



KW

MUSIC

“Making the Fingers Bleed”

Guitar Warm Ups

Welcome to "Making The Fingers Bleed!" In this book you will find quirky and silly guitar warm ups that I have come up with to help make you shred better. All I ask is that you have fun doing these exercises, and remember.....

MAKE YOUR FINGERS BLEED!

-Kris

Major/Minor Scales

Ionian-Major Scale

Aeolian-Minor Scale

Kris Wallace Music

C MAJOR: C D E F G A B C

C MINOR: C D Eb F G Ab Bb C

Diagram showing the fretboard for C Major and C Minor scales. The fretboard has six strings (T, A, B) and 24 frets. Fingerings are indicated by numbers 1-5. C Major: C (8), D (7), E (8), F (10), G (7), A (8), B (10), C (8). C Minor: C (8), D (10), Eb (11), F (8), G (10), Ab (11), Bb (11), C (8).

2 G MAJOR: G A B C D E F# G

G MINOR: G A Bb C D Eb F G

Diagram showing the fretboard for G Major and G Minor scales. The fretboard has six strings (T, A, B) and 24 frets. Fingerings are indicated by numbers 1-5. G Major: G (3), A (2), B (3), C (5), D (2), E (4), F# (5), G (3). G Minor: G (3), A (5), Bb (6), C (3), D (5), Eb (6), F (3), G (3).

3 D MAJOR: D E F# G A B C# D

D MINOR: D E F G A Bb C D

Diagram showing the fretboard for D Major and D Minor scales. The fretboard has six strings (T, A, B) and 24 frets. Fingerings are indicated by numbers 1-5. D Major: D (9), E (10), F# (12), G (9), A (11), B (12), C# (12), D (9). D Minor: D (10), E (12), F (12), G (12), A (13), Bb (13), C (10), D (10).

4 A MAJOR: A B C# D E F# G# A

A MINOR: A B C D E F G A

Diagram showing the fretboard for A Major and A Minor scales. The fretboard has six strings (T, A, B) and 24 frets. Fingerings are indicated by numbers 1-5. A Major: A (4), B (4), C# (6), D (4), E (6), F# (7), G# (7), A (4). A Minor: A (5), B (7), C (8), D (5), E (7), F (8), G (8), A (5).

5 E MAJOR: E F# G# A B C# D# E

E MINOR: E F# G A B C D E

Diagram showing the fretboard for E Major and E Minor scales. The fretboard has six strings (T, A, B) and 24 frets. Fingerings are indicated by numbers 1-5. E Major: E (11), F# (12), G# (14), A (11), B (13), C# (14), D# (14), E (11). E Minor: E (12), F# (14), G (14), A (15), B (12), C (14), D (14), E (12).

6 B MAJOR: B C# D# E F# G# A# B

B MINOR: B C# D E F# G A B

Diagram showing the fretboard for B Major and B Minor scales. The fretboard has six strings (T, A, B) and 24 frets. Fingerings are indicated by numbers 1-5. B Major: B (6), C# (7), D# (9), E (6), F# (8), G# (9), A# (9), B (6). B Minor: B (7), C# (9), D (9), E (10), F# (7), G (9), A (10), B (7).

7 F MAJOR: F G A Bb C D E F

F MINOR: F G Ab Bb C Db Eb

Diagram showing the fretboard for F Major and F Minor scales. The fretboard has six strings (T, A, B) and 24 frets. Fingerings are indicated by numbers 1-5. F Major: F (12), G (13), A (15), Bb (13), C (15), D (15), E (13), F (12). F Minor: F (13), G (15), Ab (15), Bb (16), C (13), Db (15), Eb (16), F (13).

THE MUMMY: A lesson in using parts of the Phrygian Scale Mode.

T
A
B

5-6 4-5 2-3-2 5-4 4-5-4-4 6-5-3-5 3-5-5-6-5 5-6 4-5-4 7-5-4-5-4 6-5

Detailed description: This guitar TAB for 'THE MUMMY' consists of six lines. The top line is empty. The second line contains the sequence of notes: 5-6, 4-5, 2-3-2, 5-4, 4-5-4-4, 6-5-3-5, 3-5-5-6-5, 5-6, 4-5-4, 7-5-4-5-4, 6-5. The third line contains fret numbers: 5, 6, 4, 5, 2, 3, 2, 5, 4, 4, 5, 4, 4, 6, 5, 3, 5, 3, 5, 5, 6, 5, 5, 6, 5, 5, 6, 5, 6, 5. The fourth line contains fret numbers: 5, 6, 4, 5, 2, 3, 2, 5, 4, 4, 5, 4, 4, 6, 5, 3, 5, 3, 5, 5, 6, 5, 5, 6, 5, 5, 6, 5, 6, 5. The fifth and sixth lines are empty. Vertical bar lines are placed below the fret numbers to indicate measure boundaries.

2 ADVENTURE: A song using Arpeggios.

T
A
B

3-4 3-6-3 4 5-8-5 6 6-9-6 7 6-8 9 8-11-8 9 11-9-8 11-9-8 10-8-6-5 8-6

Detailed description: This guitar TAB for 'ADVENTURE' consists of six lines. The top line is empty. The second line contains the sequence of notes: 3-4, 3-6-3, 4, 5-8-5, 6, 6-9-6, 7, 6-8, 9, 8-11-8, 9, 11-9-8, 11-9-8, 10-8-6-5, 8-6. The third line contains fret numbers: 3, 4, 3, 6, 3, 4, 5, 8, 5, 6, 6, 9, 6, 7, 6, 8, 9, 8, 11, 8, 9, 11, 9, 8, 11, 9, 8, 10, 8, 6, 5, 8, 6. The fourth line contains fret numbers: 3, 4, 3, 6, 3, 4, 5, 8, 5, 6, 6, 9, 6, 7, 6, 8, 9, 8, 11, 8, 9, 11, 9, 8, 11, 9, 8, 10, 8, 6, 5, 8, 6. The fifth and sixth lines are empty. Vertical bar lines are placed below the fret numbers to indicate measure boundaries.

3 OCTAVE DANCE: A lesson practicing Octaves on the fret board.

T
A
B

13-12-13-12 15-13-15-13 17-15-17-15 17-15-13 1-0-1-0 3-1-3-1 5-3-5-3 7-5-3

Detailed description: This guitar TAB for 'OCTAVE DANCE' consists of six lines. The top line is empty. The second line contains the sequence of notes: 13-12-13-12, 15-13-15-13, 17-15-17-15, 17-15-13. The third line contains fret numbers: 13, 12, 13, 12, 15, 13, 15, 13, 17, 15, 17, 15, 17, 15, 13, 1, 0, 1, 0, 3, 1, 3, 1, 5, 3, 5, 3, 7, 5, 3. The fourth line contains fret numbers: 1, 0, 1, 0, 3, 1, 3, 1, 5, 3, 5, 3, 7, 5, 3. The fifth and sixth lines are empty. Vertical bar lines are placed below the fret numbers to indicate measure boundaries.

4 CRY BABY: A lesson in using Vibrato.

T
A
B

12-14 12-13-12 14-12 12-13-12 14-12 12-13-12 14-12

Detailed description: This guitar TAB for 'CRY BABY' consists of six lines. The top line is empty. The second line contains the sequence of notes: 12-14, 12-13-12, 14-12, 12-13-12, 14-12, 12-13-12, 14-12. The third line contains fret numbers: 12, 14, 12, 13, 12, 14, 12, 12, 13, 12, 14, 12. The fourth line contains fret numbers: 12, 14, 12, 13, 12, 14, 12, 12, 13, 12, 14, 12. The fifth and sixth lines are empty. Wavy lines above the notes indicate vibrato. Vertical bar lines are placed below the fret numbers to indicate measure boundaries.

WYLDE RUN: A a minor pentatonic like scale run used by guitarist Zakk Wylde.

TAB 4/4

5—3—5—3—8—5—8—5—10—8—10—8—12—10—13—10

LAFFY TAFFY: A warmup to help with bending up on the strings.

2 full full full full full full full full full full

15[↑]—14[↑]—13[↑]—12[↑]—11[↑]—17[↑]—16[↑]—15[↑]—14[↑]—13[↑]

TAB

3 SPEED: A tremelo picking riff to help the picking hand with 16th notes.

TAB

0-0-0-0-0-0-0-0-0-0-0-0-0-0-0-0-3-3-3-3-3-3-3-3-3-3-3-3-3-3-3-5-5-5-5-5-5-5-5-5-5-5-5-5-5-5-5-6-6-6-6-6-6-6-6-6-6-5-5-5-5-5-5-5

4 FLY: Another tremelo picking riff on one string to practice speed.

4

12—12—12—12—12—12—12—12—12—12—13—13—13—13—13—13—13—13

TAB

HOP: A warm up doubling notes in a pattern up the neck.

T 4/4
A 4/4
B 4/4

² F MAJOR WEDDING SONG: A beautiful melody using F Major.

T
A
B

³

T
A
B

⁴ ASCEND: A scale pattern, in Major, that can be used on any fret to get you up the neck.

T
A
B