | | | | | | | | | | | | | | | | |
| B | 8 | 5 | 7 | 5/7 | | 10 | | 8 | 5 | 7 | 10 | 7 | | 10 | | 8 | 5 | 7 | 10 | 7 | | 10 | | |
| | 1 | + | 2 | + | 3 | + | 4 | + | 1 | + | 2 | + | 3 | + | 4 | + | 1 | + | 2 | + | 3 | + | 4 | + |



| | | | | | | | | | | | | | | | | | | | | | | | | |
|----------|---|---|---|----|---|---|----|---|---|----|---|----|---|---|----|---|---|----|---|----|---|---|----|---|
| | 4 | 1 | 1 | 4 | 1 | 4 | | 4 | 4 | 1 | 4 | 1 | 4 | | 2 | 4 | 1 | 4 | 1 | 4 | | | | |
| T | | | | | | | | | | | | | | | | | | | | | | | | |
| A | | | | | | | | | | | | | | | | | | | | | | | | |
| B | 8 | 5 | 7 | 10 | 7 | | 10 | | 8 | 10 | 7 | 10 | 7 | | 10 | | 8 | 10 | 7 | 10 | 7 | | 10 | |
| | 1 | + | 2 | + | 3 | + | 4 | + | 1 | + | 2 | + | 3 | + | 4 | + | 1 | + | 2 | + | 3 | + | 4 | + |

Practice 1

This practice tune will focus on just the G Shape and E Shape pentatonic scales. The tune is arranged in ABA format. This page shows the A section and the following page shows the B section. To play along, return to this page after playing the following page.

A SECTION

Four fretboard diagrams for the A section, showing G and E shapes with fingerings and a 'SLIDE' instruction. Below them are guitar tablature lines and a rhythmic pattern '1 + 2 + 3 + 4 +'.

Diagram 1: G Shape (fret 5): 1 (5th fret), 3 (7th fret), 3 (7th fret), 2 (8th fret), 2 (8th fret), 4 (9th fret), 2 (10th fret). E Shape (fret 9): 3 (9th fret), 4 (10th fret). SLIDE from 3 to 2 on the 7th fret.

Diagram 2: G Shape (fret 5): 2 (8th fret), 4 (10th fret). E Shape (fret 9): 3 (9th fret), 4 (10th fret).

Diagram 3: G Shape (fret 5): 1 (5th fret), 3 (7th fret), 3 (7th fret), 2 (8th fret), 3 (9th fret), 3 (10th fret). E Shape (fret 9): 3 (9th fret).

Diagram 4: G Shape (fret 5): 1 (5th fret), 1 (5th fret), 3 (7th fret). E Shape (fret 9): 3 (9th fret).

Tablature:

| | | | | |
|---|---------|---------|-------|---|
| T | 8-10 | 10-8-10 | 8 | 5 |
| A | 7-5-7/9 | 9 | 7-5-7 | 7 |
| B | 7 | 7 | 7 | 7 |

Rhythmic pattern: 1 + 2 + 3 + 4 + 1 + 2 + 3 + 4 + 1 + 2 + 3 + 4 + 1 + 2 + 3 + 4 +

Four fretboard diagrams for the B section, showing G and E shapes with fingerings and a 'SLIDE' instruction. Below them are guitar tablature lines and a rhythmic pattern '1 + 2 + 3 + 4 +'.

Diagram 1: G Shape (fret 5): 1 (5th fret), 3 (7th fret), 3 (7th fret), 2 (8th fret), 2 (8th fret), 4 (9th fret), 2 (10th fret). E Shape (fret 9): 3 (9th fret), 4 (10th fret). SLIDE from 3 to 2 on the 7th fret.

Diagram 2: G Shape (fret 5): 2 (8th fret), 4 (10th fret). E Shape (fret 9): 4 (10th fret).

Diagram 3: G Shape (fret 5): 1 (5th fret), 3 (7th fret), 3 (7th fret), 2 (8th fret), 3 (9th fret), 3 (10th fret). E Shape (fret 9): 3 (9th fret).

Diagram 4: G Shape (fret 5): 1 (5th fret), 1 (5th fret), 3 (7th fret). E Shape (fret 9): 3 (9th fret).

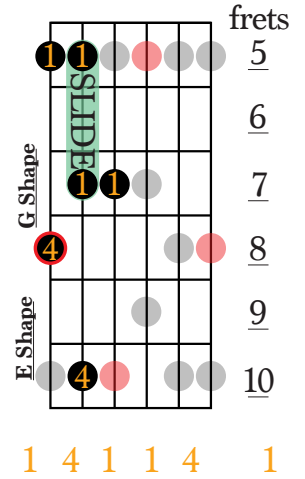
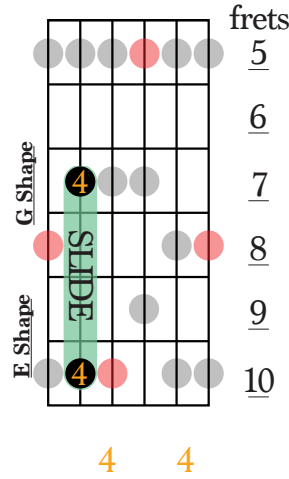
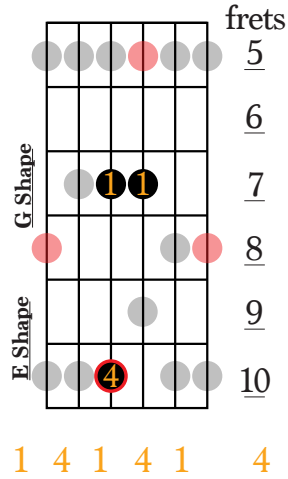
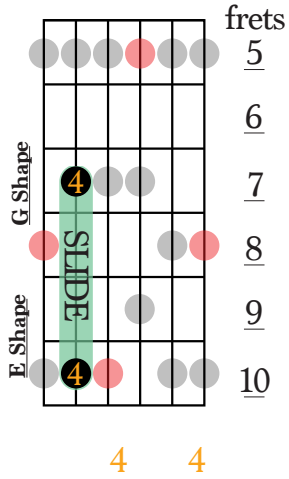
Tablature:

| | | | | |
|---|---------|---------|-------|---|
| T | 8-10 | 10-8-10 | 8 | 5 |
| A | 7-5-7/9 | 9 | 7-5-7 | 7 |
| B | 7 | 7 | 7 | 7 |

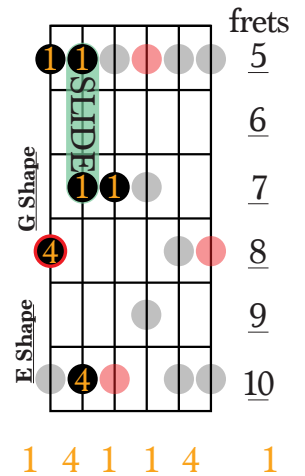
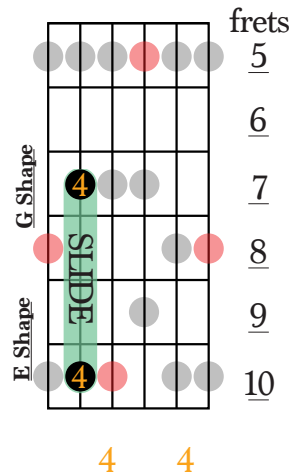
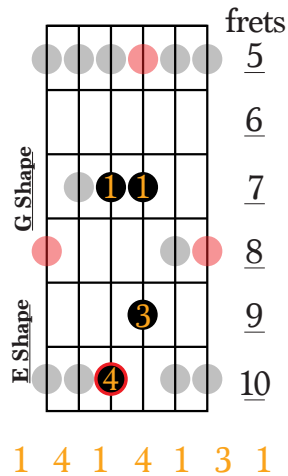
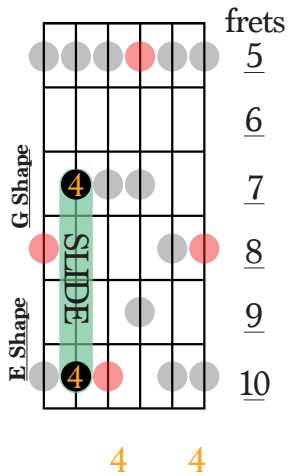
Rhythmic pattern: 1 + 2 + 3 + 4 + 1 + 2 + 3 + 4 + 1 + 2 + 3 + 4 + 1 + 2 + 3 + 4 +

Practice 1

B SECTION



| | | | | |
|---|-----------------|-----------------|-----------------|-----------------|
| T | | | | |
| A | | 7-10 | 7-10 | 7-10 |
| B | 7-10 | 7-10 | 7-10 | 7-10-7-5 |
| | 1 + 2 + 3 + 4 + | 1 + 2 + 3 + 4 + | 1 + 2 + 3 + 4 + | 1 + 2 + 3 + 4 + |



| | | | | |
|---|-----------------|-----------------|-----------------|-----------------|
| T | | | | |
| A | | 7-10 | 7-10 | 7-9-7 |
| B | 7-10 | 7-10 | 7-10 | 7-10-7-5 |
| | 1 + 2 + 3 + 4 + | 1 + 2 + 3 + 4 + | 1 + 2 + 3 + 4 + | 1 + 2 + 3 + 4 + |