



SIX CHORD METHOD

WORKBOOK

Six String Secrets

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About This Course

Welcome to the *Six String Secrets* guitar course and congratulations on taking a giant step toward total freedom to play songs on the guitar. This course has been a long time coming and I'm thrilled to finally have it finished. This system is based on an entirely new way of learning music so if you've tried and failed to learn the guitar in the past or currently feel discouraged, don't worry, it's not your fault. Old ways of learning don't work for everybody. You just needed to find the right person to help you. This new way of learning has worked miracles for many of my students and I'm glad I can further my reach now by using these video trainings. ☺

Course Objectives

This program is built for people that want to master their favorite songs quickly. Many people think that they need to learn hundreds of chords and memorize difficult riffs to jam to their favorite songs but this is simply not true. Even complex songs can be broken down to a simple skeleton of just a few chords that you could comfortably play around a campfire with your friends by the end of this week. *Six String Secrets* will give you the necessary tools to do this by ignoring all the added fluff that many guitarists toil over for years.

One of my students said, "When I started practicing the guitar, one of my long-term goals was to get good enough to consider myself a guitarist. This program made me realize that that point was much nearer on the horizon than I had imagined. Within a few hours, I was able to play along with a couple of my favorite songs, and Ryan has been able to help me shortcut what would've been a long, directionless path otherwise. Being able to see those tangible results has inspired me forward and made learning the guitar a heck of a lot of fun."

About the Instructor

You'll get to know me a bit throughout the lessons but I wanted to include a quick introduction so you can know me as more than some random guy teaching guitar on the Internet. When people meet me they often think my obsession is making music but it's not. My passion is for life itself. The mystery of flying through space on a giant rock called Earth. The complexities of a single thought. The way your stomach drops when you forgot the homework. The way your spirits raise when you meet someone truly stunning. That's what it's all about. Music is just the best way I know how to connect with it all. For that reason I made this course to help people become fluent in the language of music in the easiest way possible. Here's a picture of my latest album and me.



Portrait by Aurove Films.



Album art thanks to Kyara Englund Photography and Sky Kings Media.

Pre-Course Quiz

Take this quiz before you begin the course as a self-evaluation to see where you're at as a guitarist. Take it again at the end of the course to track your progress. Don't be intimidated this first time through; you'll be amazed at how fast you'll master all this stuff.

Chapter One

1. What kind of guitarist are you primarily?
 - A. **Singer** (who wants to accompany yourself when you sing)
 - B. **Songwriter** (who wants to learn chords to write songs with)
 - C. **Guitarist** (who wants to perform with other singers and bands)
2. How long have you been playing the guitar?
3. What kind of music do you want to learn?
4. Do you perform with a band? Do you hope to in the future?
5. Why do you want to learn the guitar?
6. Do you have music goals that you regularly write down and follow-up on?
7. Do you use a practice schedule?
8. Are you familiar with the 80/20 rule? How does it apply to learning the guitar?
9. Have you heard of visualization as a practice technique?
10. Have you practiced visualization techniques to improve your performance?
11. Have you mastered a new skill in the past by practicing consistently for a few weeks or months? How'd it feel?

12. Do you have these 3 essentials items?

- ☐ Guitar
- ☐ Pick
- ☐ Capo

13. Do you have these nonessential but useful/cool items?

- ☐ New strings
- ☐ Amp
- ☐ Guitar Strap
- ☐ Guitar Stand
- ☐ YouTube channel where you can post cover videos as you learn songs
- ☐ T-shirt from your favorite band

If you need any gear, I have my recommendations at this affiliate link: www.amazon.com/shop/ryanrostrom



Chapter Two

1. Name strengths and weaknesses for the following guitars:
 - A. Acoustic steel string
 - a. Strengths
 - b. Weaknesses
 - B. Acoustic nylon string
 - a. Strengths
 - b. Weaknesses
 - C. Electric guitar
 - a. Strengths
 - b. Weaknesses
2. Can you play notes effortlessly with your pointer, middle, and index finger?
3. Define callus. Why is it important to playing the guitar?
4. Do you have calluses?
5. What is the fastest way to build calluses?
6. Define the following effects:
 - a. Reverb
 - b. Delay
 - c. Distortion
 - d. Tremolo
 - e. Phaser
 - f. Chorus
7. What is an acronym used to memorize the string letters?
8. List the letter name for each string (from deepest to highest in pitch)
 - 1 ____
 - 2 ____
 - 3 ____
 - 4 ____
 - 5 ____
 - 6 ____

9. Are you comfortable tuning your guitar?

10. Circle the right answer

A higher pitch is created by a (tighter/looser string).

A lower pitch is created by a (tighter/looser string).

11. Is it best to tune up to a note or down to it?

12. List some ways you make your performance better without actually playing better.

- A. _____
- B. _____
- C. _____



Chapter Three

1. Define a downbeat. Define an upbeat (in relation to a downbeat).
2. What is the difference between an “upbeat” song and “downbeat” song?
3. What do you think is the relationship between upbeat songs and the musical term upbeat term upbeat?
4. What is the most common time signature for modern music that makes up about 90% of radio hits?
5. How do you turn a drumbeat into a strumming pattern?
6. Is it best to strum with a loose or flexed arm? Why?
7. What is pick slanting and how does it help strumming?

Chapter Four

1. Do you know how to play these 6 chords?
(check the ones you already know)
 - ☐ G
 - ☐ C
 - ☐ D
 - ☐ Em
 - ☐ Am
 - ☐ Bm
2. What is a barre chord? Which of the above is a barre chord?
3. Are you comfortable playing barre chords? (don't worry, it's completely optional)
4. What are the pros and cons of simplifying a barre chord?
5. Can you make the above chords sound more interesting by using variations?
6. How can you make chord transitions smoother and easier?

Chapter Five

1. Do you know these ideas/concepts well enough to teach a beginner?

Check all that apply.

- ☐ 12 note chromatic scale
- ☐ A musical key signature
- ☐ The root note (or tonic) of a key
- ☐ What is an octave
- ☐ What is a fifth
- ☐ The 8 notes of a key signature
- ☐ The 8 chords of a key signature
- ☐ Major vs minor key signature

2. Identify the Nashville Number System and explain what it is used for.

3. Identify the following chord numbers as major, minor or diminished.

- I _____
- II _____
- III _____
- IV _____
- V _____
- VI _____
- VII _____
- VIII _____

4. What's the difference between a major and minor chord?

5. Do you know how to simplify more advanced chords such as G7, Dsus4 and Bmadd9?

6. What does it mean to change the key of a song? When might you need to?

7. Can you identify song structures used in your favorite songs? (For example, where the verse, chorus and bridge are)

8. What are the recognizable features of the following:

- Intro _____
- Verse _____
- Chorus _____
- Bridge _____
- Outro _____

Chapter Six

1. Have you ever transposed a song from one key to another?
2. Why is G major the best key for beginner guitar songs?
3. What is the difference between G major and E minor?
4. How long is an average pop song?
5. What kinds of songs don't work well with the six chord method?
6. How many different keys are there that a song can be in?
7. How do you find the key, chords, and structure of a popular song?



Goal Setting

Your Vision:

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____
11. _____
12. _____
13. _____
14. _____
15. _____
16. _____
17. _____
18. _____
19. _____
20. _____

Goal to master the 6 chord method by _____.

Learn ____ (recommended 5-10) songs to prove mastery of this method.

Your Purpose:

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____
11. _____
12. _____
13. _____
14. _____
15. _____
16. _____
17. _____
18. _____
19. _____
20. _____

Dream 10 Songs:

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

Go back and circle your top 5 to learn during this course.

Choose songs that sound like easy chord progressions. Pop, rock, folk, blues and indie music mostly revolve around the same basic chords but jazz, classical, and metal often require more advanced music theory that may go beyond the scope of this course.

Practice Schedule

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Week 1							
Week 2							
Week 3							
Week 4							
Week 5							
Week 6							

Transposition Table							
KEY	1	2m	3m	4	5	6m	7°
A	A	Bm	C#m	D	E	F#m	G#°
B	B	C#m	D#m	E	F#	G#m	A#°
C	C	Dm	Em	F	G	Am	B°
D	D	Em	F#m	G	A	Bm	C#°
E	E	F#m	G#m	A	B	C#m	D#°
F	F	Gm	Am	Bb	C	Dm	E°
G	G	Am	Bm	C	D	Em	F#°

Transposition Table (Full)							
KEY	1	2m	3m	4	5	6m	7°
Ab	Ab	Bb m	Cm	Bb	Eb	Fm	G°
A	A	Bm	C#m	D	E	F#m	G#°
Bb	Bb	Cm	Dm	Db	F	Gm	A°
B	B	C#m	D#m	E	F#	G#m	A#°
C	C	Dm	Em	F	G	Am	B°
Db	Db	Ebm	Fm	Gb	Ab	Bbm	C°
D	D	Em	F#m	G	A	Bm	C#°
Eb	Eb	Fm	Gm	Ab	Bb	Cm	D°
E	E	F#m	G#m	A	B	C#m	D#°
F	F	Gm	Am	Bb	C	Dm	E°
Gb	Gb	Abm	Bbm	Cb	Db	Ebm	F°
G	G	Am	Bm	C	D	Em	F#°

Song Name: _____

Key: _____ Major

Song Structure:

Intro. Verse. Pre-chorus. Chorus. Post-chorus. Verse. Pre-chorus. Chorus. Post-chorus. Bridge. Chorus. Outro.

Verse

Original: _____ . _____

Simplified: _____ . _____

G Major: _____ . _____

Pre-Chorus

Original: _____ . _____

Simplified: _____ . _____

G Major: _____ . _____

Chorus

Original: _____ . _____

Simplified: _____ . _____

G Major: _____ . _____

Bridge

Original: _____ . _____

Simplified: _____ . _____

G Major: _____ . _____

Notes:

Song Name: _____

Key: _____ Major

Song Structure:

Intro. Verse. Pre-chorus. Chorus. Post-chorus. Verse. Pre-chorus. Chorus. Post-chorus. Bridge. Chorus. Outro.

Verse

Original: _____ . _____

Simplified: _____ . _____

G Major: _____ . _____

Pre-Chorus

Original: _____ . _____

Simplified: _____ . _____

G Major: _____ . _____

Chorus

Original: _____ . _____

Simplified: _____ . _____

G Major: _____ . _____

Bridge

Original: _____ . _____

Simplified: _____ . _____

G Major: _____ . _____

Notes:

Song Name: _____

Key: _____ Major

Song Structure:

Intro. Verse. Pre-chorus. Chorus. Post-chorus. Verse. Pre-chorus. Chorus. Post-chorus. Bridge. Chorus. Outro.

Verse

Original: _____ . _____

Simplified: _____ . _____

G Major: _____ . _____

Pre-Chorus

Original: _____ . _____

Simplified: _____ . _____

G Major: _____ . _____

Chorus

Original: _____ . _____

Simplified: _____ . _____

G Major: _____ . _____

Bridge

Original: _____ . _____

Simplified: _____ . _____

G Major: _____ . _____

Notes:

Song Name: _____

Key: _____ Major

Song Structure:

Intro. Verse. Pre-chorus. Chorus. Post-chorus. Verse. Pre-chorus. Chorus. Post-chorus. Bridge. Chorus. Outro.

Verse

Original: _____ . _____

Simplified: _____ . _____

G Major: _____ . _____

Pre-Chorus

Original: _____ . _____

Simplified: _____ . _____

G Major: _____ . _____

Chorus

Original: _____ . _____

Simplified: _____ . _____

G Major: _____ . _____

Bridge

Original: _____ . _____

Simplified: _____ . _____

G Major: _____ . _____

Notes:

Song Name: _____

Key: _____ Major

Song Structure:

Intro. Verse. Pre-chorus. Chorus. Post-chorus. Verse. Pre-chorus. Chorus. Post-chorus. Bridge. Chorus. Outro.

Verse

Original: _____ . _____

Simplified: _____ . _____

G Major: _____ . _____

Pre-Chorus

Original: _____ . _____

Simplified: _____ . _____

G Major: _____ . _____

Chorus

Original: _____ . _____

Simplified: _____ . _____

G Major: _____ . _____

Bridge

Original: _____ . _____

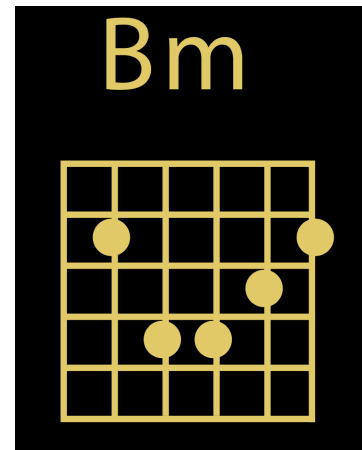
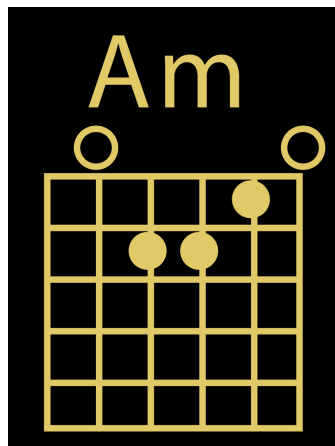
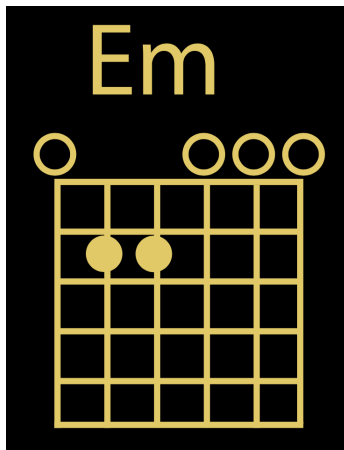
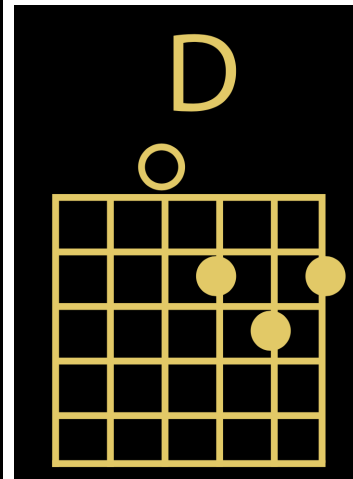
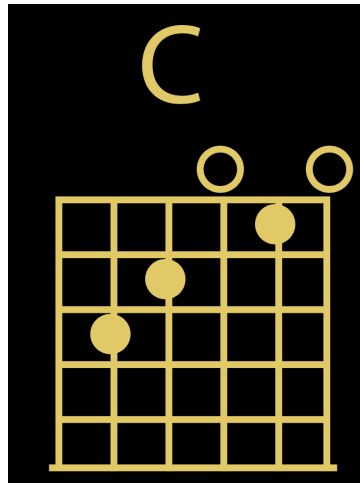
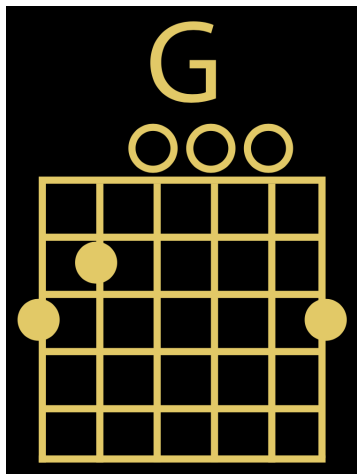
Simplified: _____ . _____

G Major: _____ . _____

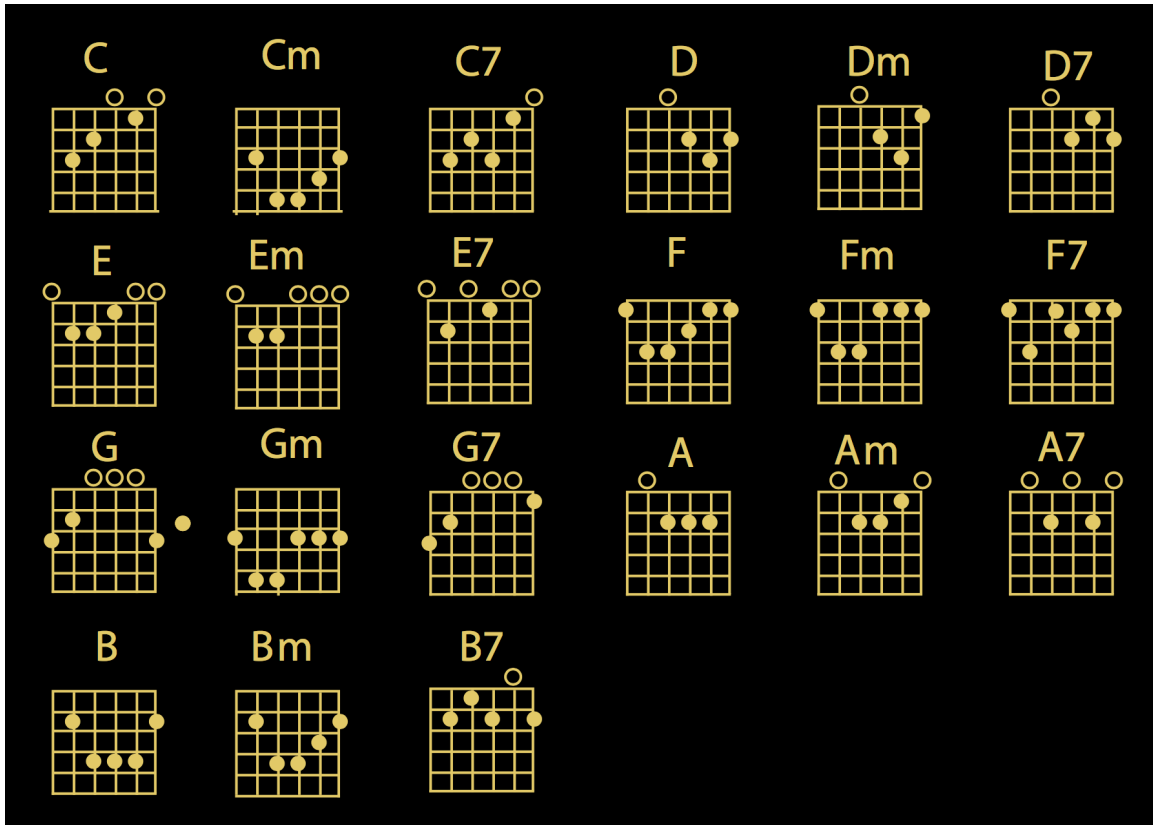
Notes:

The Six Chords

Chords of G Major



Common Chords



Conclusion

Congrats on finishing the course!! I know it's a lot to take in at first but this will all be second nature before you know it. The key to success as a guitarist is consistent practice even if you only have a few minutes a day. Once you can jam along to your dream songs, try to keep learning new songs regularly. With this system and the chords you know, it should only take a few minutes to learn new songs you hear and like. I've got song lessons on YouTube that'll help you learn full songs quickly in a single sitting so check those out to expand your song library.

Feel free to connect with me on social media and let me know about how you're doing! I got to watch one of my students perform at a giant convention center a few months ago and it was really satisfying seeing that her hard work paid off and that she could use this system on a big stage. You'll find me with Ryan Rostrom or @ryanrostrom on most any social media platform, although I'm most active on Instagram for the time being.



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