



# BARRE CHORDS

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## GUITAR WORKOUT

### Barre Chords Workout 1

Hand Position, Finger Strength Development, Power Chords

**PLAYING TIP**  
THE STRENGTH NEEDED FOR BARRE CHORDS COMES FROM THE FIRST FINGER - NOT THE FOREARM.

#### Exercise 1: Holding 3 Strings Down

1st Finger at 5th Fret/3 strings – down 1/2 step to nut and back.

	5	4	3	2	1
T	5	4	3	2	1
A	5	4	3	2	1
B					

#### Exercise 2: Holding 4 Strings Down

1st Finger at 5th Fret/ 4 strings – down 1/2 step to nut and back.

	5	4	3	2	1
T	5	4	3	2	1
A	5	4	3	2	1
B	5	4	3	2	1

### Remember:

- Keep wrist low and index finger straight.
- Keep strings held down for as long as possible.
- Get notes sounding clear as possible.
- Rest when your fingers get tired, then come back to it later in the day.

### Let's Practice & Learn

Practice Challenge 1: Play through exercises with drum loop or metronome. See how many counts you can hold the barre clearly. Start at 60 bpm.

As you get tired the amount of time you can hold the barre will decrease.  
– BUT as your strength builds you will see this number increase.

Now, the next goal is to play the barre with another finger held down.

### Exercise 3: Three String Barre Chords with Added Finger

Starting at 5th fret and working down, play 3 string barre then add second finger and play. Instead of playing all the notes together, play the notes individually making sure that all notes ring clearly.

### Exercise 4: Four String Barre Chords with Added Finger

Same as before but with four strings.

## Notes on the 6<sup>th</sup> String

The 6<sup>th</sup> string is the one closest to the ceiling and is the lowest in pitch. It is tuned to an E – so when you play it open, without fretting any note, it's an E.

Here are the notes on the E string. Notice where they relate to the dots on your guitar.

### Exercise 5: Find the Notes on the Sixth String

Memorize the notes on the 6th string. Say the name of the note and play each note (with your index finger) ascending and descending.

**HOW MUSIC WORKS**

THE ONLY NATURALLY OCCURRING HALF-STEP ARE BETWEEN E-F AND B-C.

# Let's Practice & Learn

**Practice Challenge 2:** Play and say the notes on the 6<sup>th</sup> string in this order – G, C, F, Bb, D#, Ab, Db, F#, B, E, A and D.

## Power Chords

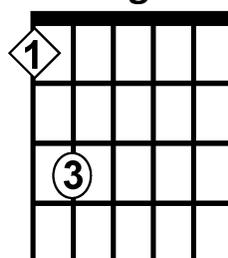
Power chords use only two pitches – the Root and the Fifth in the key.

Since power chords do not have the third they can be used in major or minor settings.

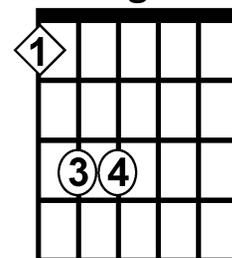
Power chords are typically played in these two forms.

The root of the chord is indicated by the diamond.

**Power Chord  
2 String Form**



**Power Chord  
3 String Form**



### Exercise 6: Play 2 String Power Chord with Rhythm

Play power chords (2 string version) in this rhythm with various roots on 6th string. Play with an attitude using all down-strokes.

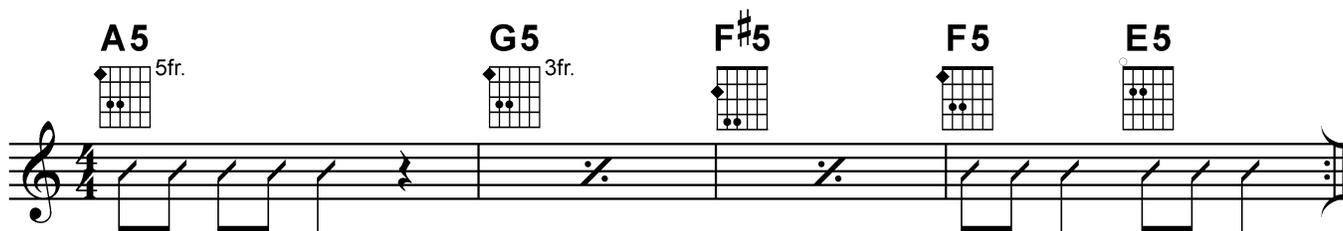


### Exercise 7: Play 3 String Power Chord with Rhythm

Play power chords (3 string version) the above rhythm with various roots on 6th string.

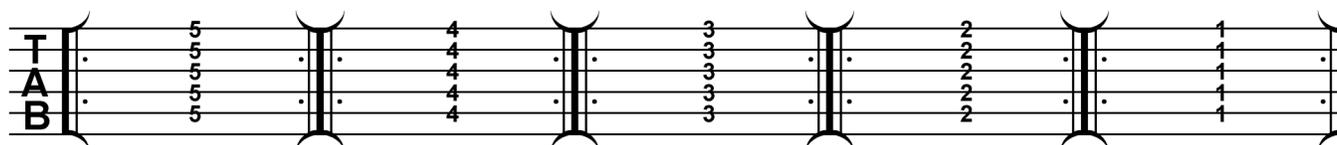
### Exercise 8: Three String Power Chord Workout

Play with power chords (3 string version) with various roots on 6th string.



### Exercise 9: Five String Barre Groove

Play barre chords over five strings (5th-1st). Keep the pressure on the barre to get the clearest sound possible.

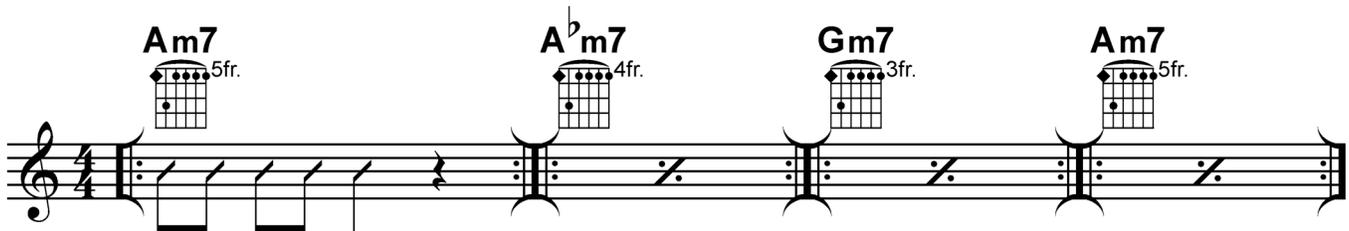


# Barre Chords Workout 2

Combining Barre with Other Fingers, 6<sup>th</sup> String Barre Chord Family, Mixing Open & Barre Chords

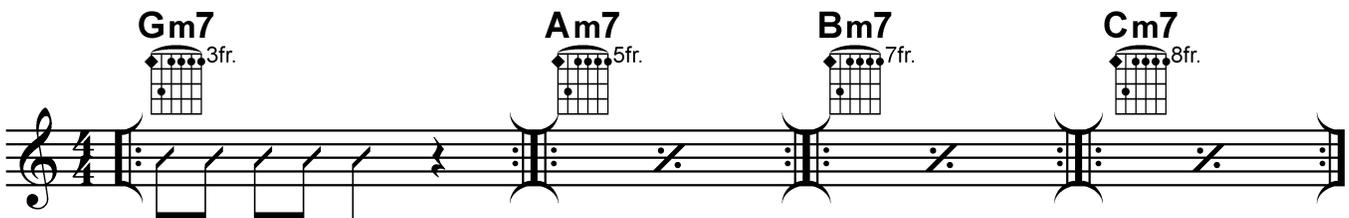
## Exercise 1: Minor Seventh Chord Workout

Play minor 7<sup>th</sup> chords with power chord rhythm. Try to get as clear of notes as possible – but don't overly worry if some notes are muffled. They will clear up as your hand strength improves.



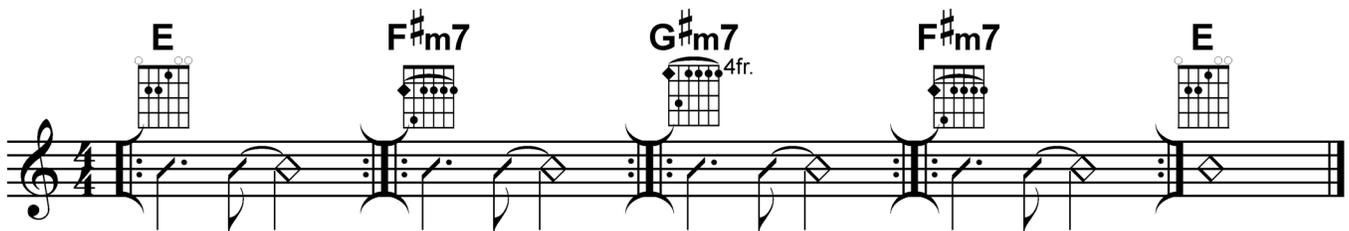
## Exercise 2: Minor Seventh Chords Jumping

Play minor 7<sup>th</sup> chords with power chord rhythm. Remember to keep the shape of the chord – just release the pressure and move to the next position and reapply the pressure.



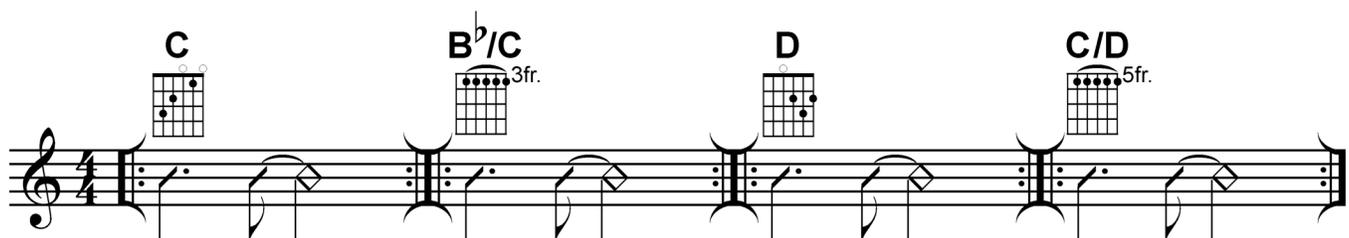
## Exercise 3: Open Chords to Minor Sevenths

Play with a relaxed rhythm.



## Exercise 4: Open Chords to 5 String Barre

Play progression making quick changes between chords.



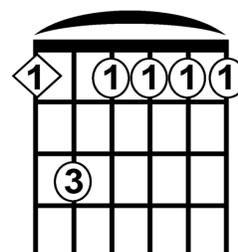
# Minor Chords with a 6<sup>th</sup> String Root

The full minor chord form with a root on the 6th string adds the pinky to the minor seventh chord form.

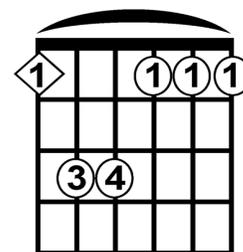
If the pinky is on the 4th string, then the chord is a minor chord.

If the pinky is off the 4th string, then the chord is a minor 7th chord.

## Minor Seventh Chord



## Minor Chord



### Exercise 5: Power Chords to Minor Seventh to Minor Chords

Play each chord in the progression adding the pinky when needed to complete the form.

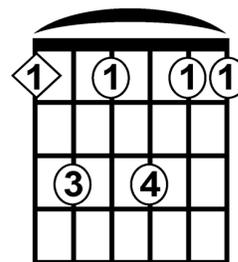
### Exercise 6: Mixed Open Chords and Barre Chords

Play and repeat each progression.

# Suspended 7th Chords

The suspended 7th chord is made by adding the pinky to the 3rd string.

## Suspended Seventh



### Exercise 7: Minor to Minor 7th to Suspended 7th Chord Workout

Play each chord in the progression adding the pinky when needed to complete the form.

### Exercise 8: Adding the Second Finger to the Barre

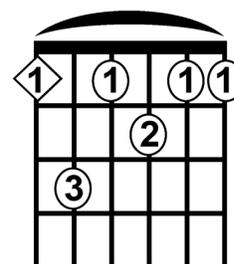
Starting at 5th fret and working down, play 4 string barre, then add second finger and play.

# Dominant 7th Chords

The dominant 7th chord is made by adding the pinky to the 3rd string.

This chord uses the 1 – 3 – 5 – b7 steps of the major scale.

## Dominant 7th Chord



### Exercise 9: Minor 7th to Dominant 7th Workout

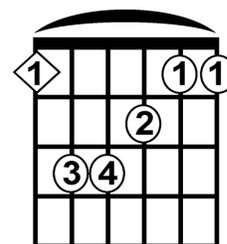
Play each chord slowly making sure that each note is sounding clearly.

# Major Chords with a 6<sup>th</sup> String Root

## Major Chord

The major chord adds the 2nd finger on the 3rd string to the minor chord form.

The major chord uses the 1 – 3 – 5 steps of the major scale.



# The 6<sup>th</sup> String Barre Chord Family

Play each chord slowly making sure that each note is sounding clearly. Then switch to different keys.

## Exercise 10: Minor to Major Jumping

Play each chord slowly making sure that each note is sounding clearly.

## Exercise 11: Same Chords – Different Place

Repeat each measure several times until you can make the correct move consistently.

# Let's Practice & Learn

Play each exercise mixing barre chords and open chords. Use open chords when possible. Remember: If chords are coming too fast, then slow the tempo down or repeat each measure to give yourself more time.

## Barre Chord Challenge 1

Use 6<sup>th</sup> string barre chords for the F and Gm - but use an open chord for the C7.

## Barre Chord Challenge 2

Use an open A chord and barre chords for the other chords.

## Barre Chord Challenge 3

Use an open A chord and barre chords for the other chords.

## Barre Chord Challenge 4

Use open C and C7 chord and barre chords for the other chords.

## Barre Chord Challenge 5

Use open E7, Am, D7, C7 chords and barre chords for Bm, Gm, F and Bb.