



NOEL **TAMANG**

BEGINNERS
FULL GUITAR
GUIDES

BANGLORE INDIA – 560076



CONTACT : +91 80738 08109

CONTENT FOR BEGINNERS

**“EVERY PRO WAS ONCE A
BEGINNER”**

WELCOME TO YOUR FIRST STEP IN LEARNING GUITAR! 🎸

**THIS STAGE IS ALL ABOUT BUILDING YOUR
FOUNDATION, UNDERSTANDING YOUR INSTRUMENT, GETTING
COMFORTABLE, AND ENJOYING THE PROCESS.**


**MISTAKES ARE NORMAL. SORE FINGERS ARE TEMPORARY.
WHAT MATTERS IS THAT YOU'VE STARTED. STAY CONSISTENT,
BE PATIENT, AND TRUST THE JOURNEY.**

**SOON, THE SAME HANDS THAT STRUGGLE TODAY WILL CREATE
MUSIC THAT SPEAKS TO THE HEART.**

LET'S BEGIN! 🎵🎵🎵

CHAPTER: 1

GUITAR ANATOMY

 Objective: Familiarize with parts of acoustic and electric guitars.

MUSIC

◆ Headstock

The headstock is located at the top end of the guitar and holds the tuning pegs. It helps maintain string tension and keeps your guitar in tune.

◆ Tuning Pegs

Tuning pegs are attached to the headstock and are used to tighten or loosen the strings. Turning them adjusts the pitch of each string.

◆ Nut

The nut is a small strip found at the junction between the headstock and the neck. It guides the strings and keeps them properly spaced and elevated.

◆ Neck

The neck is the long, narrow part of the guitar that connects the headstock to the body. It's where your fingers press down to form chords and notes.

◆ Frets

Frets are the thin metal strips embedded along the neck. They divide the neck into sections and help produce different pitches when strings are pressed down.

◆ Fret Markers

Fret markers are small dots or inlays on the neck that guide finger placement. They're usually found on the 3rd, 5th, 7th, 9th, and 12th frets.

◆ Truss Rod

The truss rod is a metal rod inside the neck of the guitar. It helps adjust the neck's curvature and maintain proper string action.

◆ Body

The body is the large, hollow or solid portion of the guitar. It amplifies sound in acoustic guitars and holds pickups in electric guitars.

◆ Sound Hole (Acoustic Only)

The sound hole is a circular opening on the body of an acoustic guitar. It projects the sound produced by string vibrations.

◆ Pickguard

The pickguard is a protective plate on the body, below the sound hole or pickups. It shields the guitar's surface from scratches while strumming.

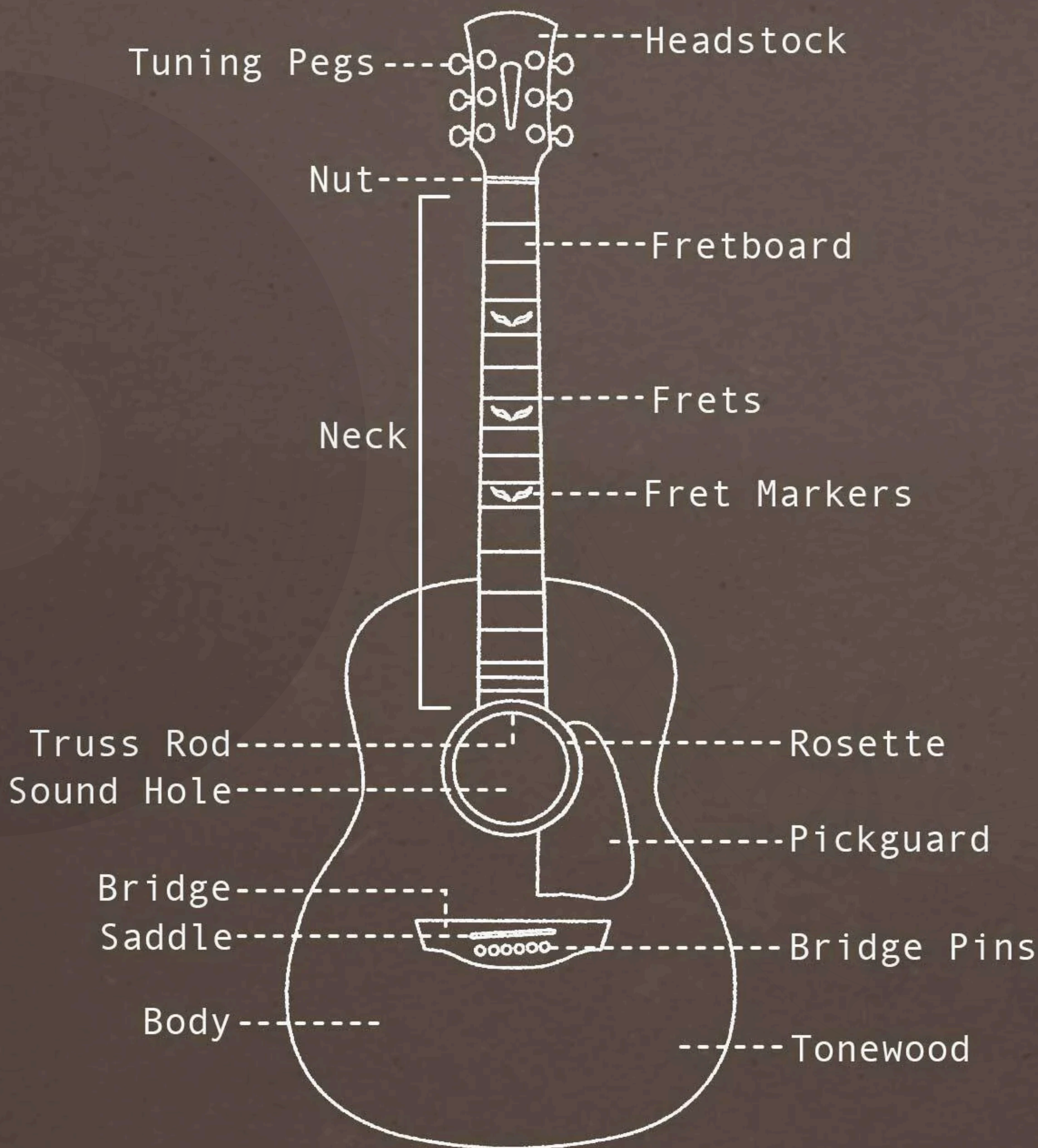
◆ Pickups (Electric Only)

Pickups are magnetic components on the body of electric guitars. They capture string vibrations and convert them into electrical signals.

◆ Bridge & Saddle


The bridge is located on the lower part of the body and anchors the strings. The saddle, mounted on the bridge, supports the strings and transfers their vibration to the body.

DETAILED DIAGRAM



CHAPTER: 2

HOW TO HOLD THE GUITAR

 Objective: Familiarize with parts of acoustic and electric guitars.

◆ Sitting Position with Classical Posture :

In classical posture, sit upright on a chair with the guitar resting on your left leg (if right-handed), and elevate the leg slightly using a footstool or block. This gives you better control, balance, and hand positioning.



◆ Standing Position with Strap :

When standing, use a properly adjusted strap so the guitar sits comfortably around waist to chest height. Make sure it's secure and balanced so both hands move freely without strain.



◆ Relaxation Tips for Fingers and Shoulders


Keep your fingers relaxed and curved, not stiff, to avoid tension while pressing the strings. Relax your shoulders and wrists—good posture prevents fatigue and helps you play longer with ease.

🎥 We recommend watching a short video for proper guidance on hand and shoulder relaxation techniques.

👉 [Click here to watch the tutorial](#)

CHAPTER: 3

TUNING (PRACTICAL APPROACH)

 Objective: Teach basic tuning methods.

MUSIC

◆ 1. Using Digital Tuners

Digital tuners are the easiest way to get started—just clip them on the headstock or use an app on your phone. They detect string vibration and show if the note is flat, sharp, or in tune.

Go to Play store or App Store:
and Install Guitar Tuna



◆ 2. 5th Fret Method (Relative Tuning)

Press the 5th fret of the low E string to match the pitch of the open A string, and continue this method across the strings. This helps you tune the guitar strings in relation to each other, even without a tuner.

◆ 3. Harmonic Tuning (5th & 7th Fret Harmonics)

Lightly touch the string above the 5th or 7th fret and pluck to create a bell-like harmonic sound. Match the harmonic on one string to the next (e.g., 5th fret of the low E to the 7th fret of the A) to tune by ear.

Video link: [Click to watch. the video](#)



CHAPTER: 4

BASIC OPEN CHORDS

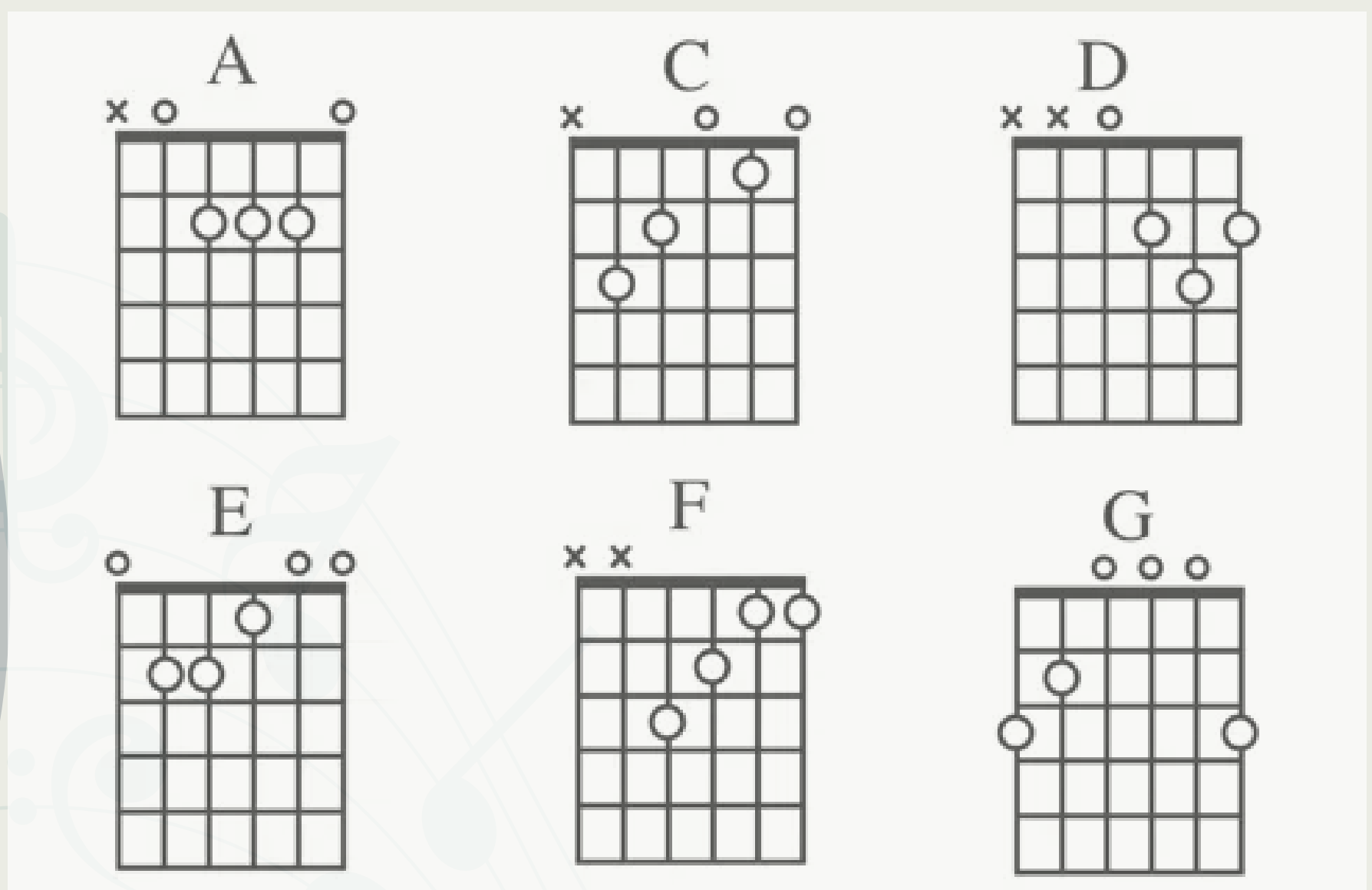
 **Objective:** Introduce first playable chords.

MUSIC

◆ Major Open Chords

These are the most common and beginner-friendly chords used in thousands of songs.

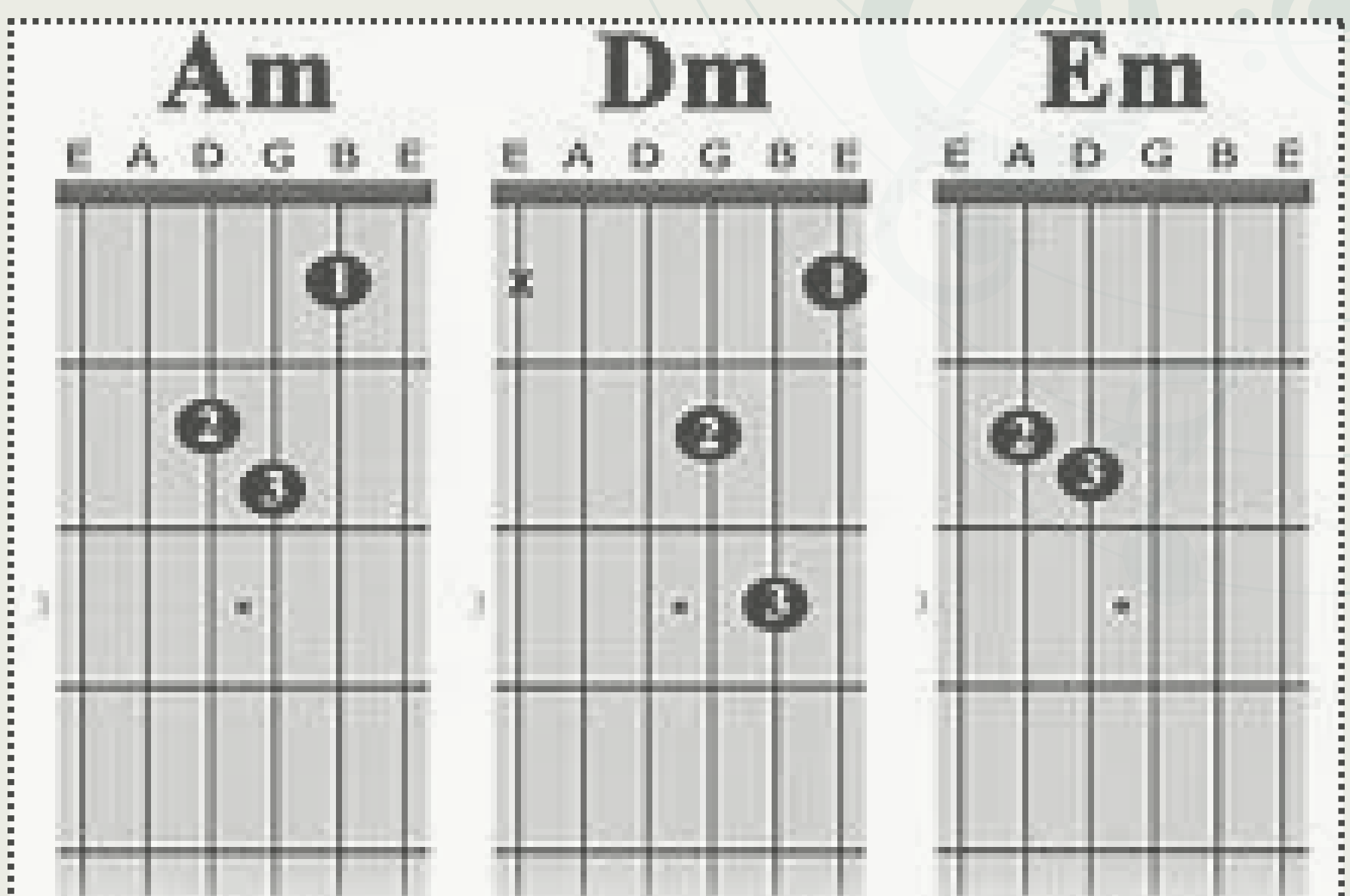
- A Major
- C Major
- D Major
- E Major
- F Major
- G Major



◆ Minor Open Chords

These chords have a sadder or softer feel and are just as important.

- Am (A Minor)
- Em (E Minor)
- Dm (D Minor)



Chord Switching Drills

Start practicing chord transitions using simple, effective drills. These will improve finger memory and rhythm over time.

- C → G → Am → F
- G → D → Em → C

 Tip: Play each chord for 4 counts, then switch smoothly. Use a metronome or slow backing track if needed.

Tutorial Vido Recommended : [Video link](#)

CHAPTER: 5

SA RE GA MA & WESTERN NOTES



Objective: Relate Indian and Western notation.

MUSIC

◆ Sa Re Ga Ma = Do Re Mi

In Indian classical music, the seven basic notes are Sa Re Ga Ma Pa Da Ni Sa. These are equivalent to Do Re Mi Fa So La Ti Do in Western music.

This connection helps you relate Indian melodies to Western theory and is especially useful when learning both styles side by side.

SA	RE	GA	MA	PA	DHA	NI
सा	रे	ग	म	प	ध	नि
DO	RE	MI	FA	SO	LA	TI

◆ C Major Scale (Western & Indian Tab)

The C Major scale is the foundation for many songs and exercises.

🎸 C Major Scale on Guitar (Indian Notation Tab)

	SA	RE	GA	MA	PA	DA	NI	SA		
E		-----	-----	-----	-----	0	2	3	5	
B		-----	-----	0	1	3	-----	-----	-----	

This tab lets you hear and play the "Sa Re Ga Ma" using Western tuning.

Major Scale in C

Do = C	(C to C = Unison)
Re = D	(C to D = Major 2nd)
Mi = E	(C to E = Major 3rd)
Fa = F	(C to F = Perfect 4th)
Sol = G	(C to G = Perfect 5th)
La = A	(C to A = Major 6th)
Ti = B	(C to B = Major 7th)
Do = C	(C to C = Octave)

Video Optional : [Link to Video](#)

CHAPTER: 6

FIRST SONGS



Objective: Build confidence through easy songs.

MUSIC

◆ Easy 2–3 Chord Songs

Start with popular songs that use only two or three chords—these are great for beginners and make practice more fun!

- 🎵 “Knockin’ on Heaven’s Door” – uses G, D, Am, C
- 🎵 “Perfect” by Ed Sheeran – simplified version using G, Em, C, D

◆ Melody Tabs with Lyrics

Play along with simple single-string melodies that follow the vocal line. Match the notes with lyrics to help improve your timing and ear.

Keep practicing with perfection — every note you play takes you one step closer to mastery! 🎵

CHAPTER: 7

PRACTICE ROUTINE







Objective: Ensures to follow a structured daily practice routine for consistent progress.

◆ Why Practice Routine Matters

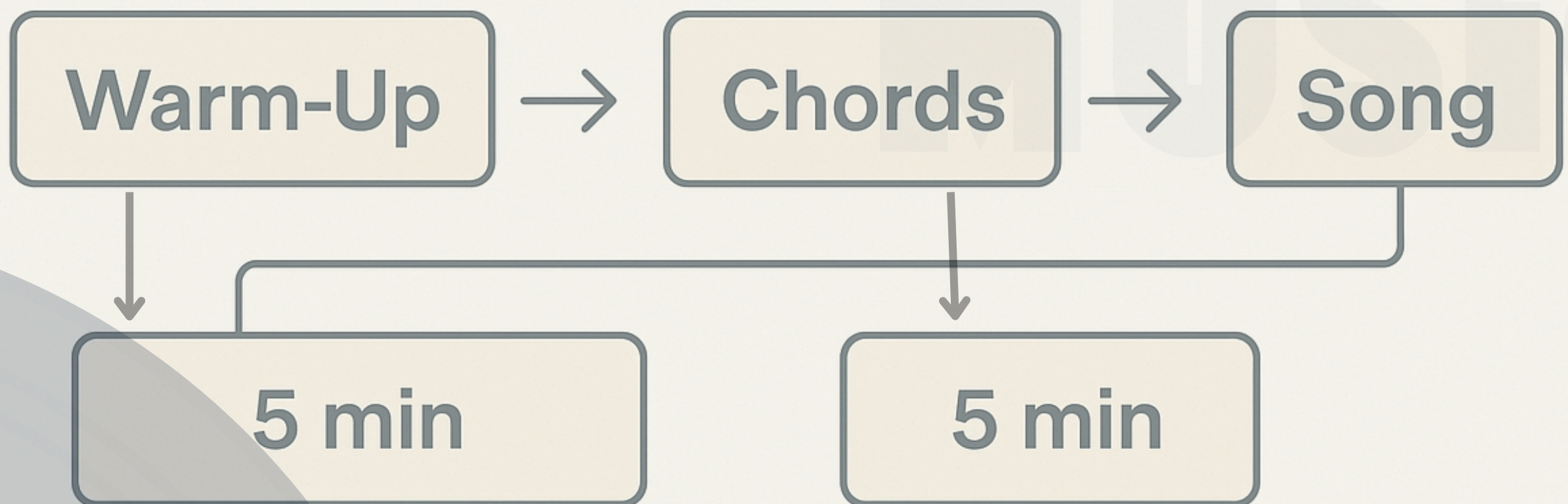
Having a daily routine keeps your playing on track and makes learning more efficient. Just 20 minutes a day can create noticeable improvement in your finger strength, timing, and confidence.

◆ Suggested 20-Minute Practice Flow

1.  Warm-Up (5 mins)
2. Start with finger stretching or simple exercises like single-string picking and fretboard crawls to loosen up.
3.  Chords Practice (5 mins)
4. Practice switching between open chords (like C, G, Am, F) using drills and strumming patterns. Focus on smooth transitions.
5.  Melody Practice (5 mins)
6. Work on basic melodies using tabs. You can revisit the Sa Re Ga Ma scale or play song riffs like from “Knockin’ on Heaven’s Door”.
7.  Song Practice (5 mins)
8. Play a full song from start to finish with chords and rhythm. Try singing along if you’re comfortable.



20-Minute Practice Plan



5 MIN // MELODY PRACTICE
25%

5 MIN // WARM-UP
25%

5 MIN // SONG PRACTICE
25%

5 MIN // CHORDS PROGRESSION
25%

 **CONGRATULATIONS ON REACHING THIS MILESTONE!**

MUSIC

YOU'VE COME A LONG WAY—FROM LEARNING YOUR FIRST CHORD TO PLAYING FULL SONGS, MASTERING BARRE CHORDS, AND UNDERSTANDING MUSIC THEORY. THAT'S NOT A SMALL ACHIEVEMENT—IT'S A BIG LEAP!

AS YOU NOW STEP INTO ADVANCED PRACTICE, REMEMBER: MASTERY ISN'T ABOUT SPEED, IT'S ABOUT CONSISTENCY. EVERY NOTE YOU PLAY SHARPENS YOUR SKILL, AND EVERY PRACTICE SESSION TAKES YOU ONE STEP CLOSER TO BECOMING THE GUITARIST YOU DREAM OF.

 **KEEP CHALLENGING YOURSELF. KEEP CREATING. KEEP PLAYING.**

YOUR JOURNEY HAS ONLY JUST BEGUN—THIS IS WHERE PASSION MEETS POWER.

 **SEE YOU AT THE NEXT COURSE!**

YOUR JOURNEY TO BECOMING A COMPLETE GUITARIST CONTINUES. 