



10 Best Ways

To Get

BETTER

On

GUITAR

Right Now!

BY JAMIE ANDREAS



Thank You! *for downloading "10 Best Ways To Get Better On Guitar" from www.guitarprinciples.com!*

My name is Jamie Andreas, and I appreciate your trust in me and the unique guitar instructional methods I have created.

I am the founder of GuitarPrinciples, a company completely dedicated to helping guitar players get better at guitar by solving the problems that are keeping them from advancing.

I am also dedicated to making sure beginners start with all the right information and methods that guarantee they will not end up with playing problems down the road. These problems cause many players to hit a "playing plateau" that they never rise above. GuitarPrinciples is the cure, and the prevention for this frustrating condition!

A Special Message From Jamie About Your Guitar Playing Future...



This student travelled from Eastern Europe to New York for a week of intensive instruction with Jamie.

Jamie's methods are explained in all GuitarPrinciples products, beginning with

"The Principles Of Correct Practice For Guitar".

Are you frustrated trying to learn guitar? Do you notice that you are not actually getting better, although you are "practicing" lots of songs, lessons, and exercises?

The problem with most guitar books and DVD's is this: they show you really cool things to play, but they don't show you how you can teach YOUR fingers to play it! Oh sure, the instructor can play that lightning fast lick, or complex finger-picking pattern, but that doesn't help you much, does it?

Yes, most guitar instructional materials merely give you "content" (which you can get all over the web these days!) They do not give you knowledge! They do not teach you how YOU can become able to play the music just as well as your instructor!

That is where GuitarPrinciples is different. With every lesson we offer, we give you complete instructions on how to teach your fingers to do what is required. And it all begins with learning the laws that govern how your body (including your fingers!) learn new movements. That knowledge is contained in the most important book any guitar player can study, one that has opened the doors for thousands of guitar players since it was published in 1998, ["The Principles Of Correct Practice For Guitar"](#).

You have heard the saying "give a man a fish and you feed him for a day, teach him to fish and you feed him for a lifetime." GuitarPrinciples will teach you how to teach yourself effectively when you practice. You will learn how to make real progress, get real playing ability, and keep getting better - for the rest of your life!

You can get started right now by using the tips on the next page. If you have any questions on anything you read, you can write directly to me at jamie2@guitarprinciples.com

Very Important! Go into your e-mail account, and **add "jamie2@guitarprinciples.com"** to the list of allowed e-mails! Spam list blockers are working overtime and your spam checker is very likely to stop our newsletter from reaching your inbox.

10 BEST WAYS TO GET BETTER ON GUITAR from "The Principles of Correct Practice for Guitar"



1. Watch yourself, your hands, and your fingers in a mirror when you practice. Look for all signs of tension especially during the hard parts! Pay attention to your breath. Do you hold your breath during hard parts? If you do, it means you are tensing your whole body when you play. This will make all your playing worse.

Good players know how to make the necessary playing movements while staying relaxed. For more info on this read ["Discover Your Discomfort - How To Relax On Guitar"](#).

2. Examine how you are sitting and holding the guitar. Are you really comfortable, even just sitting there without playing? Many people don't know that they are holding tension in their shoulders and arms the whole time they are trying to use control of their fingers. That is like standing on a ladder trying to paint a picture while someone is shaking the bottom of the ladder!

What you sit on is extremely important also. Some chairs will guarantee that you have playing problems, and even back pains! [This video will teach you the best way to sit with the guitar for practice.....](#)

3. Redefine the word "mistake". When you make a mistake, call it an "unwanted result" instead. This means it has a **cause which you can discover and change** to produce a different result (what you want). There is a reason for every playing mistake, you just have to know what to look for. Once you define it as an "effect" you can find its cause and plan how to improve it and get a different result. Regard every "unwanted result" as a learning opportunity.

4. When you have trouble, be crystal clear on what notes are causing a problem. When players have trouble playing something they usually are very unclear about exactly what is wrong. They may break down every time they play a scale and never know which particular notes, and what particular movements are the problem.

We need to get specific about every "unwanted result". Be absolutely clear about exactly what is happening. What note is missing or damaged? What finger was supposed to play it? Where was that finger before it was supposed to play? Was it tensed up and far away from where it would be needed?

There is a reason for every playing mistake and every playing problem, even though you may have no idea what that reason is. People who study "The Principles" come to understand the reasons for their "unwanted results", and what to do about them.

5. Record yourself every day. Many players don't like to record themselves, because when they listen back, it's all bad news! You will only feel this way if you do not know how to practice to improve what is wrong with your playing. When you know how to practice correctly you will want to record yourself, fix what is wrong, and watch yourself become a better guitar player. If we want to be better on guitar, we must be honest about our playing as it is right now, or we will not be able to change it. Start the process now. Record yourself,, Listen back and decide the worst thing about your playing, and start thinking of a way to improve it.

6. Build a repertoire. Many people play for years and never really learn something well that they can play all the way through! They have a collection of 100 pieces of songs they can play, but nothing that they can play well from beginning to end. So, they never have something they can play for someone else, and they never feel like guitar players.

Get out of this vicious circle by writing down three songs or pieces you love, and work on them, one at a time, until you have them down. Record them, and finally, play them for someone else, anyone! It will start you on your way to becoming a real guitar player! Here is a [great article on building a repertoire](#).

7. Learn from experienced players. This is probably one of the most important things you can do if you wish to get better, and it applies to everything, not just guitar. The best way to move beyond your problems and limitations into areas of new abilities, is to have contact with people who have already done that.

8. Every time you move a finger, think about and imagine your next move, and check to see that the finger or pick is ready for the next note. "Perfect Practice" is when the seeds of the next note are contained in the note being played. Every time you make a mistake, it is because the finger (or pick) that was supposed to play was not able to get to its note on time, for one reason or another.

The reason the finger or pick was not able to get to its note on time is to be found by examining the note before the problem note.

9. Every time you practice, pay attention to your entire body. We do not play the guitar with our fingers alone, any more than we walk with just our toes! Your whole body is involved in playing. All great players know this, and intuitively pay attention to their whole body as they practice and play, keeping it relaxed, especially during the hard parts or fast parts!

This includes your breath as well. Always be aware of your breath, it is often the key to tension being held somewhere in the body that needs to be released before the playing can be smooth and easy.

10. Use a metronome for building technique. Guitar students are notorious for practicing too fast! Practicing fast will make sure all your playing problems go from bad to worse. Only slow practice with relaxation will make you better.

Few people realize how slowly we must practice. For instance, when practicing a scale, start at 60, 4 beats per note. Notice the tensions in the fingers and body at this speed. Continue at 80, 100. Go back to 60 at 2 beats, then 80, 100. Then 60 at one beat, then 80, then 100. Go back to 60 and do eighth notes, then 80, then 100. Finally, do sixteenths, up to your limit.

Read important information about [using a metronome to increase practice effectiveness](#).



e-mail me with any questions you may have!

Here are the ways I can help you get better on guitar:.....

Change your guitar playing life forever....

by learning the most effective and complete guitar learning system there is, "The Principles Of Correct Practice For Guitar".



It is the **only method based on the scientific laws of how the body learns**, and when you are learning guitar, you must follow these laws. "The Principles" will give each hand a **firm foundation of technique**, as well as **teach you how to practice and get solid results** from every practice session. **"The Principles"** is the key to all your future guitar growth!more info.....

Guarantee Your Success On Guitar!

There is no faster or more certain way to solve your guitar playing problems and make **REAL** progress on guitar than studying directly with me! And it has never been easier than now, in my ONLINE GUITAR CLASSROOM!

You get one-on-one interaction with me, all month long, in a shifted time environment.



You learn at your pace, on your schedule, and according to your musical goals. It is the most powerful and affordable way of reaching your guitar goals. This is for beginners to advanced, all styles of guitar.



Webcam Lessons: I give webcam lessons to people all around the world. They are extremely effective, and will jump-start your progress. [More info...](#)

Find the Product That Is Right For You!

Visit our store, and choose the guitar instructional product that is right for you, right now! From fixing finger problems to learning Rock or Classical guitar, learning scales CORRECTLY, or mastering bar chords on guitar we — we have what you need! Our products are unique, and more powerful than anything else you will find!

