

NORMAN GÄNSER

LEARN GUITAR FOR BEGINNERS

GUITAR BOOK FOR ADULTS

WITH QR-CODES
TO OVER 100 VIDEO
AND AUDIO FILES

 GUITARSCHOOL



LEARN GUITAR FOR BEGINNERS

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Warmly welcome

This guitar school is the perfect introduction to the world of the guitar. It teaches the most important basic knowledge about the “classical” method (fingerpicking, fingerstyle) in a modern, contemporary way.

When designing the courses consideration was given as to how the learning content could be conveyed in a very straightforward and comprehensible way, so as to make it possible for you to gain a solid training not only in this online self-study programme, but also as an accompaniment in face-to-face lessons with a teacher.



Norman Gänser

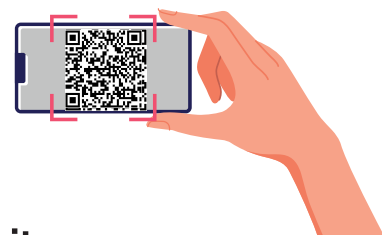
The learning material was developed with great care and conveys the basics such as, for example, the correct posture and technique. The book is designed in gradual steps and thus creates the best conditions for successful playing, regardless of what kind of guitar you may play on later or which musical style you decide to pursue in the future.



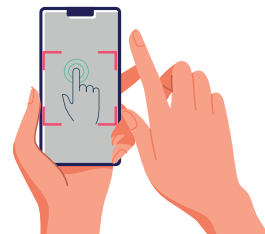
Audio and Video Files



1. Point your camera to the QR code or KLIICK on it.



2. The smartphone asks if you want to open the website.



3. Learn guitar and have fun!



<https://www.guitarschool24.com/courses/learn-guitar-for-beginners/>



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Textbook and Video Courses

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Graphics: Sabrina Plesnik, Thomas Canori
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Posture



1

When playing sit up straight with a **foot stool** or a **guitar support** and relax so that the **knee joint** forms a **90° angle**.

Place your left foot on the stool and hold the guitar in both hands.

There are thus four points of contact:

- ① in your chest area
- ② on your right forearm
- ③ on your left thigh
- ④ on the inside of your right thigh



Finding the right position

- ✓ The guitar rests the main part of its **weight on your left thigh**.
- ✓ **The head** of the guitar is approximately **level with your ears**.
- ✓ Now you can adjust the correct **angle to your body**.
To do this sit up straight and **let the guitar fall onto your chest**.
It should now be leaning slightly towards you so that you can see the strings and the fretboard.
- ✓ **Relax your right forearm onto the edge** of the guitar.
This will help you imagine a line from the bridge to the edge which will enable you to find the right position for your forearm.



The right hand



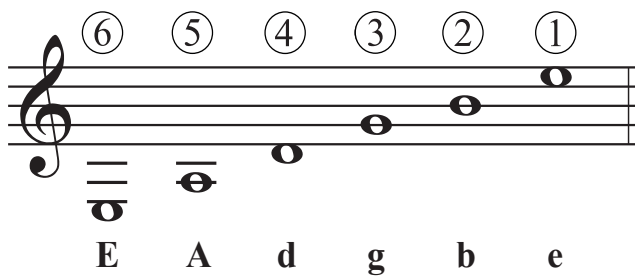
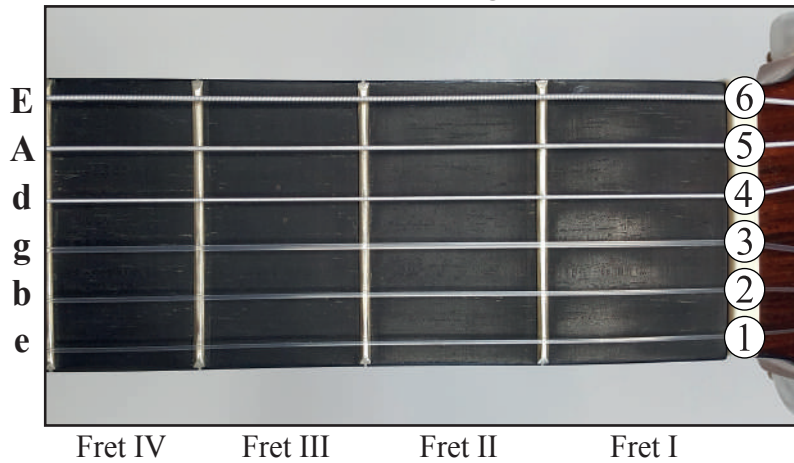
Now you can place the **thumb** of your right hand on the lowest string, your index finger, your middle finger, and your ring finger on the three highest strings. From your view point the thumb should be a little further left from the fingers.

Well done!

Miscellaneous

2

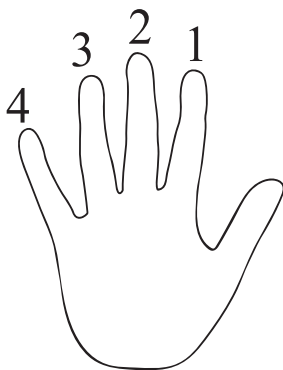
The Strings



The strings of the guitar are indicated by numbers in circles!

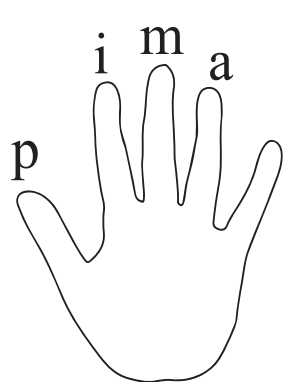
Mnemonic: Elephants And Donkeys Grow Big Ears

Left Hand

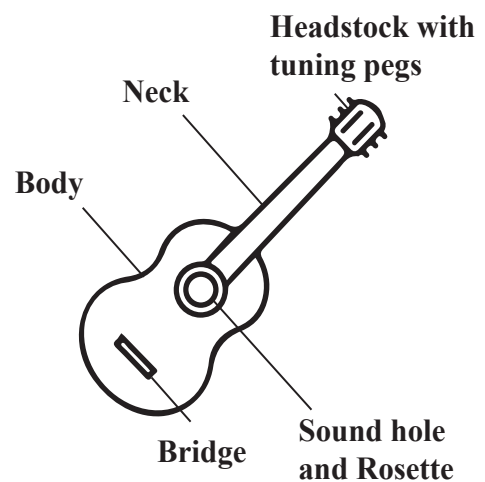


- 1 = index finger
- 2 = middle finger
- 3 = ring finger
- 4 = little finger

Right Hand



- p = thumb (pulgar)
- i = index finger (indice)
- m = middle finger (medio)
- a = ring finger (anular)



The Thumb Pluck (p)

3

With an **open thumb pluck** the thumb does not touch the lower strings when moving. The index, middle and ring fingers are placed on strings ③, ② and ①. They act as an **anchor**, providing stability and helping the thumb to **orientate** itself.

The edge of the thumb tip is placed on the string. While the **thumb plucks**, it remains **almost stretched**. The movement occurs in the vertebral joint (near the wrist) and resembles a **flat ellipse**. After the pluck it **'springs back'** to its starting position and again rests **on the string that is to be plucked next**.



Thumb **p** before the pluck on string ④
(initial position)



Thumb **p** after the pluck

Play the open strings with the thumb **p** in a regular rhythm.



Count:

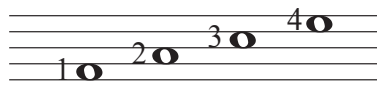
1 2 3 4 | 1 2 3 4 ...
④ ④ ④ ④ | ⑤ ⑤ ⑤ ⑤ | ⑥ ⑥ ⑥ ⑥ | ⑤ ⑤ ⑤ ⑤ :||

1 2 3 | 1 2 3 ...
⑤ ⑤ ⑤ | ④ ④ ④ | ⑤ ⑤ ⑤ | ⑥ ⑥ ⑥ :||

⑥ ⑥ ⑥ ⑥ | ⑤ ⑤ ⑤ ⑤ | ④ ④ ④ ④ | ⑤ ⑤ ⑤ ⑤ :||

The Stave

The **stave** consists of **five lines** and **four spaces**.
The lines and the spaces are **numbered from bottom to top**.

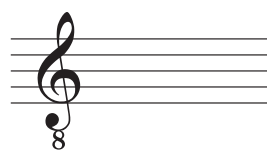
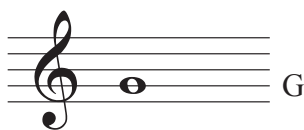


The first seven **letters of the alphabet** are used to name the notes:

c - d - e - f - g - a - h

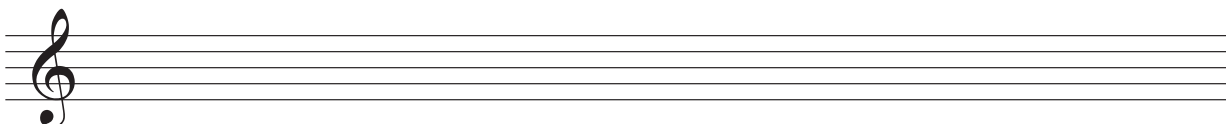
The Treble Clef

The stave is also called the **G-Clef** because it begins on the 2nd line of the stave and indicates where the note G is to be found. All the notes now have a fixed position in the stave. The treble (or G-) clef is one of the most used clefs.



As the guitar sounds one octave (8 notes) lower than the notation, there may be an 8 under the treble clef.

You have space here to write the treble clef yourself.



- ! The clef thus determines the pitch of the notes in the stave.
- Now all that is missing is some information about the length of the notes (note values)

The Rest Stroke (Apoyando)



►4

In the case of the **rest stroke** (in short: Apoyando – in Spanish: apoyar = to support), the fingers remain on the adjacent string after the pluck.

The index finger **i** rests on its very tip on string ③. Then pressure is applied to the string in the direction of the top of the guitar until the string lies under the level of the other strings.

The index finger **plucks and stays on the adjacent string** above it.

At the same time the middle finger **m** is prepared and rests on its very tip on string ③.

The middle finger **m** now plucks the string. The movement looks as though the fingers are ‘walking’.

The whole time the thumb **p** rests lightly on string ⑥ as support.



The index finger **i** before plucking string ③



The index finger **i** after the pluck

Try to play Apoyando with your index finger **i** on string ③

i *i* ...
③ ③ ③ ③ ③ ③ ③ ③ :||

Play with your middle finger **m**:

m *m* ...
③ ③ ③ ③ ③ ③ ③ ③ :||

Now play with your fingers **i** (index finger) and **m** (middle finger):

i *m* *i* *m* ...
③ ③ ③ ③ ③ ③ ③ ③ ③ ③ ③ ③ ③ :||

Note and Rest Values



	Note Values		Rest Values	
Semibreve (♩)	♩	=	■	Semibreve rest = 4 Beats
Minim (half note) (♪)	♪ ♪	=	■ ■	Minim rest = 2 Beats
Crotchet (quarter note) (♫)	♫ ♫ ♫ ♫	=	♪ ♪ ♪ ♪	Crotchet rest = 1 Beat

The semibreve rest touches the line **above**, the minim rest lies **under** the line.

Mnemonic: The minim rest only rests a little while and lies down!

Time Signatures

The **time signature** can be found at the beginning of the piece of music. It consists of two digits one above the other.


 The upper digit shows the **number of beats** per bar.
 The lower digit shows what **note value** a beat has.

A bar must always be filled completely with note or rest values!
 Thus, in a $\frac{4}{4}$ -time signature there must be 4 crotchets in each bar.

Count out loud and clap:



In a $\frac{3}{4}$ -time signature there are 3 crotchets in each bar.

Count out loud and clap:



! A dot behind the note extends this note by half its value.

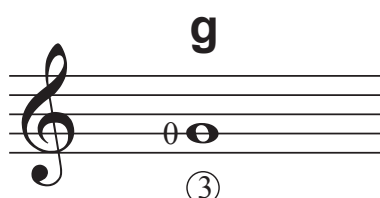
! Thus, for a note with three beats one adds a dot behind a minim.

Lesson 1

The note g

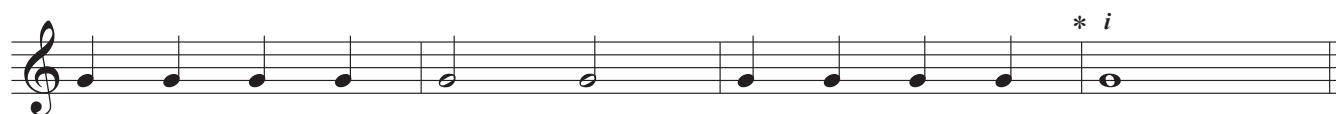
We will start with the note **g**.
It can be found on string ③

The number in front of the note indicates the fingering.
'Finger 0' means Open String.



Open String g

5 Easy Going



*Start with finger i (index finger) in the rest stroke.

When you get back to finger i, then you have done everything right!

6 Three in a Row



The repeat sign

7 Marching String



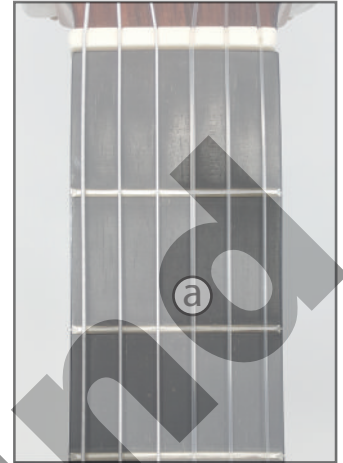
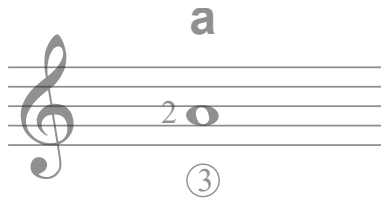
*The letters above the notes are chord symbols to accompany the tune. You do not need to play them!

Lesson 2

The note a

The note a can be found on the 2nd fret on string ③

a is reached with the middle finger (finger 2).



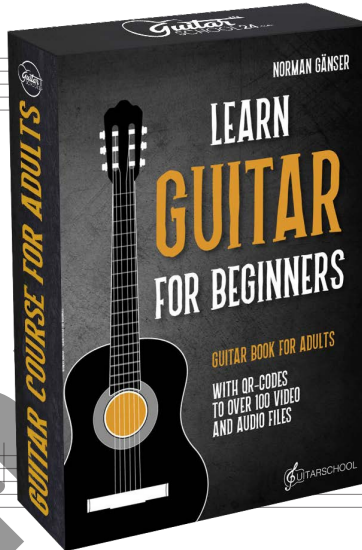
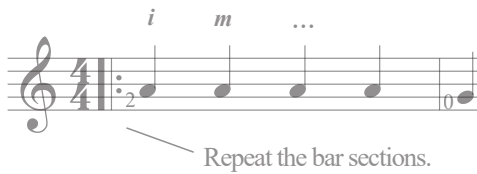
The note a

11 Exercise

KLICK HERE:

11.1

11.2



12 Soft Fret



****Lightly grip in the front third of the fret!**

The fingertip should touch as **perpendicular** as possible.
The finger joints remain **angled** and do not bend.

13 Counting Loud



****Let your 2nd finger rest until g is plucked.**