

# The **7 Day**

## **'Success' Plan**



## **In The Next 7 Days...**

You'll Discover The Secret To Confidently Playing  
Your Favorite Guitar Songs, In Front Of Anyone,  
Error Free!

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Written & Produced by Guitar Coach Magazine

**guitarcoach**

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# Guitar Playing Success In Just 7 Days!...

Hi Andy here and welcome to your 7 Day Plan.

Your training starts today, right now.

The aim here is to show you how you can learn to confidently play, any song, in front of anyone, without those annoying playing errors.

So, if you want to just play for friends and family, or with other musicians, or even work towards starting your own band...

...this simple Plan will help you get there.

During the next 7 days we're going to work together with my unique system, building your guitar playing skills, so that you can quickly and easily experience playing guitar with confidence!

This system, will give you a clear step by step learning plan, leading up to you playing a classic song with my full band – in just 7 days. And I guarantee you'll have real fun every step of the way!

Plus this a System, that you can use for learning and playing any song.

Now this training will work for you, even if you're a Relative Beginner. Or, if you Play either acoustic or electric guitar. Or, if you're short on time to practice. Or, if you're just struggle with your rhythm & timing.

It'll also work even work if you have small hands (like me!).

Also, as we work through this training, I'll be sharing with you some of my best tips and secrets when it comes to learning and playing songs with confidence.

So let's get started!

Andy

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Guitar Coach Magazine  
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### Your 7 Day Plan

The structure of this program is based on a series of video training sessions with me, plus your own practice sessions.

So the video training happens on days 1, 3, 5 and 7, with you doing your own practice on days 2, 4 and 6. As we progress through the song, you'll see I've set out for you different levels of playing and practice, so you can play and enjoy this song even, if you're a relative beginner.

But if you're more of an intermediate level player, then there's some extra variations both in terms of chords and strumming, to give you more of a challenge.

The goal here is for you to experience learning and playing a complete song and being able to jam with the full band, with the minimum of errors - and maximum confidence and enjoyment!

If you stick with this for the 7 days, I guarantee you'll not only have fun, but see a real improvement in your playing, in the shortest time possible.

So, let's get to it!

### Day 1: The Master Plan

*Day 1 is all about really getting to know the song by getting familiar with the lyrics, structure, chords, rhythm and timing. Our first step is to understand the song.*

The principle here is simple, regardless of what song you're learning, you need to really get to know the song first, before you try and play it.

And don't rely on what you think you know.

You need to ACTUALLY know the song - inside out and on every level.

This builds both your desire to really want to play it AND your motivation to learn.

You need to know the lyrics, the song structure, the song components, the melodies, the rhythm, the timing and phrasing, the studio recorded versions, and the live versions.

You really need to immerse yourself in the song; see it, hear it and feel it. To really have it all mapped out in detail.

By doing this, you create a crystal clear blueprint of the song in your mind, and you really build your Desire and Motivation to learn it.

So to start you off, I've chosen the classic Bob Dylan song, Like A Rolling Stone.

This is such a great song, which has been covered by a ton of great musicians, including Jimi Hendrix, The Stones, Green Day...and many more.

It's a simple repeating song structure, with a small number of components, which not only makes it easy to learn, but it also means I guarantee you'll experience some fantastic progress in your playing in just the next few days.

So in your Plan PDF you'll see I've mapped out for you everything you need, to get really familiar with the song.

Now we're going to be going through each of the component parts of the song in separate training videos and in a specific order. So make sure you follow along with each session, as we'll be building this song up piece by piece.

This will make the transition from you playing a few chords or doing a bit of strumming - to jamming with my band - feel effortless and you'll have a real blast doing it!

So start now by getting to know the tune, the lyrics and flow of the song.

# Like A Rolling Stone

### Step 1:

Listen to the Song. Both the original version, plus some of the great covers. A simple search in YouTube will work best for this. Just search for "Like A Rolling Stone Bob Dylan" Take a listen to both studio and live versions. Also check out the versions by The Rolling Stones, Jimi Hendrix and Green Day. This will give you a feel for how different artists have put their style, feel and interpretation of the song.

You should also check out our Band version, as this is what we're working towards you playing. You can see it on our YouTube Channel here:

[https://www.youtube.com/watch?v=oltdBfW4\\_ao](https://www.youtube.com/watch?v=oltdBfW4_ao)

You can also Subscribe to our YouTube Channel for the latest videos:

<https://www.youtube.com/user/GuitarCoachMag>

### Step 2:

Whilst watching the videos, you should also read through the Lyrics which I've set out for you below.

### Step 3:

Learn the song structure. This song has a simple structure to follow. You need to get a clear understanding of the individual components of the song and the order in which they appear.

### Step 4:

Learn the Chords. If you're more of a beginner level then in the videos I show you some options to simply the chords. But if you're more intermediate level player, you can look at the both the standard positions and some of the variations you can play. You can even mix these up by playing the chords in one position for one verse, or chorus, then play in a different position for the next verse or chorus.

This is a great way to build up your chord knowledge and also your ability to change chords more fluidly.

### The Song Lyrics

Once upon a time you dressed so fine - Threw the bums a dime in your prime, didn't you?  
People call say 'beware doll, you're bound to fall' - You thought they were all kidding you  
You used to laugh about - Everybody that was hanging out  
Now you don't talk so loud - Now you don't seem so proud  
About having to be scrounging your next meal

How does it feel, how does it feel? - To be on your own  
Like a complete unknown, like a rolling stone

Ahh you've gone to the finest schools, alright Miss Lonely -  
But you know you only used to get juiced in it  
Nobody's ever taught you how to live out on the street -  
And now you're gonna have to get used to it  
You say you never compromise - With the mystery tramp, but now you realize  
He's not selling any alibis - As you stare into the vacuum of his eyes  
And say do you want to make a deal?

How does it feel, how does it feel? - To be on your own, with no direction home  
A complete unknown, like a rolling stone

Ah you never turned around to see the frowns -  
On the jugglers and the clowns when they all did tricks for you  
You never understood that it ain't no good -  
You shouldn't let other people get your kicks for you  
You used to ride on a chrome horse with your diplomat - Who carried on his shoulder a Siamese cat  
Ain't it hard when you discovered that - He really wasn't where it's at  
After he took from you everything he could steal

How does it feel, how does it feel? - To have on your own, with no direction home  
Like a complete unknown, like a rolling stone

Ahh princess on a steeple and all the pretty people -  
They're all drinking, thinking that they've got it made  
Exchanging all precious gifts - But you better take your diamond ring, you better pawn it babe  
You used to be so amused - At Napoleon in rags and the language that he used  
Go to him now, he calls you, you can't refuse - When you ain't got nothing, you got nothing to lose  
You're invisible now, you've got no secrets to conceal

How does it feel, ah how does it feel? - To be on your own, with no direction home  
Like a complete unknown, like a rolling stone



# The Song Structure

This is the structure and reference points we'll be using in the training sessions

### **Verse 1**

*Once upon a time you dressed so fine - Threw the bums a dime in your prime, didn't you?  
People call say 'beware doll, you're bound to fall' - You thought they were all kidding you*

### **Pre Chorus - Part 1**

*You used to laugh about  
Everybody that was hanging out*

### **Pre Chorus - Part 2**

*Now you don't talk so loud  
Now you don't seem so proud  
About having to be scrounging your next meal*

### **Chorus**

*How does it feel, how does it feel? - To be on your own  
Like a complete unknown, like a rolling stone*

### **Verse 2 starts...**

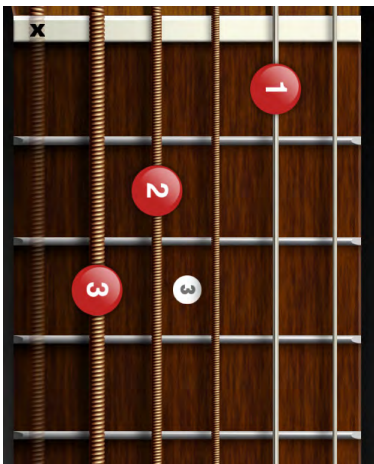
*Ahh you've gone to the finest schools, alright Miss Lonely -*

## The Chords

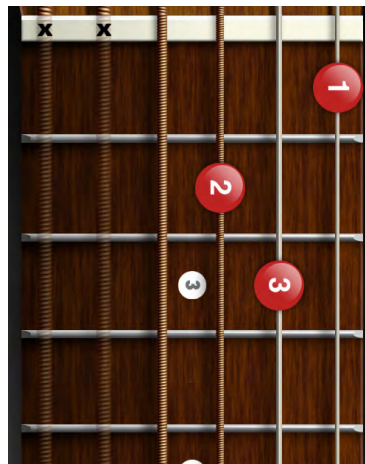
When playing this song with the full band, we had the Rhythm guitarist playing the open chords down the button of the neck and I was playing them higher up the neck. This gives the song some extra depth and provides some variation for you when learning.

So, if you're more beginner level, then work on your open chords, plus that dreaded F Major barre chord! I'll show you some variations on this in the video tutorial, but also you can see one option below which avoids that barre across the first fret, which definitely will make it easier for you!

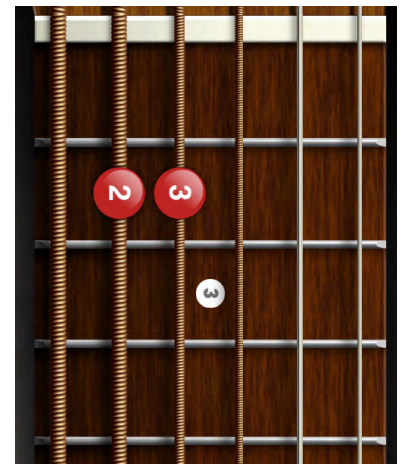
### Open variations;



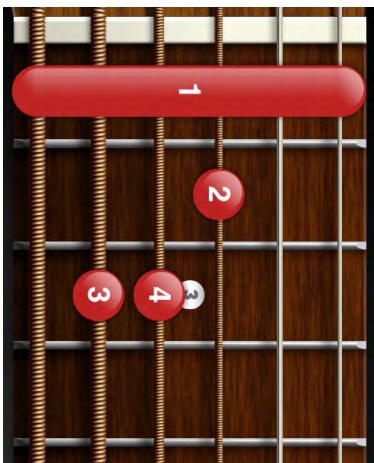
**C Major (open)**



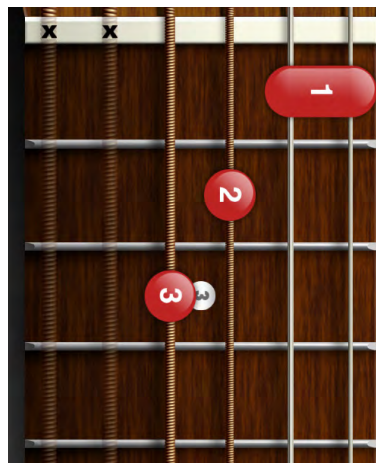
**D Minor (open)**



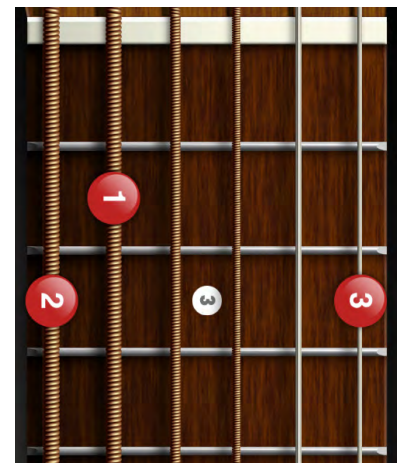
**E Minor (open)**



**F Major (barre)**



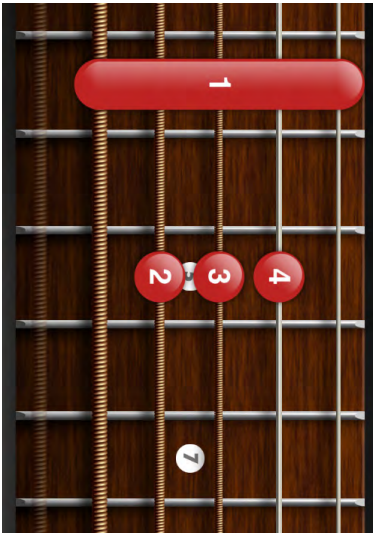
**F Major (alternative)**  
Note playing the top 4 strings only



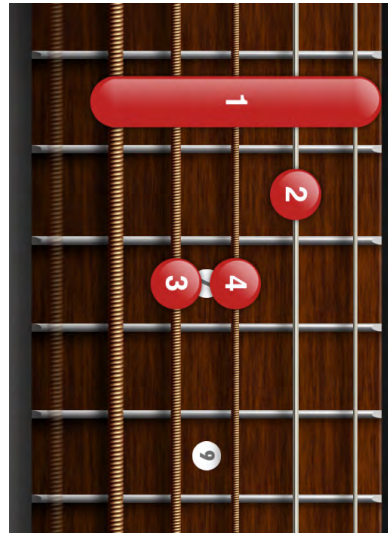
**G Major (open)**

## Alternative chord positions

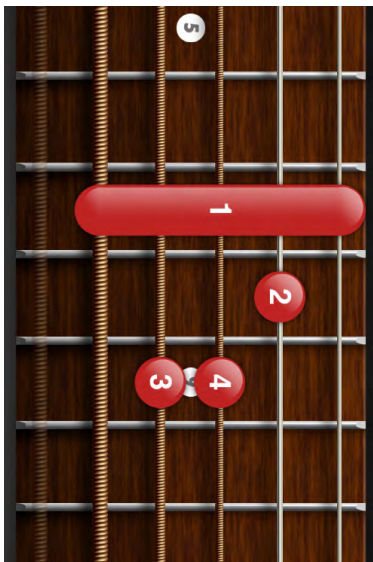
Note: Some of the higher positions on the neck are easier to play on electric than acoustic.



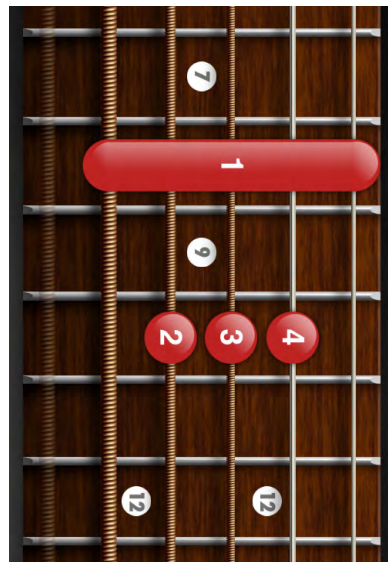
C Major (3rd fret)



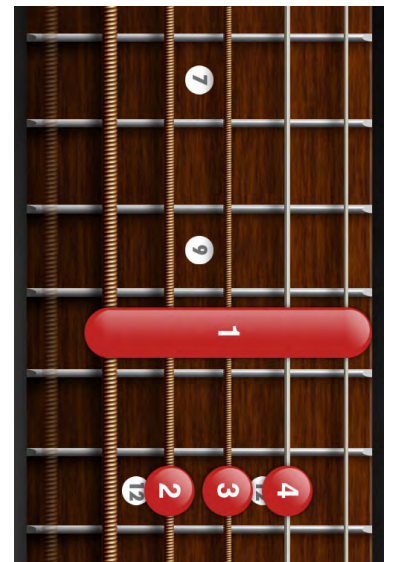
D Minor (5th fret)



E Minor (7th fret)



F Major (8th fret)



G Major (10th fret)

### Day 2: Practice Day

*Day 2 is all about taking what you've learnt from day 1 and creating your own practice routines. It's easy to develop short practice sessions to test yourself.*

There are a number of things from Day 1 that you want to work on in Day 2. These will ensure you're ready and prepared for the next training session on Day 3.

But if you're finding some aspects of this harder than others, you should always work at your own pace. It's far better to take an extra day or two to make sure you're playing is accurate and error free, rather than rushing ahead and losing patience, confidence and motivation.

This should be a fun and rewarding experience. An experience that will build you motivation and desire to learn and play more. So take your time and you'll get there!

So as I mentioned, you can create some short sessions to test yourself. Maybe practice the lyrics by singing along to the song on YouTube, or maybe practice the rhythm and timing, but tapping your foot along to the beat. Then move on to the Chords, playing them individually and making sure there's no buzzing sound or muted strings. You can then practice playing the chords in different sequences. A good way to do this is to just write out the chord names in a different order on a number of rows, just on a piece of paper. Then practice alternating between the rows, first playing the sequence forwards and then in reverse order.

Also remember the visualisation technique I refer to in the training video. This will really help your speed and fluidity, so do give it a go!

Practicing these chord and chord changes is the best thing you can do to build up your finger dexterity and muscle memory.

If you're fingers are getting sore from too much chord practice, then you can either just run through the chord changes without fully holding down the chords, or you can start working on your strumming arm, making sure your strums are full and relaxed. You can just mute the strings with your left hand while you do this.

OK good luck and let's get ready for Day 3!

## Day 3: The Song Intro & Verse

*On Day 3 we'll be starting on learning the song, first with the Intro section and then onto the Verse.*

The key things within Day 3 are to work on the chord sequences and the strumming patterns. Below are the sequences we'll be playing. In the videos sessions we'll first go through each part of the song, step by step and then we'll have a slow practice session together where we join together the Intro and the Verse.

I've included two tracks for you, one at 86 bpm for you to use as a slow practice session, and one at 108bpm, which is the full tempo we'll be working at for the band session.

The really important thing here, is that we work through this together, step by step. That way we can be confident we'll be playing error free, as we build up to playing the full song.

**So the 3 simple steps are as follow:**

**Step 1.**

Learn to play the component parts, focusing on accuracy

**Step 2.**

Then work with the slow backing track, until you can play error free whilst keeping up with the tempo.

**Step 3.**

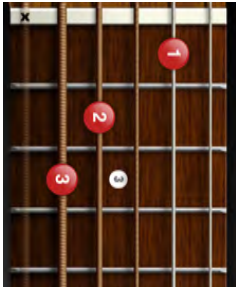
When you're comfortable with the 86bpm track, then move up to the full 108bpm tempo

Just one word of warning, if you start at the full tempo and are making errors, then all you'll do is to continue to play and practice those errors.

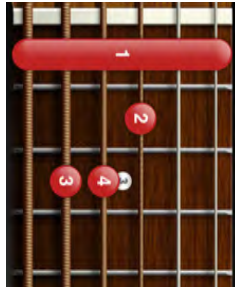
*So remember, accuracy first and speed second.*

## Song Intro & Verse, chord sequences

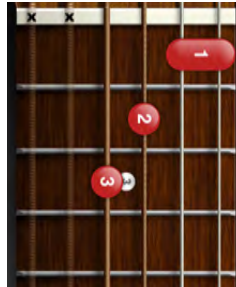
The Intro sequence:



C Major (open)

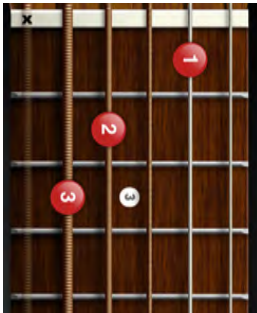


F Major (barre)

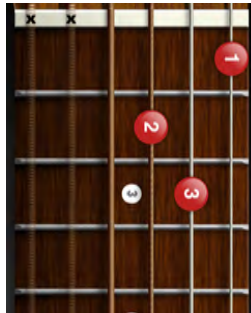


F Major (alternative)  
Note playing the top 4 strings only

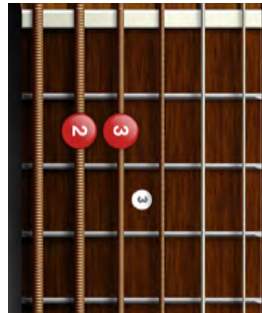
The Verse sequence:



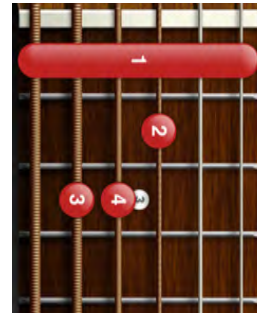
C Major (open)



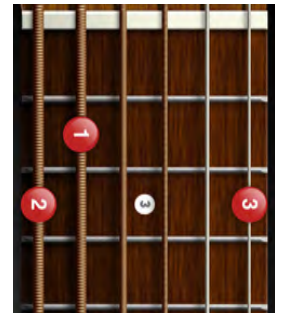
D Minor (open)



E Minor (open)



F Major (barre)



G Major (open)

### Day 4: Practice Day

*On Day 4 we'll be practicing everything from the Day 3 session, with the focus on developing those strumming patterns.*

Now, the thing here is that strumming is not an exact science, but it's more about developing a feel and rhythm.

Strumming is definitely an undervalued skill and to play rhythm, well takes a great deal of practice. Being more of a lead player myself, I know my rhythm playing is not as good as it could be!

So don't beat yourself up, if you can't get the strumming just right at the moment, don't worry. It will come.

The point is to make sure you keep with the beat. So if you have to simplify your strumming to just using down strokes, or a simple mixture of even down and ups, that's great.

As you develop your rhythm and strumming skills further, you'll be able to add in more texture into your strumming with muting and other techniques.

So, once again remember, this is all about accuracy. So simplify anything you can, if it means you're accurate and you can play to the beat.

Now if the backing tracks I've provided are still too fast for you at the moment, then just download a Metronome App and try playing at around 65bpm to start with and see how you get on.

Good luck and have fun!

## Day 5: The Pre Chorus & Chorus

*In today's training session we'll be moving through the song and playing the Pre Chorus and Chorus. These are the final elements we need to play the full song!*

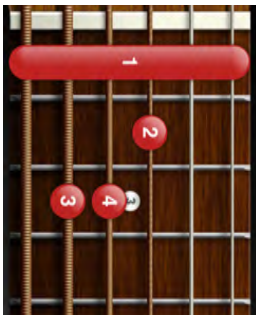
With this song, there's a pre-chorus and chorus. So in today's session we'll be once again learning each component separately, before joining them together for a slow practice session.

And once again, if you're strumming's not quite there yet, then remember you can always simplify things as I've outlined for you in the training session.

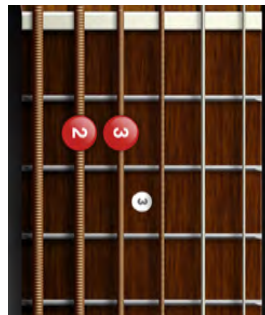
Remember – start with the slower track until you're really comfortable and playing error free, before progressing to the faster track.

So here's the chord sequence for both the Pre Chorus and Chorus.

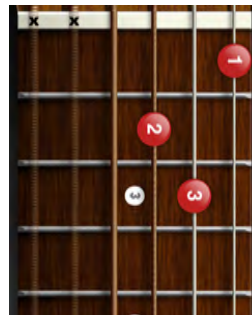
### The Pre Chorus chord sequence: Part 1



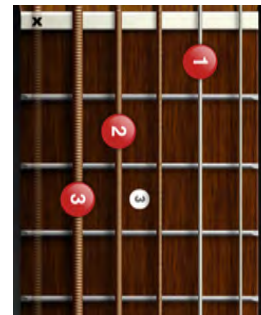
F Major (barre)



E Minor (open)



D Minor (open)

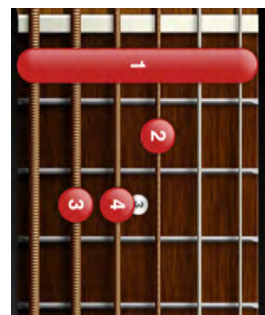


C Major (open)

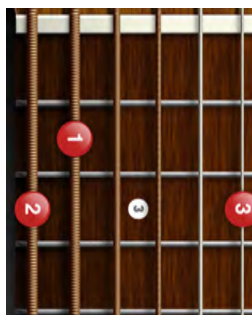
### The Pre Chorus chord sequence: Part 2



D Minor (open)



F Major (barre)

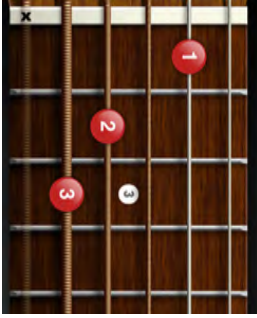


G Major (open)

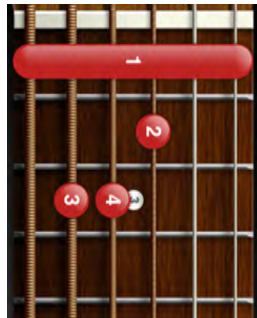


## Day 5: The Pre Chorus & Chorus

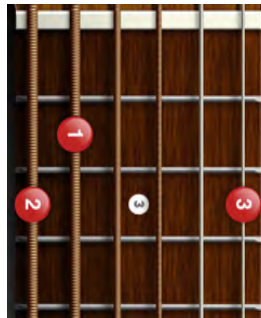
The Chorus chord sequence:



C Major (open)



F Major (barre)



G Major (open)

### Day 6: Practice Day

*On Day 6 we'll be practicing everything from the Day 4 session, plus re-capping on the Day 2 Session, so we'll practice all the components of the song.*

At this stage we're still playing the song as individual components, but we're starting to join things together.

So you should practice playing from one component of the song to the next. So from the Intro to the Verse, The Verse to the Pre Chorus, the Pre Chorus to the Chorus, and finally the Chorus back into the verse.

Learning to smoothly transition from one component to another, will really help when you get into the Band Sessions in day 7, and will prevent you stalling at any point in the song, which can lead to you losing your rhythm and timing.

But remember, stick with the beat. If you find you make a mistake, then just wait a couple of beats and dive right back into it. This is the value of this step by step approach where you learn the song's individual components, because you can always quickly and easily pick things up again if you miss a chord change or your strumming gets out of synch.

But before you get onto the Band Sessions you should ensure you can play along with the fast of the backing tracks as this is at the same tempo the band will be playing at.

So good luck. Keep practicing. And have fun!

## Day 7: The Jam Sessions

*In today's training session we'll be jamming the full song, with different members of the band. So choose your band line up and let's have some fun!*

OK, let's get into today's sessions and you'll there's a number of jam sessions for you to join.

These include sessions with just Drums & Bass only, the Drums, Bass and Lead Guitar, or the Drums Bass and Rhythm Guitar.

So choose your band line up and let's have a jam together!

This is where you'll experience your guitar playing effortlessly step up to a whole new level.

This is where you'll break free from just playing a few chords or doing some strumming, and become a real musician – in a real band!

This experience will drive your playing forward faster and easier than anything you might have tried before – guaranteed.

You'll learn 10 times faster, when playing and jamming with others. In fact guitar legend Johnny Marr once said in an interview, "You'll learn more in a few days playing with others, then you will in months my yourself"

This is an absolute truth.

So, join me and the band right now and let's jam!

**But there's more...**