



BARRE CHORDS

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 | | | | | |

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.

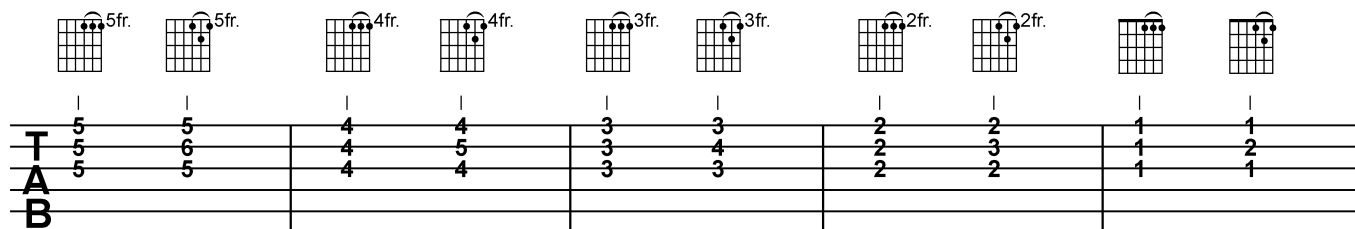


Diagram showing three-string barre chords with added finger. The fretboard shows frets 5, 4, 3, 2, 1. The strings are labeled T (Treble), A (Middle), and B (Bass). The notes are as follows:

| Fret | 5 | 4 | 3 | 2 | 1 |
|------|---|---|---|---|---|
| T | 5 | 4 | 3 | 2 | 1 |
| A | 5 | 4 | 3 | 2 | 1 |
| B | 5 | 4 | 3 | 2 | 1 |

Exercise 4: Four String Barre Chords with Added Finger

Same as before but with four strings.

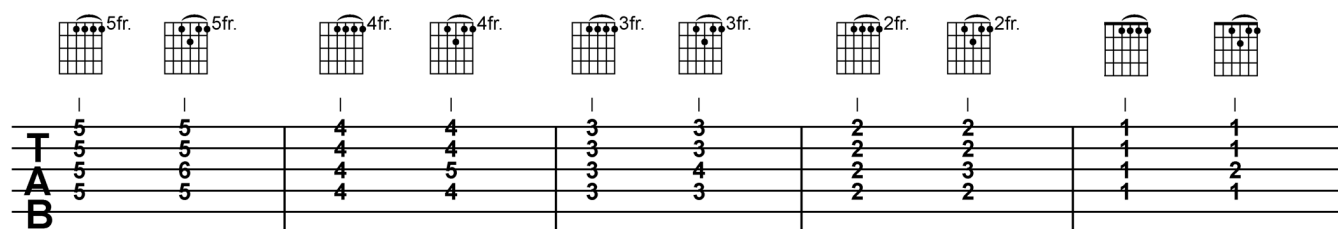


Diagram showing four-string barre chords with added finger. The fretboard shows frets 5, 4, 3, 2, 1. The strings are labeled T (Treble), A (Middle), B (Bass), and D (Drone). The notes are as follows:

| Fret | 5 | 4 | 3 | 2 | 1 |
|------|---|---|---|---|---|
| T | 5 | 4 | 3 | 2 | 1 |
| A | 5 | 4 | 3 | 2 | 1 |
| B | 5 | 4 | 3 | 2 | 1 |
| D | 5 | 4 | 3 | 2 | 1 |

Notes on the 6th String

The 6th 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.

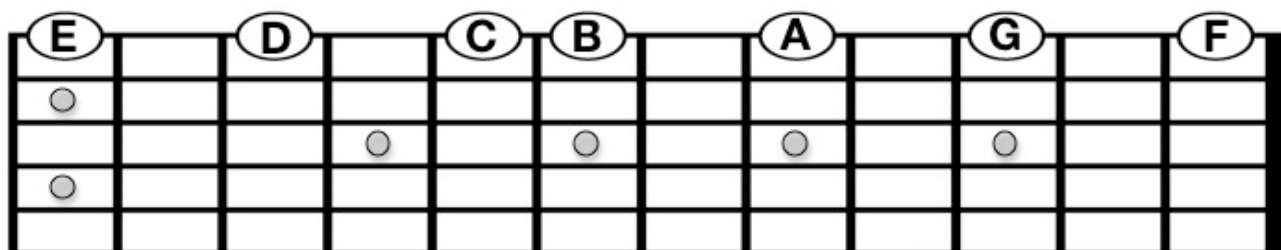


Diagram showing the notes on the 6th string. The fretboard shows frets 0 to 5. The notes are as follows:

| Fret | 0 | 1 | 2 | 3 | 4 | 5 |
|-------|---|---|---|---|---|---|
| Notes | E | D | C | B | A | G |

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-STEPS ARE BETWEEN E-F AND B-C.

Let's Practice & Learn

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

Power Chords

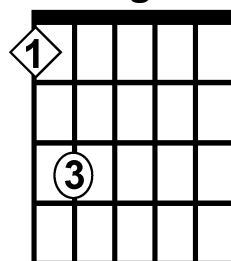
Power chords use only two pitches – the Root and the Fifth in the key.

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

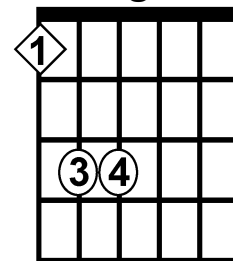
Power chords are typically played in these two forms.

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.

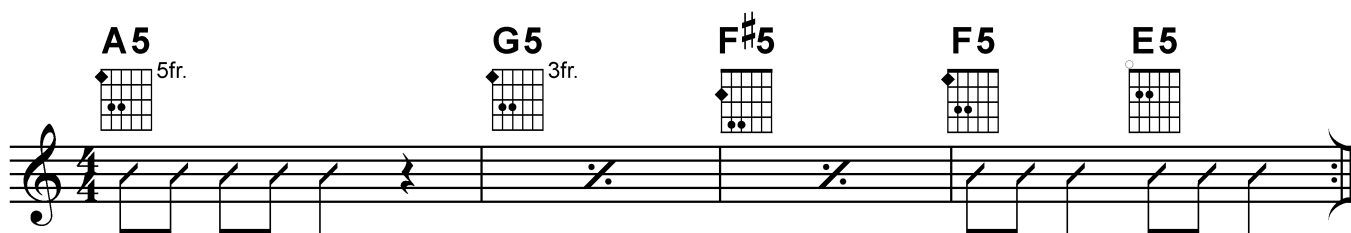


Exercise 7: Play 3 String Power Chord with Rhythm

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.

