JAZZ GUITAR
MONSTER CHOPS

Improve your guitar technique step-by-step

JAZZGUITAR.BE

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Introduction

Welcome to Jazz Guitar Monster Chops, great to have you here!

Before you begin, just a few items to prepare you to get the most out of this material.

You can do any of these exercises in this eBook on an electric, acoustic, or nylon-string guitar. If you have the option, start on an electric, as it's easiest to play these exercises.

From there, work it on an acoustic, then nylon, to challenge you further. If you only have one guitar, not to worry, this eBook works well with any type of guitar.

There's a wide range of exercises in this eBook, and they benefit players of all levels.

While advanced players will benefit from any of these exercises, less experiences players should start with the easier ones first.

If you're new to technique exercises, start from the beginning of the book and work forward from there.

If you're more experienced, jump around and find the right exercise to challenge you at your current stage of development.

The last item to keep in mind is that keeping a practice journal is always helpful for organization and seeing progress over time. With a practice journal, you keep track of what exercises you've done, how fast you've done them, and how long you've worked them.

This allows you to move forward when ready, and shows you the progress you've made over time.

You can use a word doc or a written journal to track of your progress. How you keep track of your progress is less important than the act of keeping track, so write it down however you like.

Building technical facility takes time and focus in the practice room, as well as fun and beneficial exercises to work on. This book covers all those bases and more.

Have fun with it, and enjoy your time building monster jazz guitar chops in the practice room!

Sincerely,
Matt & Dirk

Jazz Guitar Monster Chops Preview PDF

Welcome to the Monster Chops sample PDF!

In this preview you learn about how to build your guitar technique, and how to get started with these exercises on the fretboard.

In the full eBook, you work on building your chops, increasing your fretboard knowledge, and applying these exercises to your guitar playing all at the same time.

Working on technique is normally tedious and hard to apply to your playing. But, with the material in this eBook, you make working on technique fun and directly applicable to your guitar playing. A practice room win-win!

Enjoy this preview, have fun with the exercises, and get ready to take your guitar technique to the next level with our new eBook.

- Matt & Dirk

This PDF is a small sample of our eBook Jazz Guitar Monster Chops, to get the full edition of the eBook, click here...

Chapter 1 – Practicing Technique

Before you dive into this material, here are some pointers on practicing to keep in mind when running any exercise in this eBook.

Work With a Metronome

The goal of any of these exercises is to play them smoothly, and steadily, with a metronome.

You can start without a metronome, but once you get the feel for any exercise, add in a metronome as soon as possible.

Often times the metronome seems intimidating, as if it's too tough to play along with, but this isn't the case.

The steady tempo of the metronome drags you along, forcing you to react faster and keeps things flowing in your playing.

So, use a metronome with every exercise in this eBook, but start without one if needed to get an exercise down before adding tempo.

Slow and Steady Wins the Race

While you may want to jack up the metronome as soon as possible, it's better to work slowly with these exercises.

With any technical exercise, the slower you go, the more you can focus on all the little movements that come together to play that technique.

If you go too fast, you miss technical mistakes that you'd notice when working any exercise slowly. This causes bad habits, and forces you to pause your progress

later on to fix these habits when they become a problem.

To avoid bad habits, and ensure you always use proper technique, go very slow with these exercises.

Don't worry about speed in this eBook.

Focus instead on playing each exercise slowly and cleanly. If you can play these exercises slowly, smoothly, and with proper technique, you can easily speed them up from there.

But, if you rush the tempo, you just speed up bad habits and technical issues that you didn't address properly at slower tempos.

An ounce of patience goes a long way with any technical exercise.

Single-Focus Mentality

One problem many guitarists face with technique is that they jump around in their practicing, spending only a little time on each exercise.

While you want to cover many technical items over time, it's better to focus on one exercise until you nail it. Then, only when you really nail that exercise should you move on to the next exercise and work it with the same singular focus.

This allows you to spend the time needed to get the most benefit from any exercise you work on. As well, it allows you to zoom in and focus on one specific technical challenge, rather than many at once.

By focusing on one exercise, and one technical issue, you ensure that you get the most out of any time spent on technique in the woodshed.

Target Weaknesses

When working on any exercise, it's easy to practice what you already know and what's easy to play.

But, to get the most out of time spent in the practice room, it's important to get out of your comfort zone by picking exercises that target your weakest points first.

This means that if you have trouble with hammer-ons, but can nail pull-offs, you work on hammer-ons first, then pull-offs later.

It's not always easy to target your weaknesses in the practice room, but it's the most efficient and effective way to build your chops.

So, start with the exercises that challenge you the most, or cover areas where you're weakest on the guitar. Doing so elevates all areas of your playing to the next level.

Don't Overdo It

It's easy to get carried away with any of these exercises, working them for long amounts of time each day.

While spending time on your guitar is normally beneficial, spending too much time on technique can cause issues in your playing.

One of these issues is a lopsided practice routine, where you spend too much time on chops and not enough on other material.

The other issue is working technical exercises until you cause physical problems from repetition and over use.

To prevent either of these from happening, tackle these exercises with a slow and steady approach.

A few minutes a day, every day, goes a long way and prevents your practicing from becoming lopsided or from injuries occurring. Focus on consistency rather than cramming to get the most out of any exercise in this eBook.

Chapter 2 – Daily Warm Ups

To begin your study of jazz guitar technique, here are daily exercises to warm up your fingers and ears.

The best way to work these exercises is pick one and do it for 5-10 minutes each day at a slow tempo.

Over time, change the warm up exercise you work on, but keep them in your routine until they're easy and comfortable on the fretboard.

You can start without time for any of these exercises, then bring in a slow metronome when you're ready.

One Finger Per Fret In Position 1

To begin your daily warm ups, you work on one of the simplest but most effective technical exercise, 1234 fingers up and down the strings.

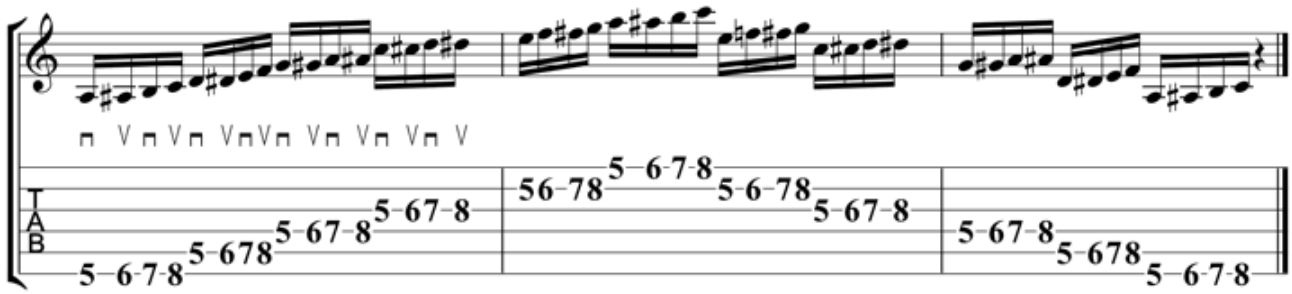
Work on keeping your fingers close to the strings when not playing, and keep as little silence as possible between notes.

This exercise is an essential part of any serious guitarist's practice routine, and if you only do one warm up, this is it.

When you can play any of these one-finger-per-fret variations, move them up or down the neck to different frets to take them further.

Audio Example 1

Click here to play audio example 1

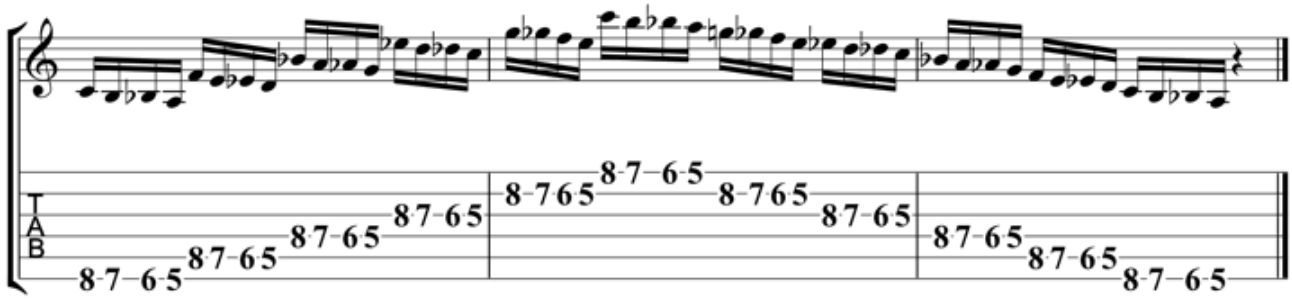


One Finger Per Fret In Position 2

Here's a variation of the 1234 finger exercise that runs the pattern backwards, playing 4321 fingers in the process.

Audio Example 2

Click here to play audio example 2

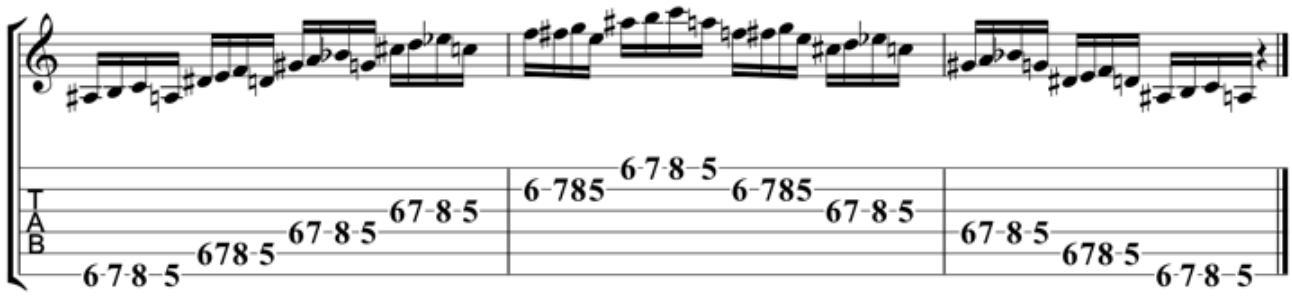


One Finger Per Fret In Position 3

Here's a variation of the 1234 finger exercise that starts on your second finger and plays 2341 from there.

Audio Example 3

Click here to play audio example 3

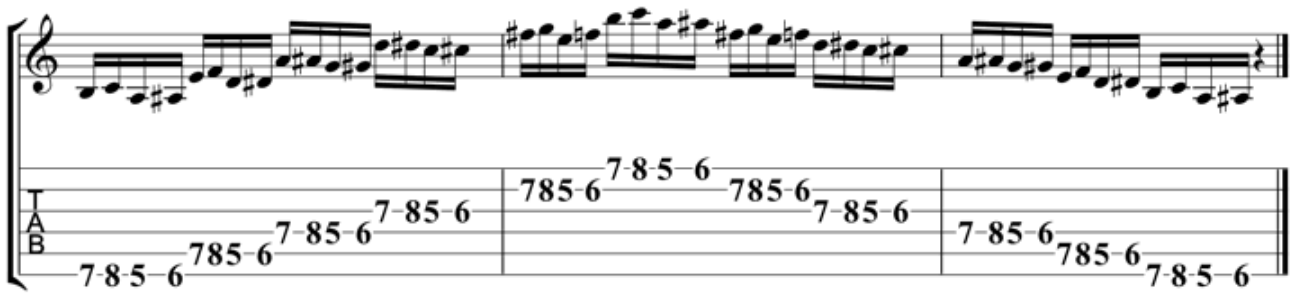


One Finger Per Fret In Position 4

Here's a variation of the 1234 finger exercise where you play 3412 fingers up and down the strings.

Audio Example 4

Click here to play audio example 4

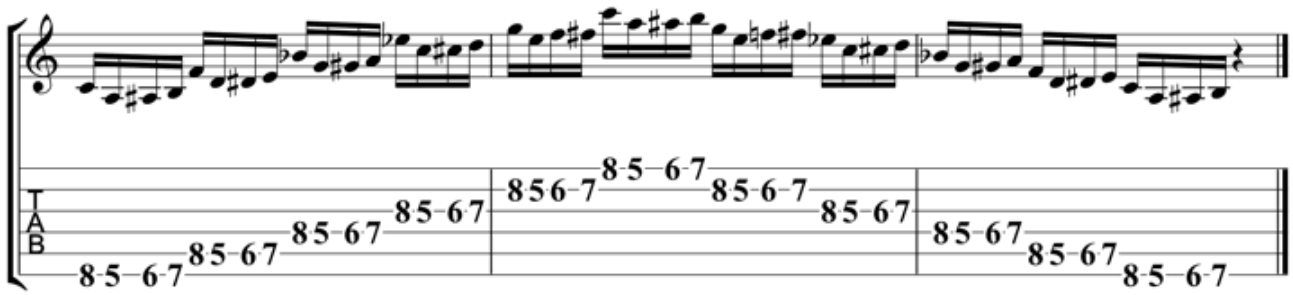


One Finger Per Fret In Position 5

Here's a variation of the 1234 finger exercise that uses the fingers 4123 up and down all 6 strings.

Audio Example 5

Click here to play audio example 5

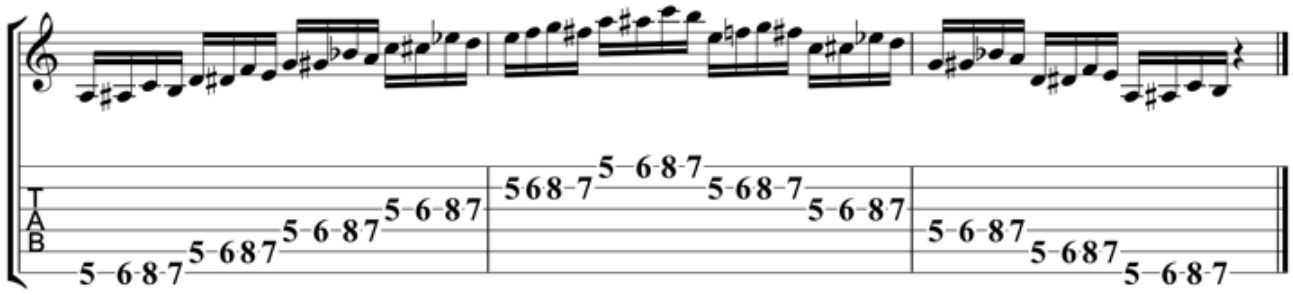


One Finger Per Fret In Position 6

Here's a variation of the 1234 finger exercise that begins with your 1st and 2nd fingers, then reverses the last two, forming a 1243 pattern.

Audio Example 6

Click here to play audio example 6

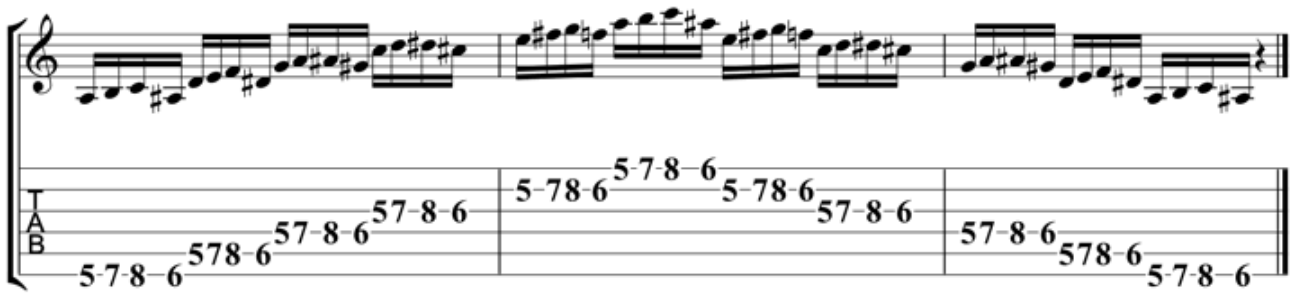


One Finger Per Fret In Position 7

Here's a variation of the 1234 finger exercise that uses the fingering 1342 up and down the strings.

Audio Example 7

Click here to play audio example 7

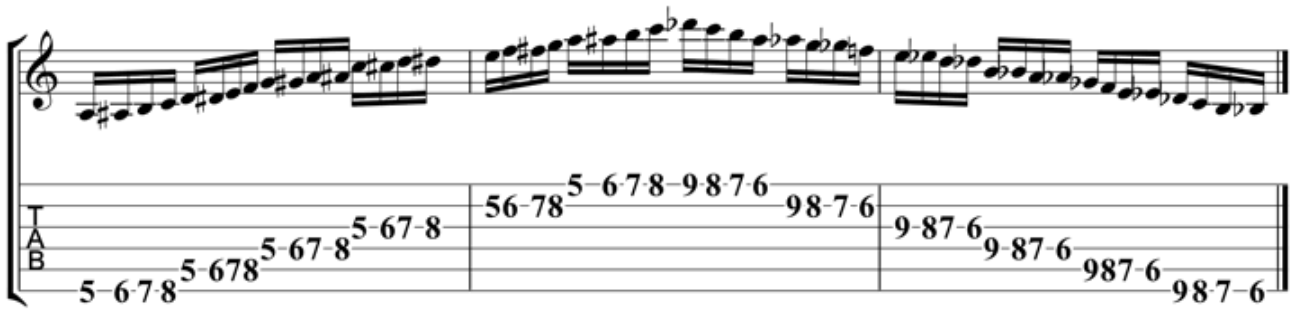


One Finger Per Fret Shifting

Here's a variation of the 1234 finger exercise that shifts up the fretboard to expand your workout in the practice room.

Audio Example 8

Click here to play audio example 8



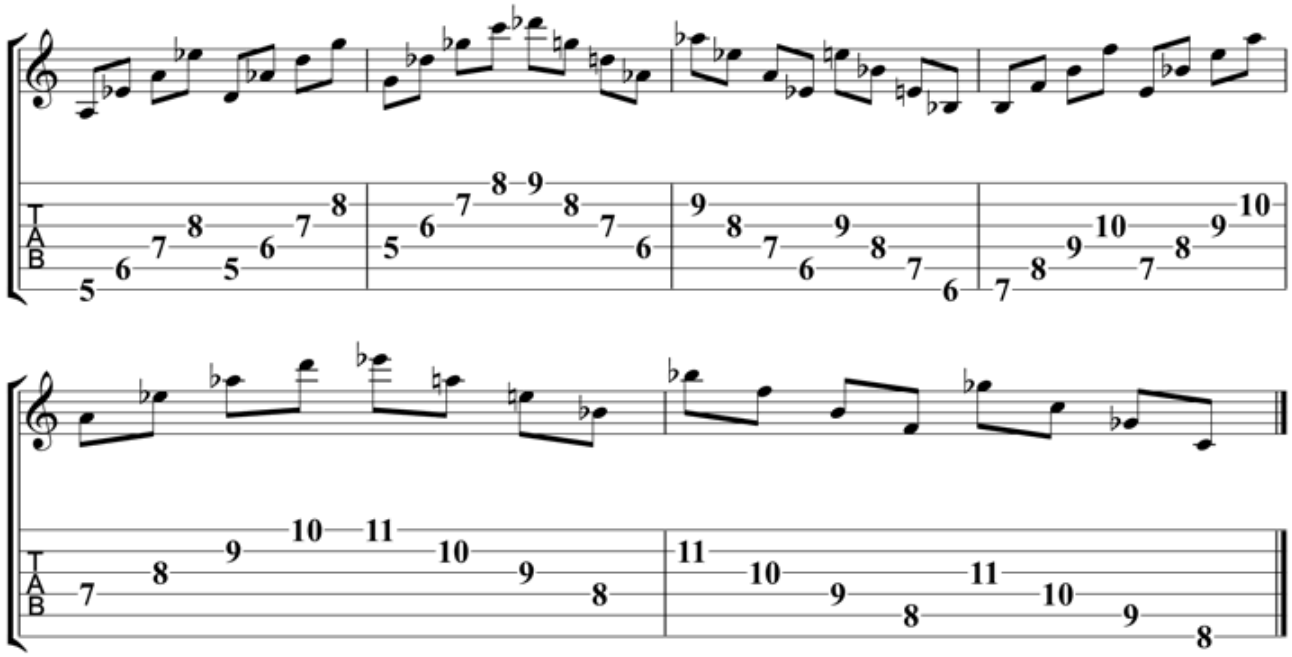
The Spider

In this classical guitar warm up, you pick one finger per fret as you move up and down the fretboard.

Go slow with this exercise until it's fully comfortable, then slowly raise the tempo from there.

Audio Example 9

Click here to play audio example 9

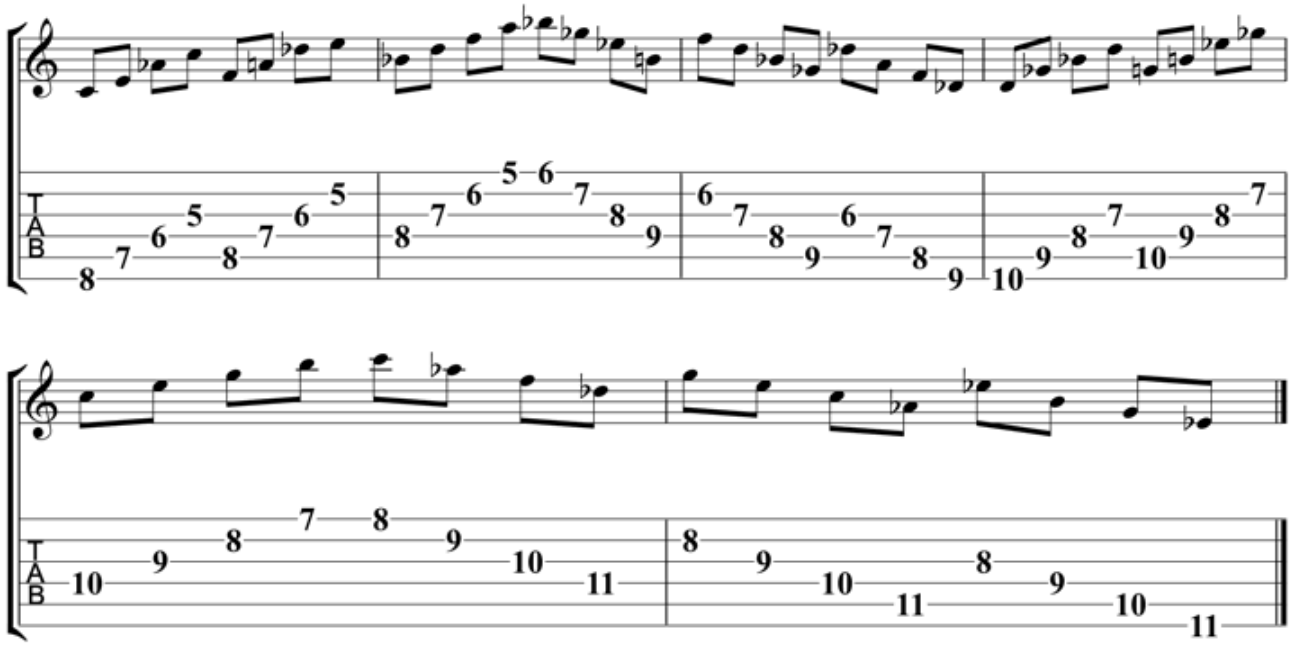


Reverse Spider

In this exercise you reverse the frets you used in the previous exercise to take the spider to the next level.

Audio Example 10

Click here to play audio example 10

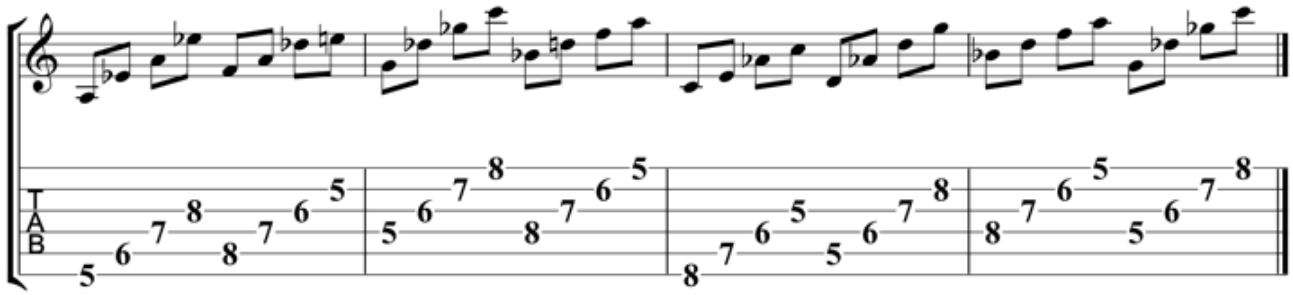
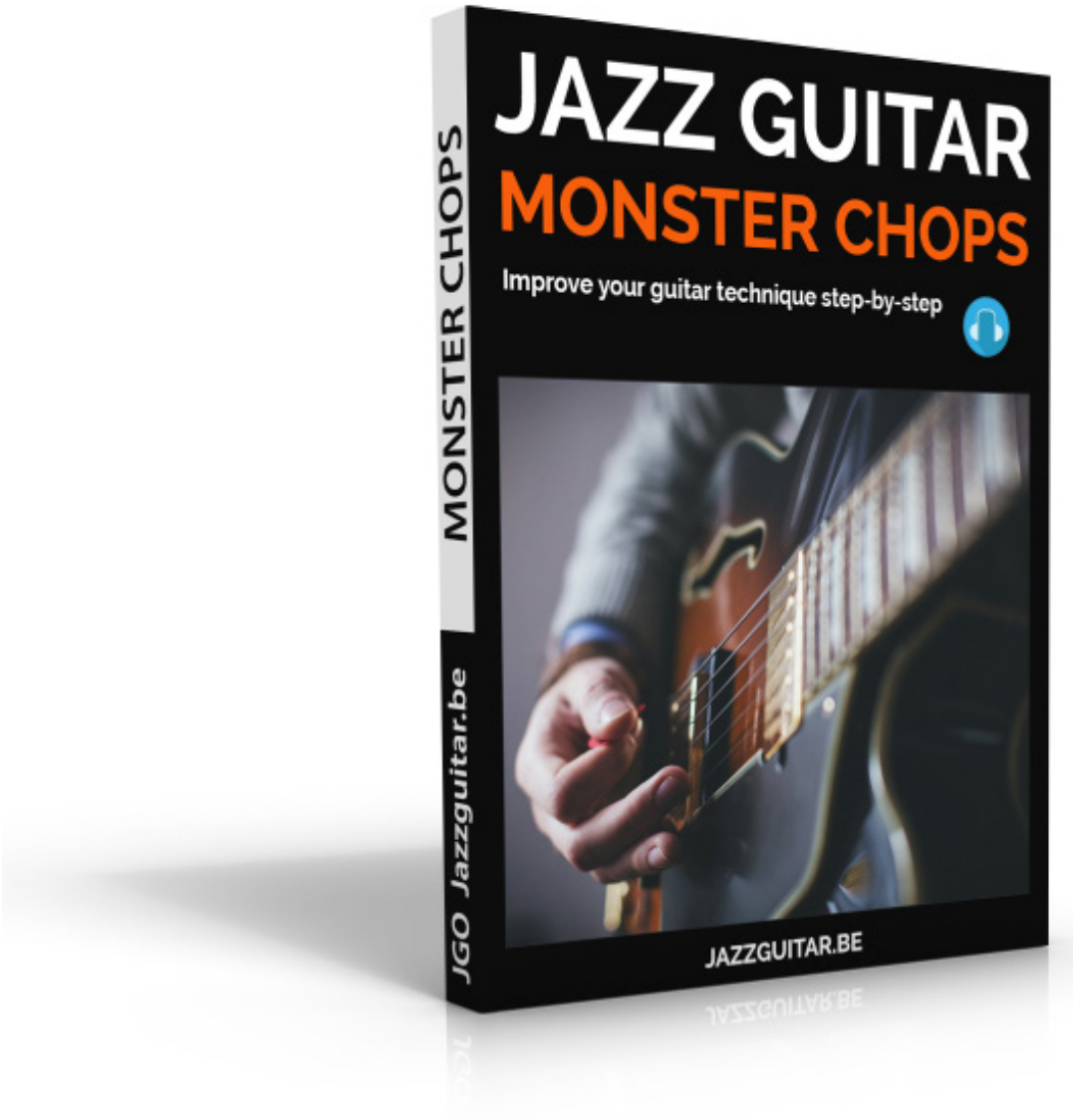


Mixing Spiders

You can also mix the two as you alternate between string sets, spider vs. reverse spider, to expand this warm up exercise.

Audio Example 11

Click here to play audio example 11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