

Track Number from Text	Actual Track Number When Played in a CD Player	Time	Figure Number from Text	Song Title/Description
1	1		n/a	Tuning Reference
2	98	(0:00)	4-2	Chord progression using A family chords
		(0:16)	4-4	Chord progression using D family chords
		(0:43)	4-6	Chord progression using G family chords
		(1:10)	4-8	Chord progression using C family chords
3	97		n/a	"Kumbaya"
4	96		n/a	"Swing Low, Sweet Chariot"
5	95		n/a	"Auld Lang Syne"
6	94		n/a	"Michael, Row the Boat Ashore"
7	93		5-1	Simple melody
8	92		n/a	"Little Brown Jug"
9	91		n/a	"On Top of Old Smoky"
10	90		n/a	"Swanee River (Old Folks at Home)"
11	89		n/a	"Home on the Range"
12	88		n/a	"All Through the Night"
13	87		n/a	"Over the River and Through the Woods"
14	86		n/a	"It's Raining, It's Pouring"
15	85		n/a	"Oh, Susanna"
16	84		6-6	A 12-bar blues progression in E
17	83	(0:00)	7-4a	1-2-3-1 permutation exercise
		(0:10)	7-4b	1-3-2-4 permutation exercise
		(0:20)	7-4c	15-14-13 permutation exercise
18	82	(0:00)	7-5	C-major up-the-neck double-stop scale
		(0:11)	7-6	C-major across-the-neck double-stop scale
19	81		n/a	"Simple Gifts"
20	80		n/a	"Turkey in the Straw"
21	79		n/a	"Aura Lee"
22	78		n/a	"The Streets of Laredo"
23	77	(0:00)	8-2	Progression using E-based major barre chords
		(0:13)	8-3	Syncopated progression using E-based major barre chords
		(0:27)	8-4	Progression using major and minor E-based barre chords
		(0:41)	8-5	Progression using major and 7th E-based barre chords
		(0:54)	8-6	Progression using major and minor 7th E-based barre chords
24	76		8-7	Christmas song progression using E-based barre chords
25	75	(0:00)	8-11	Progression using A-based major barre chords

		(0:12)	8-13	Progression using major and minor A-based barre chords
		(0:26)	8-14	Progression using major, minor, and dominant 7th A-based barre chords
		(0:42)	8-15	Progression using minor 7th barre A-based barre chords
		(0:55)	8-16	Progression using major and minor 7th A-based barre chords
26	74		8-17	Christmas song progression using A-based barre chords
27	73	(0:00)	8-20	Power chord progression in D
		(0:14)	8-21	Heavy metal power chord progression
28	72		n/a	"We Wish You a Merry Christmas"
29	71		n/a	"Power Play"
30	70	(0:00)	9-1a	Open string hammer-on
		(0:07)	9-1b	Hammer-on from a fretted note
		(0:14)	9-1c	Double hammer-on
		(0:20)	9-1d	Double hammer-on using three notes
		(0:27)	9-2a	Double-stop hammer-on from open strings
		(0:34)	9-2b	Double-stop hammer-on from second to fourth fret
		(0:41)	9-2c	Double double-stop hammer-on
		(0:48)	9-3	Hammer-on from nowhere
31	69		9-4	Single-note hammer-ons from open strings
32	68		9-5	Strumming a chord while hammering one of the notes
33	67		9-6	Single-note hammer-ons from fretted notes
34	66		9-7	Double-stop hammer-ons & hammer-on from nowhere
35	65	(0:00)	9-8a	Open string pull-off
		(0:07)	9-8b	Fretted note pull-off
		(0:13)	9-8c	Open string double pull-off
		(0:20)	9-8d	Fretted note double pull-off
		(0:27)	9-9a	Double-stop pull-off to open strings
		(0:34)	9-9b	Double stop pull-off from fretted notes
		(0:41)	9-9c	Double double-stop pull-off
36	64	(0:00)	9-10	Single-note pull-offs to open strings
		(0:10)	9-11	Strumming a chord while pulling off one of the notes
37	63	(0:00)	9-12a	Slide with second note not picked
		(0:07)	9-12b	Slide with second note picked
		(0:12)	9-13a	Ascending immediate slide
		(0:17)	9-13b	Descending immediate slide
38	62		9-14	Chuck Berry-like slides
39	61		9-15	Changing positions with slides
40	60	(0:00)	9-17a	Immediate bend
		(0:06)	9-17b	Bend and release
		(0:13)	9-17c	Prebend and release

41	59		9-18	3rd-string bending in a rock 'n' roll progression
42	58		9-19	2nd-string bending in a lead lick
43	57		9-20	Bend and release in a lead lick
44	56		9-21	Bending in different directions
45	55		9-22	Intricate bending lick
46	54		9-23	Double-stop bend and release
47	53	(0 : 00)	9-24a	Narrow vibrato
		(0 : 10)	9-24b	Wide vibrato
48	52	(0 : 00)	9-25a	Left-hand muting
		(0 : 08)	9-25b	Right-hand muting
49	51		9-26	Syncopation through muting
50	50		9-27	Palm muting in a hard-rock riff
51	49		9-28	Palm muting in a country riff
52	48		n/a	"The Articulate Blues"
53	47		10-1	Chuck Berry accompaniment riff
54	46		10-2	12-bar blues progression in A using double-stops
55	45		10-4	Box I hammer-ons and pull-offs
56	44		10-5	Bending in Box I
57	43		10-6	Double-stop bend in Box I
58	42		10-7	Box I solo
59	41		10-9	Typical Box II lick
60	40		10-11	Typical Box III lick
61	39		10-12	12-bar solo using Boxes I, II, and III
62	38	(0 : 00)	10-13	Sus chord progression
		(0 : 15)	10-14	Add chord progression
63	37		10-15	Slash chord progression
64	36	(0 : 00)	10-16	Drop-D tuning phrase
		(0 : 10)	10-17	Power chord riff in drop-D tuning
65	35		10-18	Typical phrase in open-D tuning
66	34		10-20	Southern-rock lead-lick in A
67	33		n/a	"Chuck's Duck"
68	32		n/a	"Southern Hospitality"
69	31		11-2	12-bar blues accompaniment
70	30		11-3	12-bar blues with boogie-woogie riff
71	29	(0 : 00)	11-6	Box IV riff with triplet feel
		(0 : 10)	11-7	Box V lick with slide to Box I
72	28	(0 : 00)	11-9	Box I blues lick
		(0 : 13)	11-10	Box II blues lick
		(0 : 23)	11-11	Box IV blues lick
73	27	(0 : 00)	11-13	Box I blues lick with major third

		(0:10)	11-14	Box I double-stop blues lick with major third
74	26		11-15	Riff showing typical blues phrasing
75	25	(0:00)	11-16a	Typical blues move
		(0:10)	11-16b	Typical blues move
		(0:19)	11-16c	Typical blues move
		(0:29)	11-16d	Typical blues move
76	24		11-18	Steady bass notes with the E blues scale
77	23	(0:00)	11-19	Repeated motive at the same pitch
		(0:11)	11-20	Repeated motive at a different pitch
78	22	(0:00)	11-21	Alternating between a lead lick and a bass groove
		(0:13)	11-22	Alternating between a lead lick and a bass lick
		(0:26)	11-23	Combining fretted notes and open strings
79	21	(0:00)	11-24a	Blues turnaround 1
		(0:13)	11-24b	Blues turnaround 2
		(0:26)	11-24c	Blues turnaround 3
		(0:39)	11-24d	Blues turnaround 4
80	20		n/a	“Chicago Shuffle”
81	19		n/a	“Mississippi Mud”
82	18	(0:00)	12-3	Em arpeggio
		(0:07)	12-4	Up-and-down Em arpeggio
83	17	(0:00)	12-5	Lullaby pattern
		(0:10)	12-6	Thumb-brush pattern
84	16	(0:00)	12-7	Thumb-brush-up pattern
		(0:09)	12-8	Carter style pattern
85	15	(0:00)	12-9a	Travis style, Step 1
		(0:08)	12-9b	Travis style, Step 2
		(0:15)	12-9c	Travis style, Step 3
		(0:23)	12-9d	Travis style pinch
		(0:31)	12-9e	Travis style roll
86	14		12-11	“Oh, Susanna” in Travis style
87	13		12-12	Travis style with Open G tuning
88	12		n/a	“House of the Rising Sun”
89	11		n/a	“The Cruel War Is Raging”
90	10		n/a	“Gospel Ship”
91	9		n/a	“All My Trials”
92	8		n/a	“Freight Train”
93	7	(0:00)	13-5	Free stroke classical exercise
		(0:15)	13-8	Arpeggio classical exercise
		(0:47)	13-9	Contrapuntal classical exercise
94	6		n/a	“Romanza”

95	5		n/a	“Bourrée in E minor”
96	4	(0 : 00)	14-2	Typical “inside” chord moves
		(0 : 17)	14-4	Typical “outside” chord moves
		(0 : 40)	14-6	Faking a jazz chord-melody solo
		(0 : 53)	14-7	A melody dressed up with altered tones
		(1 : 18)	14-8	Approaching target notes from a fret above and below
		(1 : 45)	14-9	Playing a melody as arpeggiated chord tones
97	3		n/a	“Greensleeves”
98	2		n/a	“Swing Thing”