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|   | **White Belt: Level 1**The color white signifies purity. A white belt student begins with a clean slate, unfettered by bad habits and open to all the possibilities. Our system is designed to help you master these basics as soon as possible, and set a proper foundation for the rest of your musical career.**Studies We Recommend:**

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|  | [**Guitar Basics**](http://www.sheetmusicplus.com/a/product.html?command=search&db=/store/db/inventory.db&eqskudata=HL.695134&searchtitle=sheet%20music&id=74160) Essential Chords, Scales, Rhythms and Theory. Book & CD Package. With notes and tablature.[See more info...](http://www.sheetmusicplus.com/a/product.html?command=search&db=/store/db/inventory.db&eqskudata=HL.695134&searchtitle=sheet%20music&id=74160) |

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|  | [**100 Songs for Kids**](http://www.sheetmusicplus.com/a/item.html?id=74160&item=4500948) (Easy Guitar with Notes & Tab) For guitar and voice. Format: guitar tablature single. With easy guitar notation, guitar tablature, chord names, lyrics and guitar chord diagrams.[See more info...](http://www.sheetmusicplus.com/a/item.html?id=74160&item=4500948) |

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|  | [**The Folksong Fake Book - C Edition**](http://www.sheetmusicplus.com/a/item.html?id=74160&item=3563461) For voice and C instrument. Format: fakebook. With vocal melody, lyrics and chord names.[See more info...](http://www.sheetmusicplus.com/a/item.html?id=74160&item=3563461) |

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|  | [**The Ultimate Guitar Christmas Fake Book**](http://www.sheetmusicplus.com/a/product.html?command=search&db=/store/db/inventory.db&eqskudata=HL.240158&searchtitle=sheet%20music&id=74160) 200 Holiday Favorites with Melody, Lyrics and Chord Frames. Fake Book.[See more info...](http://www.sheetmusicplus.com/a/product.html?command=search&db=/store/db/inventory.db&eqskudata=HL.240158&searchtitle=sheet%20music&id=74160) |

 | **What You Must Master:**In our system, the white belt is foundation level one, where you will learn basic skills to play more than 1000 popular songs on the guitar. You'll be surprised to learn how easy and fun guitar can be! This level is for all beginners of all styles.**Body:*** 5-Point Guitar EADGBE tuning
* Comfortable posture
* Comfortable hand positions
* Guitar anatomy and care
* Guitarist anatomy and care

**Mind:*** 21 most popular open chords
* Cool and simple rhythm patterns
* EADGBE note fretboard locations
* Perfect interval ear training

**Spirit:*** 8 - 12 songs you can perform
* Performance skills
* Goal setting
* Journal keeping
* Practicing for success
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|   | **Yellow Belt: Level 2**Yellow represents the sun beginning to rise in the sky. This level is designed to reinforce what you already know, show you more guitar-friendly ways of playing thousands of popular songs, and utilize the entire neck of the guitar to your advantage.**Studies We Recommend:**

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|  | [**Essential Rhythm Guitar**](http://www.sheetmusicplus.com/a/product.html?command=search&db=/store/db/inventory.db&eqskudata=HL.695181&searchtitle=sheet%20music&id=74160) (Patterns, Progressions and Techniques for All Styles) Written by Steve Trovato. For guitar. Includes instructional book and accompaniment CD.[See more info...](http://www.sheetmusicplus.com/a/product.html?command=search&db=/store/db/inventory.db&eqskudata=HL.695181&searchtitle=sheet%20music&id=74160) |

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|  | [**The Ultimate Fake Book - 3rd Edition - "C" Instruments**](http://www.sheetmusicplus.com/a/product.html?command=search&db=/store/db/inventory.db&eqskudata=HL.240024&searchtitle=sheet%20music&id=74160) For C instrument and voice. Format: fakebook (spiral bound). With vocal melody, lyrics and chord names. Standards, pop, country and rock.[See more info...](http://www.sheetmusicplus.com/a/product.html?command=search&db=/store/db/inventory.db&eqskudata=HL.240024&searchtitle=sheet%20music&id=74160) |

 | **What You Must Master:**In our system, the yellow belt is foundation level two, where you will more easy ways to play more than 1000 popular songs on the guitar. You'll be surprised at your own confidence! This level is for all beginners of all styles.**Body:*** Groove, Groove, Groove!
* Finger Picking Arpeggios
* Advanced Strumming Styles
* Advanced Strumming Rhythms

**Mind:*** Remaining popular open chords
* Major and minor scale patterns
* 3rd and 6th intervals ear training

**Spirit:*** 8 - 12 more songs you can perform
* Performance skills
* Goal and course correction
* Journal keeping
* Practicing for success
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|   | **Orange Belt: Level 3**Orange represents the color of the sun in the afternoon sky. This level is designed to show you ways to make your playing more colorful and unique, by exploring different voicing possibilities and hacking away some of the non-essentials. You can apply this to any of the songs you already know, while still adding songs to your repertoire.**Studies We Recommend:**

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|  | [**Guitar Fretboard Workbook**](http://www.sheetmusicplus.com/a/product.html?command=search&db=/store/db/inventory.db&eqskudata=HL.695712&searchtitle=sheet%20music&id=74160) A Complete System for Understanding the Fretboard For Acoustic or Electric Guitar.[See more info...](http://www.sheetmusicplus.com/a/product.html?command=search&db=/store/db/inventory.db&eqskudata=HL.695712&searchtitle=sheet%20music&id=74160) |

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|  | [**The Greatest Rock Guitar Fake Book**](http://www.sheetmusicplus.com/a/product.html?command=search&db=/store/db/inventory.db&eqskudata=HL.240148&searchtitle=sheet%20music&id=74160) For voice and guitar. Format: fakebook. With vocal melody, lyrics, guitar tablature (excerpts only) and chord names. Rock.[See more info...](http://www.sheetmusicplus.com/a/product.html?command=search&db=/store/db/inventory.db&eqskudata=HL.240148&searchtitle=sheet%20music&id=74160) |

 | **What You Must Master:**In our system, the orange belt is foundation level three, where you'll refine your sound by removing redundant notes and unwanted noise from your playing. You'll learn to use your hands in new ways to make your strings obey your will. You'll learn to see the guitar neck in ways that will open it up to you. **Body:*** Flat picking techniques
* Bass-style finger picking
* Left hand muting
* Right hand muting

**Mind:*** Moveable barre chords
* Power and suspended chords
* CAGED Fretboard Patterns
* Guitar Friendly Pentatonic Scales
* Reading and writing tablature
* 2nd & 7th intervals ear training

**Spirit:*** 8 - 12 more songs you can perform
* Vitalize your songs with new voicings
* Critical listening skills
* Goal and course correction
* Journal keeping
* Practicing for success
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|   | **Green Belt: Level 4**Green signifies the color of growing living things. By this time, you have command of chordal accompaniment, various voicings, fretboard knowledge, and melody based on major and minor and pentatonic scalar principles. Now you're ready to learn the blues like never before. The blues have a very simple structure, and they are very guitar-friendly, but with your foundation, your blues playing will be infused with with tremendous energy and vitality.**Studies We Recommend:**

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|  | [**Basic Blues Guitar**](http://www.sheetmusicplus.com/a/product.html?command=search&db=/store/db/inventory.db&eqskudata=HL.695180&searchtitle=sheet%20music&id=74160) Essential Progressions, Patterns and Styles.[See more info...](http://www.sheetmusicplus.com/a/product.html?command=search&db=/store/db/inventory.db&eqskudata=HL.695180&searchtitle=sheet%20music&id=74160) |

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|  | [**Blues/Rock Soloing for Guitar**](http://www.sheetmusicplus.com/a/product.html?command=search&db=/store/db/inventory.db&eqskudata=HL.695680&searchtitle=sheet%20music&id=74160) A Guide to the Essential Scales, Licks and Soloing Techniques.[See more info...](http://www.sheetmusicplus.com/a/product.html?command=search&db=/store/db/inventory.db&eqskudata=HL.695680&searchtitle=sheet%20music&id=74160) |

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|  | [**Texas Blues Guitar**](http://www.sheetmusicplus.com/a/product.html?command=search&db=/store/db/inventory.db&eqskudata=HL.695340&searchtitle=sheet%20music&id=74160) Private Lessons. By Robert Calva.[See more info...](http://www.sheetmusicplus.com/a/product.html?command=search&db=/store/db/inventory.db&eqskudata=HL.695340&searchtitle=sheet%20music&id=74160) |

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|  | [**The Blues Fake Book**](http://www.sheetmusicplus.com/a/item.html?id=74160&item=2889057) For voice and C instrument. Format: fakebook (spiral bound). With vocal melody, lyrics, chord names and leadsheet notation.[See more info...](http://www.sheetmusicplus.com/a/item.html?id=74160&item=2889057) |

 | **What You Must Master:**In our system, the green belt is the first departure from the foundation levels, where you'll learn to apply what you have learned to improvising. We use the blues as the framework for this because 12-bar blues structure is simple, enjoyable, and allows us to focus on improvisation, and expression, rather than structure. We'll learn some of the most expressive techniques in guitar, that are equally effective with electric and acoustic guitars.**Body:*** Left hand slide
* Hand hammer-on and pull-off
* String bending techniques
* Vibrato techniques

**Mind:*** 6th and 9th chords
* 12-bar blues patterns
* Major and minor blues scales
* Mixolydian scale mode
* Lydian scale mode
* Tritone interval

**Spirit:*** 8 - 12 more songs you can perform
* Add emotional expression to your songs
* Make any song sound bluesy
* Goal and course correction
* Journal keeping
* Practicing for success
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|   | **Blue Belt: Level 5**Blue represents the color of the sky, toward which we are reaching. A blue belt player is fully able to play rock, pop and of course blues music with great strength and personality. Now the focus turns toward the underpinnings of all Western music, how chord progressions work, or how to stream chords together that produce direction and movement beyond simple circular movements we have learn so far.**Studies We Recommend:**

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|  | [**Chord Progressions for Guitar**](http://www.sheetmusicplus.com/a/product.html?command=search&db=/store/db/inventory.db&eqskudata=HL.695664&searchtitle=sheet%20music&id=74160) 101 Patterns for All Styles from Folk to Funk!. By Tom Kolb.[See more info...](http://www.sheetmusicplus.com/a/product.html?command=search&db=/store/db/inventory.db&eqskudata=HL.695664&searchtitle=sheet%20music&id=74160) |

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| http://gfx.sheetmusicplus.com/store/120x160/5384595.gif | [**Chords for Jazz Guitar**](http://www.sheetmusicplus.com/a/item.html?id=74160&item=5384595) The Complete Guide to Comping, Chord Melody and Chord Soloing. Guitar Educational. Book & CD.[See more info...](http://www.sheetmusicplus.com/a/item.html?id=74160&item=5384595) |

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|  | [**Swing And Big Band Guitar**](http://www.sheetmusicplus.com/a/item.html?id=74160&item=2965634) (Four-To-The-Bar Comping In The Style Of Freddie Green) Written by Charlton Johnson. For guitar. Includes instructional book and examples CD. With standard guitar notation (no tablature), chord names, guitar chord diagrams.[See more info...](http://www.sheetmusicplus.com/a/item.html?id=74160&item=2965634) |

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|  | [**The Nashville Numbering System**](http://www.sheetmusicplus.com/a/product.html?command=search&db=/store/db/inventory.db&eqskudata=HL.704491&searchtitle=sheet%20music&id=74160) By Neil Matthews, Jr. Stylistic Method.[See more info...](http://www.sheetmusicplus.com/a/product.html?command=search&db=/store/db/inventory.db&eqskudata=HL.704491&searchtitle=sheet%20music&id=74160) |

 | **What You Must Master:**In our system, blue belt is the beginning of the study of theory, but it doesn't seem like study, because it is so satisfying to learn why some progressions work better than others, and how to use chord progressions in your own playing to take your listeners in any direction you want. We focus primarily on the ear's ability to hear the movement of chords, and the ability to transpose chords progressions to any key. This is the ultimate skill for playing by ear without reading music.**Body:*** Piano Picking Techniques
* Sweep Picking Techniques
* String Skipping Techniques

**Mind:*** Harmonic Chord Progressions
* Nashville Numbering System
* Harmonic Chord Substitutions
* Melody Within Chords
* Transposing Songs to Any Key
* Major and minor chord Inversions
* Compound Intervals

**Spirit:*** 8 - 12 more songs you can perform
* Transpose your songs to fit singing
* Goal and course correction
* Journal keeping
* Practicing for success
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|   | **Red Belt: Level 6**Red is the color of blood, the essential force in life. Now is the time to dive deep and understand what really gives life to music. By now, you already know how to play really well, but the missing element is solid practical and usable understanding of what makes some songs really great, and others not so hot. We'll direct you to the best resources available to give you this understanding.**Studies We Recommend:**

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|  | [**Modes For Guitar**](http://www.sheetmusicplus.com/a/product.html?command=search&db=/store/db/inventory.db&eqskudata=HL.695555&searchtitle=sheet%20music&id=74160) For guitar and voice. Includes instructional book and examples CD.[See more info...](http://www.sheetmusicplus.com/a/product.html?command=search&db=/store/db/inventory.db&eqskudata=HL.695555&searchtitle=sheet%20music&id=74160) |

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|  | [**Amazing Phrasing - Guitar**](http://www.sheetmusicplus.com/a/item.html?id=74160&item=4507112) (50 Ways to Improve Your Improvisational Skills) Written by Tom Kolb. For guitar. Includes instructional book and examples CD.[See more info...](http://www.sheetmusicplus.com/a/item.html?id=74160&item=4507112) |

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|  | [**Practice Trax For Guitar**](http://www.sheetmusicplus.com/a/item.html?id=74160&item=3836779) Written by Danny Gill. For guitar. Includes instructional book and accompaniment CD.[See more info...](http://www.sheetmusicplus.com/a/item.html?id=74160&item=3836779) |

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|  | [**Carl Schroeder, Keith Wyatt: Harmony And Theory**](http://www.sheetmusicplus.com/a/product.html?command=search&db=/store/db/inventory.db&eqskudata=HL.695161&searchtitle=sheet%20music&id=74160) (A Comprehensive Source for All Musicians).[See more info...](http://www.sheetmusicplus.com/a/product.html?command=search&db=/store/db/inventory.db&eqskudata=HL.695161&searchtitle=sheet%20music&id=74160) |

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|  | [**Music Reading for Guitar**](http://www.sheetmusicplus.com/a/product.html?command=search&db=/store/db/inventory.db&eqskudata=HL.695192&searchtitle=sheet%20music&id=74160) For guitar. Format: instructional book.[See more info...](http://www.sheetmusicplus.com/a/product.html?command=search&db=/store/db/inventory.db&eqskudata=HL.695192&searchtitle=sheet%20music&id=74160) |

 | **What You Must Master:**In our system, red belt is the level where we cement our knowledge of how music really works in our minds. To do this, you make a personal commitment to study the theory, and apply it to the music you love to hear and play. You also make a personal commitment to learn to read standard music notation, which you will need to continue to progress. Don't worry, your fretwork will continue to improve by also studying advanced lead guitar techniques and modes with some of the best experts on those subjects in the world.**Body:*** Double-Stop and Chicken Pickin'
* Rasqueado and Flamenco Techniques

**Mind:*** Circle of 5ths
* Reading Musical Scores
* Reading Standard Notation
* Music Theory
* Major Scale Modes

**Spirit:*** 8 - 12 more songs you can perform
* Transpose your songs to fit singing
* Goal and course correction
* Journal keeping
* Practicing for Success
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|   | **Brown Belt: Level 7**Brown is the color of the earth. All your work until now has made you proficient at rhythm guitar, lead guitar, music theory, and reading music. You've learned dozens of tunes, and have begun to define yourself as a player. Now that you are firmly rooted and with both feet on the ground, you are ready to make the final preparations for black belt.**Studies We Recommend:**

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|  | [**Screaming Fingers**](http://hop.clickbank.net/?cpinegar/screaming)Synchronize Both Hands, Build Finger Strength, Increase Flexibility, Build Agility and Dexterity, Develop Speed Bursts, Eliminate Wasted Motion, Develop Impeccable Timing, Develop Precision[See more info...](http://hop.clickbank.net/?cpinegar/screaming) |

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|  | [**Lead Licks**](http://www.sheetmusicplus.com/a/product.html?command=search&db=/store/db/inventory.db&eqskudata=HL.697345&searchtitle=sheet%20music&id=74160) Over 200 Licks in All Styles Hal Leonard Guitar Method. Arranged by Greg Koch. Guitar Method. Book & CD Package.[See more info...](http://www.sheetmusicplus.com/a/product.html?command=search&db=/store/db/inventory.db&eqskudata=HL.697345&searchtitle=sheet%20music&id=74160) |

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|  | [**Harmonics**](http://www.sheetmusicplus.com/a/product.html?command=search&db=/store/db/inventory.db&eqskudata=HL.695169&searchtitle=sheet%20music&id=74160) (Guitar In The Style Of Lenny Breau, Ted Greene, And Ralph Towner) Written by Jamie Findlay. For guitar. Includes instructional book and examples CD.[See more info...](http://www.sheetmusicplus.com/a/product.html?command=search&db=/store/db/inventory.db&eqskudata=HL.695169&searchtitle=sheet%20music&id=74160) |

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|  | [**Progressive Tapping Licks**](http://www.sheetmusicplus.com/a/product.html?command=search&db=/store/db/inventory.db&eqskudata=HL.695748&searchtitle=sheet%20music&id=74160) Lessons and Tab for 75 Extreme Guitar Tapping Ideas. By Jean Marc Belkadi.[See more info...](http://www.sheetmusicplus.com/a/product.html?command=search&db=/store/db/inventory.db&eqskudata=HL.695748&searchtitle=sheet%20music&id=74160) |

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|  | [**Electric Slide Guitar**](http://www.sheetmusicplus.com/a/product.html?command=search&db=/store/db/inventory.db&eqskudata=HL.695022&searchtitle=sheet%20music&id=74160) Guitar Educational. Book & CD Package. [See more info...](http://www.sheetmusicplus.com/a/product.html?command=search&db=/store/db/inventory.db&eqskudata=HL.695022&searchtitle=sheet%20music&id=74160) |

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|  | [**Slap & Pop Technique for Guitar**](http://www.sheetmusicplus.com/a/product.html?command=search&db=/store/db/inventory.db&eqskudata=HL.695645&searchtitle=sheet%20music&id=74160) By Jean Marc Belkadi. [See more info...](http://www.sheetmusicplus.com/a/product.html?command=search&db=/store/db/inventory.db&eqskudata=HL.695645&searchtitle=sheet%20music&id=74160) |

 | **What You Must Master:**In our system, brown belt is the level where we learn ways to make music using means other than just a fretting hand and a picking hand. You already have the theory, now we explore these great techniques that are unique to guitar. In conjunction with these new techniques, you will develop bursts of speed using traditional picking as well. You're fingers and mind will find a new overdrive gear that will allow you to hear in fast motion, and play in fast motion, and still hit the notes cleanly. You will also learn to use natural harmonics in your playing.**Body:*** No-Slop Speed Work
* Tapping Techniques
* Slide Guitar Techniques
* Natural Harmonics
* False Harmonics
* Slap and Percussive Techniques

**Mind:*** Musical Structures
* Variations on a Theme
* Song Writing
* Copyrighting Your Songs

**Spirit:*** Variations on Cover Tunes
* Songwriting and Composition
* Emphasis on Original Tunes
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|   | **Black Belt: Giving Back**Black represents the combination of all colors. You have mastered all the basics, You have learned how to learn. You have learned to find confidence when challenges seem daunting. You have learned to find motivation when things seem boring. You have learned to find time to practice and play when things are hectic. You have learned to organize your time. You have learned how to listen critically, and how to hear. You have learned how to solve problems. You have found your own musical voice.Now, it's time to give back what you have learned to others. It's the only way to keep moving onward and upward from here. Only by giving back, can you find the motivation to keep climbing upward when the air gets really thin, and the crowds even thinner.**Studies We Recommend:**

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|  | [**Teaching Guitar Profitably**](http://www.blackbeltguitar.com/MakeMoneyTeachingGuitar.html)You can't teach guitar well if you can't make a living at it. This publication explains step by step the secrets behind one of the most successful Canadian guitar schools. If you are serious about teaching for a living, this book will help you avoid costly mistakes and help your business succeed.[See more info...](http://hop.clickbank.net/?cpinegar/screaming) |

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|  | [**The Musician's Guide to Recording Acoustic Guitar**](http://www.sheetmusicplus.com/a/product.html?command=search&db=/store/db/inventory.db&eqskudata=HL.695505&searchtitle=sheet%20music&id=74160) By Dallan Beck. [See more info...](http://www.sheetmusicplus.com/a/product.html?command=search&db=/store/db/inventory.db&eqskudata=HL.695505&searchtitle=sheet%20music&id=74160) |

 | **How You'll Give Back:****Body:*** Hard work habits
* Good health
* Make the commitment

**Mind:*** Publishing articles
* Composing

**Spirit:*** Performing
* Recording
* Teaching

[Cakewalk Guitar Tracks Pro](http://service.bfast.com/bfast/click?bfmid=5607334&siteid=40240565&bfpid=705166&bfmtype=gear) |

**More Guitar Lessons by Topic**

These lessons fall into general categories for ease of navigation.

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| * **[Guitar Chords](http://www.blackbeltguitar.com/Chords.php%22%20%5Co%20%22Guitar%20Chords)**

* **[Guitar Scales](http://www.blackbeltguitar.com/Scales.php%22%20%5Co%20%22Guitar%20Scales)**

* **[Guitar Riffs and Licks](http://www.blackbeltguitar.com/Riffs.php%22%20%5Co%20%22Guitar%20Riffs)**

* **[Guitar Techniques](http://www.blackbeltguitar.com/Technique.php%22%20%5Co%20%22Guitar%20Techniques)**

* **[Music Theory](http://www.blackbeltguitar.com/Theory.php%22%20%5Co%20%22Music%20Theory%20for%20Guitar)**

* **[Ear Training](http://www.blackbeltguitar.com/EarTraining.php%22%20%5Co%20%22Ear%20Training)**

* **[Teaching Guitar](http://www.blackbeltguitar.com/Teaching.php%22%20%5Co%20%22Guitar%20Teaching)**

* **[Song Writing](http://www.blackbeltguitar.com/SongWriting.php%22%20%5Co%20%22Songwriting)**

* **[Music Styles](http://www.blackbeltguitar.com/Styles.php%22%20%5Co%20%22Music%20Styles)**

* **[General Guitarist Wisdom](http://www.blackbeltguitar.com/General.php%22%20%5Co%20%22General%20Wisdom)**

* **[Martial Arts](http://www.blackbeltguitar.com/MartialArtsZenGuitar.php%22%20%5Co%20%22)**
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**Latest Guitar Lessons**

These lessons are the latest posted for those who are interested only in what's new.

* **[New Lessons](http://www.blackbeltguitar.com/NewLessons.php%22%20%5Co%20%22New%20Lessons)**

**Lessons by Black Belt Guitar Members**

These free guitar lessons are posted by our members for the benefit of all. Any member is invited to post their lessons and receive recognition.

* **[Member Lessons](http://www.blackbeltguitar.com/MemberLessons.php%22%20%5Co%20%22Member%20Lessons)**