

Happy  
BLUESMAN

Week 7  
Blues College  
Practice Plan



# CAGED Practice (10 / 15 / 20 mins)

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The first section of our routine will remain very similar, but now we can add our minor chords and minor 7th chords into the mix.

With so many chords in any given position, I'd like you to go through the following process:

- Take a major CAGED chord like C, and play the major and dominant chords, and then the minor and minor 7th chords in the same position (if relevant)
- In the same position, play your major pentatonic scale over the major chords, and the minor pentatonic when playing the minor chords
- If you know your major and dominant arpeggios, then add them into the mix here too

If you have more time to practice, then once you've done this with C, then switch to A and repeat the process.

If you don't have so much time to practice, then just take one chord per day and follow the same process.

Over time this will build your ability to appreciate all of the ways that chords and scales cross over in any given position, which will do so much to help both your lead and rhythm playing.

# Soloing Like A King! (10 / 15 / 20 mins)

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It's time to bring the Blues Power with some of the classic lead guitar ideas you hear in Albert King's guitar playing.

Zone in on the Albert King Box and the first shape of the minor pentatonic scale, and work to connect them in your playing.

As you do so, focus on those key elements which will help you maximise your mileage using the minor pentatonic scale, and bring that Albert King vibe into your playing:

- Bends (and lots of them!)
- Big bends and double bends
- Resolving your phrases on the 5th
- Targeting the b3 at the end of your phrases

Don't worry about speed, and instead really focus on articulation and creating a vocal and expressive feel in your playing.

If you feel confident to do so, experiment targeting with chord tones over the track, focusing on the key notes in the progression that will help you add new flavours that move beyond the minor pentatonic scale.

# The Blues Power Challenge! (10 / 15 / 20 mins)



It's performance time!

Bring all of these rhythmic techniques and lead ideas together over "I'll Play The Blues For You".

Focus on the syncopated rhythms and the different articulations in the chord progression, and on keeping your playing really tight and in the pocket.

Then drop into a solo in the first pentatonic shape and the Albert King Box, targeting the ideas you've been practicing in the previous part of your routine.

It is easy to get carried away with this and let your solo roll on for minutes at a time, but be quite strict with how long you solo for and try to restrict it for 34-36 bars.

After soloing, move back to playing rhythm - continuing with the "sandwich" approach we've been focusing on during the programme.