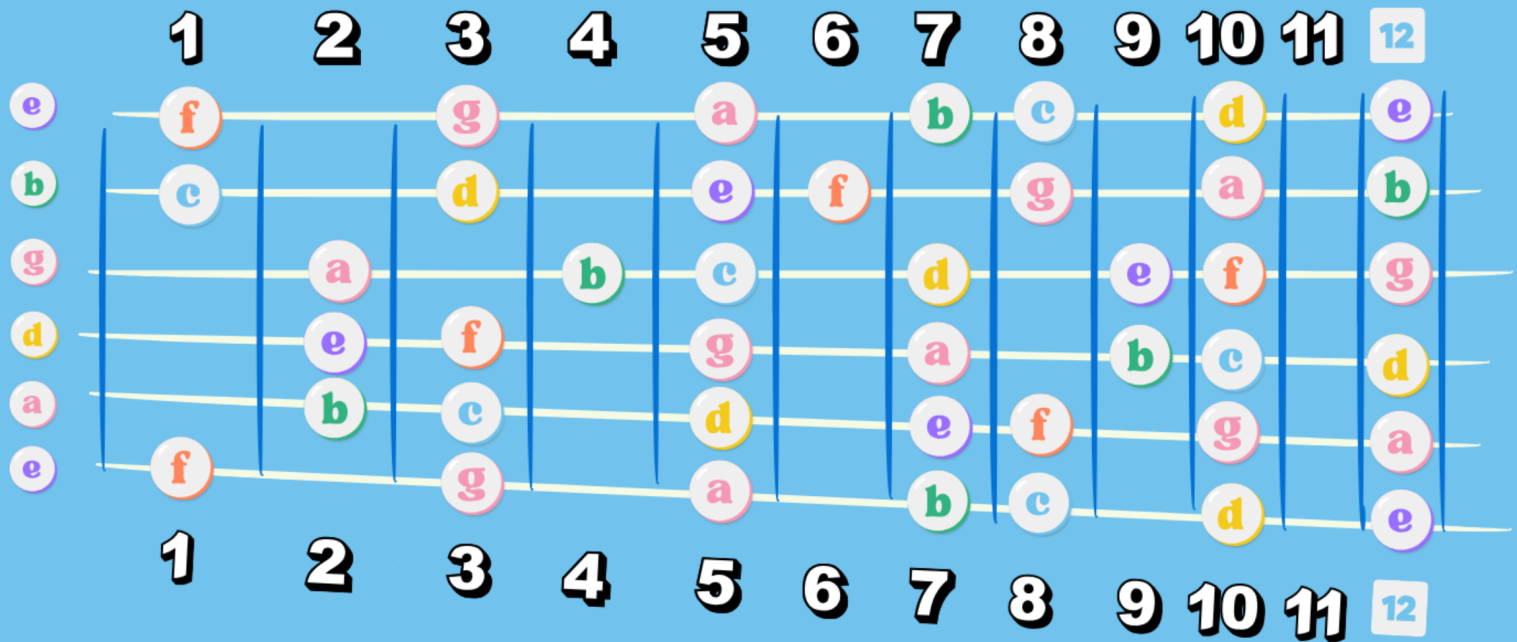


# Notes on Guitar



## Why Learn the Natural Notes First?

Learning every note on the guitar fretboard at once can feel overwhelming. A simpler approach is to begin with the seven natural notes: A, B, C, D, E, F, and G.

Use a blank black fretboard diagram and practice filling in the natural notes from memory. You can work one string at a time or choose one note, such as C, and mark every place it appears on the fretboard.

Repeating this exercise helps build visual and physical “muscle memory.” Over time, you will recognize note locations faster and move your hand to them with less hesitation.

Once the natural notes become familiar, learning sharps and flats will feel much easier. A sharp is one fret higher than a natural note, while a flat is one fret lower. Instead of memorizing an entirely new set of positions, you will simply fill in the spaces between the natural notes you already know.

Start with the natural notes, practice them regularly, and use them as landmarks for learning the rest of the fretboard.

