



Happy
BLUESMAN

Week 4
Blues College
Practice Plan

CAGED Practice (10 / 15 / 20 mins)

This week we will replace our warm up with a longer section that will help you continue consolidating your dominant 7th CAGED shapes, and the way these cross over with scales and arpeggios.

These are the chords and scales that you will use all of the time in your blues playing, and so developing a deep level of confidence playing them all over the fretboard will do so much to help you bring them to life in your playing.

To build this confidence, I would now recommend pairing the dominant 7th chords together with scales and also arpeggios, if you know them.

So you would play a C7 chord, and then the shape of the C major pentatonic that crosses over in the same position of the fretboard. You'd then move up to the next voicing of C7 and repeat the process.

If you also know your dominant 7th arpeggios then you'd add these in at each stage too, playing the chord, scale and arpeggio in each position.

To begin with, start by building confidence with a single chord. Then as the week goes on, switch things up so you're also doing this following A7, G7 and E7 etc.

Add a metronome into the mix and you'll be building your rhythmic accuracy in this section of your practice, too!

Rhythm Techniques (10 / 15 / 20 mins)

Here I'd like you to practice playing a full 12 bar blues progression, focusing on the techniques covered in the lessons:

- Splitting the chord
- Altering your dynamics
- Using approach slides and chromatic ideas
- Adding extended chords into the mix
- Mixing rhythm and lead concepts by adding licks in between chords

Depending on your confidence and how much time you have to practice, you can either focus on one technique per session, or target a couple of ideas at a time.

If you are finding this challenging then don't worry about tackling multiple techniques.

Instead just zone in on one until you start to feel more confident, and then move onto the next one. Conversely, if you feel very confident then work on bringing all of these ideas to life over a 12 bar progression.

You can practice this over "Texas Flood" but all of these ideas will also work over "Don't Answer The Door", so mix things up to build your skills in different keys and tempos, and keep your practice interesting.

The SRV Challenge (10 / 15 / 20 mins)

It's performance time!

Bring all of these rhythmic techniques and embellishments to life over "Texas Flood".

Compared with the previous section of the routine, the idea here is to put this into a performance that you would play at a local jam night.

In other words, it's not about drilling one or two techniques as much as you can to build confidence with them, it's about choosing where to place them to sound musical and suit the track.

Don't mix up your chord voicings here (unless you're adding in some extended chords!) and instead work on making the chord voicings that you choose sound as musical as possible through the techniques covered in the lessons.

Continue with the "sandwich" approach from last week - playing through a couple of rounds of the chord progression, before soloing, and then dropping back into the rhythm part.

On the lead side of things, focus on mixing the major and minor pentatonic scales in the Albert King Box and the first shape of the minor pentatonic scale.

Don't worry about speed, and instead just focus on bringing a vocal and expressive feel to your solo.