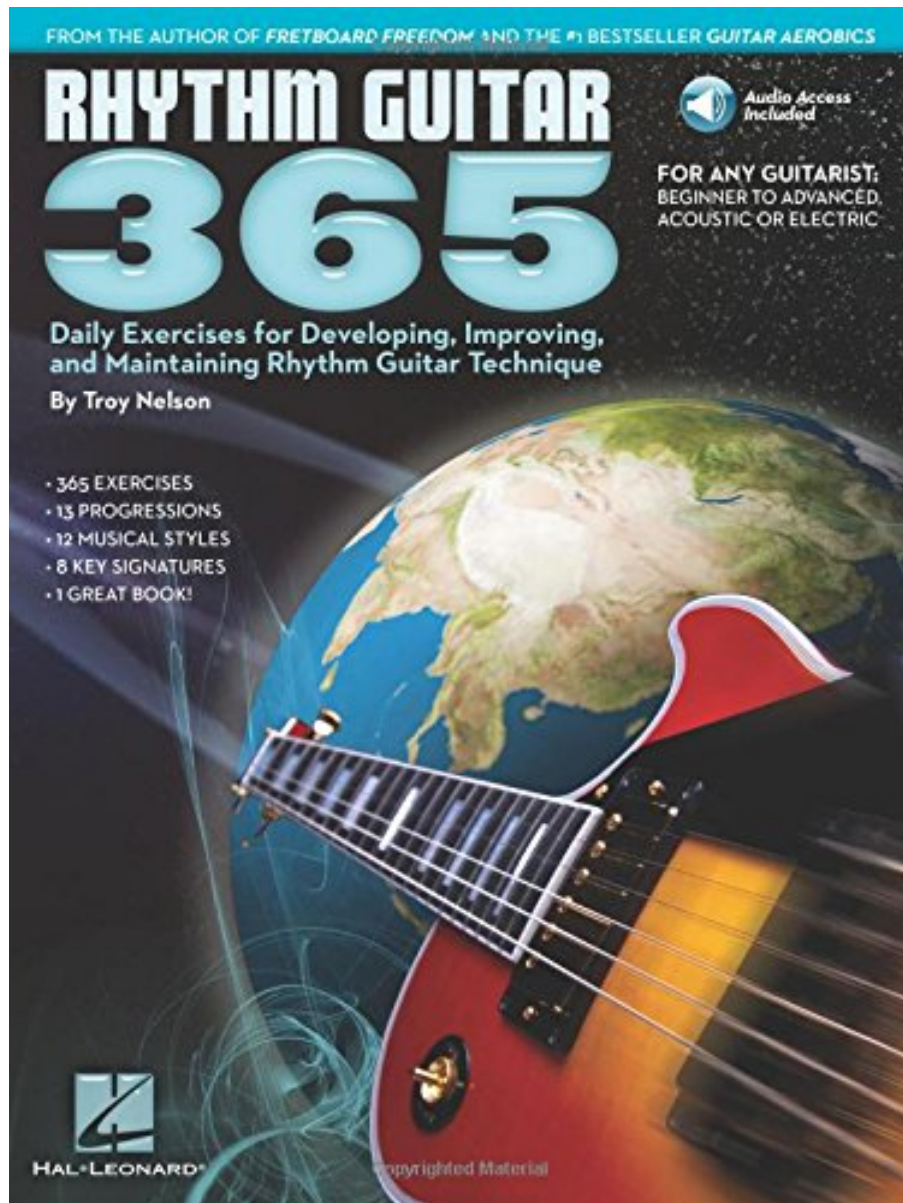


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Review

"Nelson exhibits a broad grasp of rhythm techniques, offering credible examples in styles ranging from folk, country, and blues to R&B/funk, jazz, and metal. But the beauty of the book is that even if you played all 365 exercises on a clean-toned Strat, your chops are certain to improve as you work through funky syncopated scratch rhythms, walking bass lines, R&B-style chord slides, high-octane metal pedals, country chord bends, and so on." --GuitarInstructor.com

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This book provides 365 exercises – one for every day of the year! – to keep your rhythm chops fine tuned. Demos of all 365 exercises are provided online. The book covers chord theory and the fundamentals of rhythm; basic and complex fingerpicking and strum patterns; popular diatonic and non-diatonic progressions; major, minor, diminished, and augmented triads; major, minor, and dominant seventh chords; extended and altered chords; major and minor keys; and more. By practicing these you'll gain greater knowledge of chord construction and progressions, exposure to the rhythm styles of several musical genres, improved fingerpicking and strumming technique, increased chord-voicing vocabulary, and more!

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Most helpful customer reviews

8 of 8 people found the following review helpful.

GREAT BOOK ON RHYTHM

By EE

I have been playing guitar for about 20 years now. I can play some songs and some basic stuff but my timing has always been off. In fact I hate the way I sound. I have recorded myself playing and although I am hitting the right chords and the right notes I still sound like a little kid playing with a guitar but not actually playing

it. I tried playing bass in a band and the band was always pissed at me for being off beat. They were gonna fire me but I quit before that I got the satisfaction of saying "you can't fire me because I quit" but still it made me realize how much I suck at timing. I have decided to improve my playing not only in theory but also by practicing rhythm

PROS

*Good rhythm exercises.

*CD tracks are helpful

*highlights the importance of a metronome

*explains thoroughly the different rhythm patterns.

*It explains picking techniques well

*This book will expose you to many different genres. At first I saw one exercise of country and I was like Nah! I am not playing country but I decided to set the metronome at the speed recommended and do it anyway. Well..what do you know? Its great to step out of your comfort zone and try something new. I feel that one exercise alone helped me immensely and its helping me get in sync with the metronome from a different angle.

CONS

*Theory might be too advanced for beginners and the explanation is kind of superficial.

*I would prefer all the chords to be right above each exercise instead of one page at the beginning of each week.

Despite its cons I like this book. I am gonna continue practicing this exercises and hopefully improve. As the author says too many books focus on lead guitar so most people that play guitar don't seem to pay much attention to rhythm. If you are not familiar with guitar theory this book alone is going to confuse you even more. So it would make sense to get a book that goes deeply into guitar theory. Overall, I recommend this book to anyone looking to improve their timing.

8 of 9 people found the following review helpful.

If you have Guitar Aerobics you will love this too

By R. GALVEZ

Another winner from Troy Nelson. If you have Guitar Aerobics you will love this too. This one is oriented to Rhythm Guitar, but it also has single note licks along with chordal playing (for example in the R & B exercises).And it brings a complete introductory chord theory. Excellent system, progressive exercises, good tips. An excellent book.

12 of 16 people found the following review helpful.

Flawed

By Just Some Guy

Despite this book's promise, it suffers from one glaring flaw: it repeats chord progressions. The idea of the book is that each week, a new chord progression is presented, and on each day of the week, you learn how to play the progression in a different style. But once you've gone through a few of these weeks of scheduled learning, you see that the chord progressions are sometimes repeated with the sole exception being they're played in a different key. Sometimes the exercises themselves are repeated verbatim, just moved up a couple of frets to match the different key. What a joke. For a book of this scope that is meant to hone rhythm playing in virtually all styles of electric guitar over a full year of playing, such repeated chord progressions are simply inexcusable. I still give it two stars for the progressions and ideas it does present. But all in all, a serious disappointment.

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