FREE DAY 1 SAMPLE

Midnight Blues

Free Day 1 Sample

Start on the & of 3 • Land on the 1 of the next bar

A free lesson for beginner blues soloists

From the 12-day root landing course

How the Timing Works

A bar (also called a measure) is a short, repeating slice of musical time. This course is in 4/4: each bar has four quarter-note beats, counted 1, 2, 3, 4. A bar is counted “1 & 2 & 3 & 4 &”. The numbers are the four beats; the “&”s are the offbeats that sit between them.

Every phrase in Midnight Blues starts on the **& of 3** of the current bar and lands on **beat 1 of the next bar**.

The lead-in notes come first, during the bar you are leaving. The last note of the phrase, the landing note, sounds on **beat ONE**, the downbeat of the bar you are arriving in. The phrase **ends on the one**; it does not start there.



▶ Watch and hear the timing at 62 bpm

Watch the pickup on the & of 3 and the phrase landing on beat 1 of the next bar.

The note you land on is the root of the chord sounding in the new bar. Three things can sound like “the one”: **Beat 1** is the downbeat where the phrase ends; the **1 chord** is the home chord of the key (written i); the **root** is the name-note of the chord that is sounding, and that is the note you land on.

DAY 1

The i landing

MAIN FOCUS

Learn the i phrase. It begins on the & of 3 and the final note arrives on beat 1 of the next bar. That note is the root of the 1 chord. Play it slowly until both the timing and the landing feel comfortable and obvious.

```
e|------------------|
B|------------------|
G|--------5---------|
D|------------7-----|
A|5---7-------------|
E|------------------|
```

CONNECT

Play the whole phrase, leave a short gap, then play only the final root note so you clearly hear the arrival.

APPLY

Use the phrase on the 1-chord bars of the grid. One clean landing is enough.

Day 1 of 12

▶ Hear the full solo, then the backing

This track opens with the full solo played, then continues with the backing.

▶ Play along with the backing only

This track is just the backing, for you to play along with.

What You Just Learned

You now have the core idea of Midnight Blues. Every phrase starts on the **& of 3** of the bar you are leaving, and the last note lands on **beat 1** of the next bar. That landing note is the **root** of the chord sounding in the new bar.

Day 1 gave you the i landing, the phrase that lands on the root of the 1 chord. Play it slowly with the timing demo and the backing tracks until the arrival feels obvious.

The Full 12-Day Course

Midnight Blues is a 12-day mini course for **beginner blues soloists**. You get twelve phrases, one a day, and every one is built to land.

The full course adds:

- Twelve phrases, one a day, each built to land
- Tabs for every day
- The timing demo you used in this sample
- Two play-along backing tracks: one with the full solo, then the backing, and one with the backing only
- Instant PDF download

The full course is **seven dollars ($7)**, a one-off payment, with instant download. No subscription.

Get the full 12-day course

guitartraining.online

Keep practising Day 1, then take the next eleven days when you are ready.