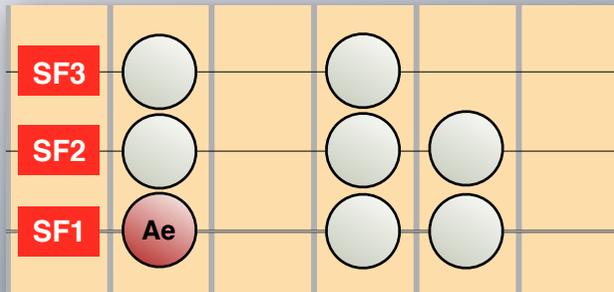


SFS Modes

- Modes Everywhere! -

LESSON 1 - Introduction

String Fragments:



Root Note: C

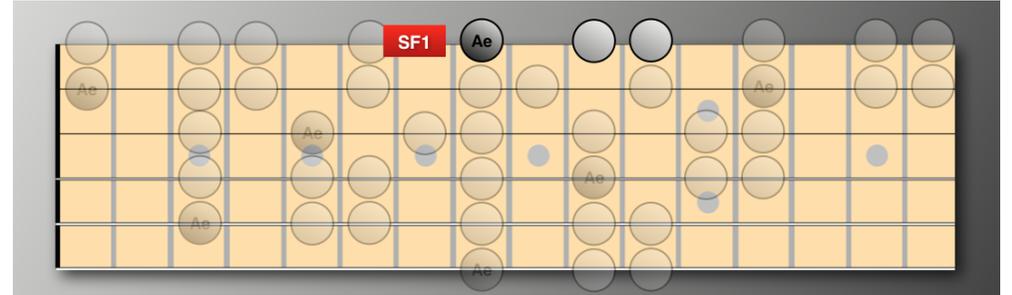
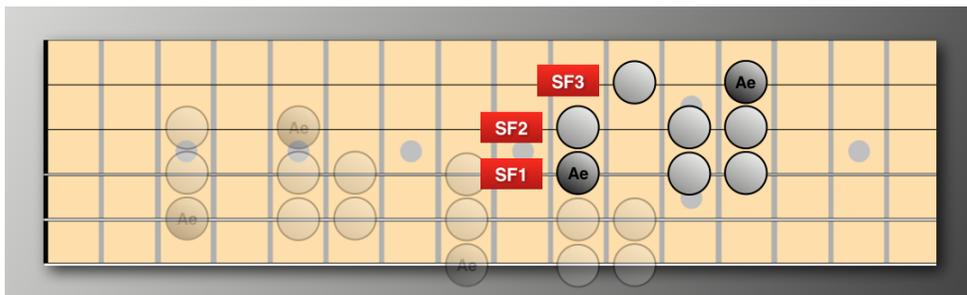
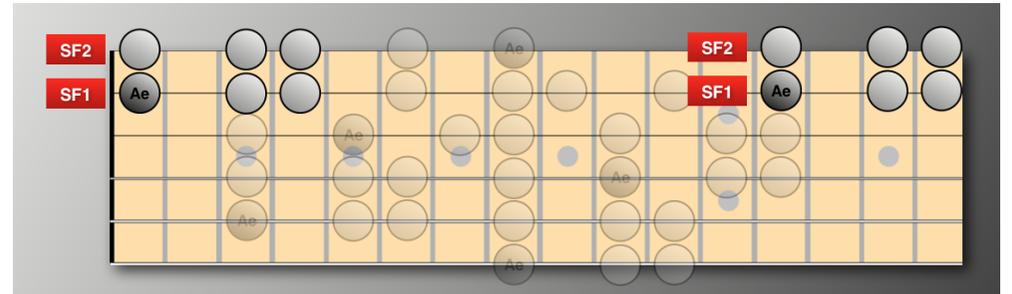
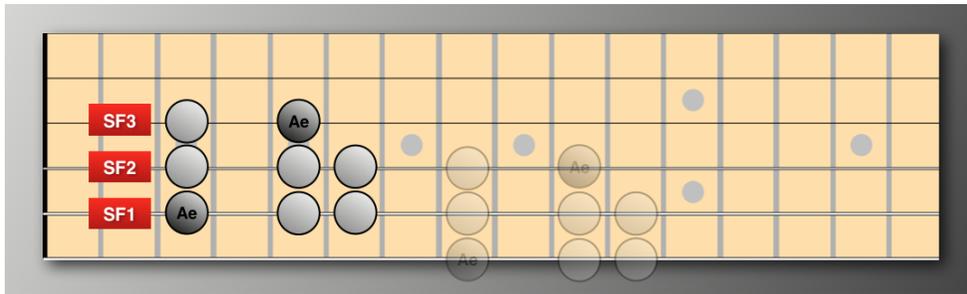
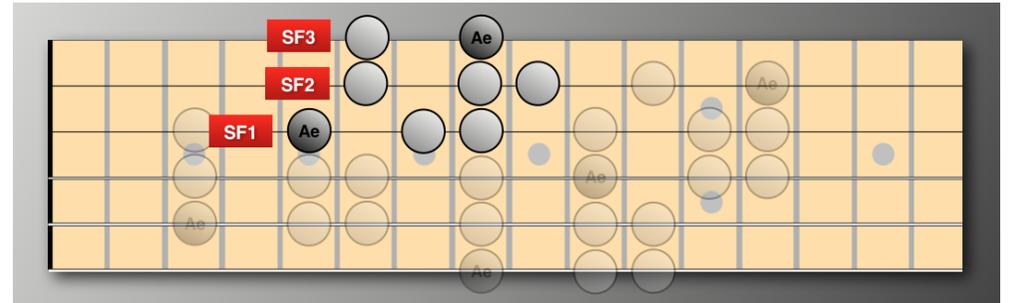
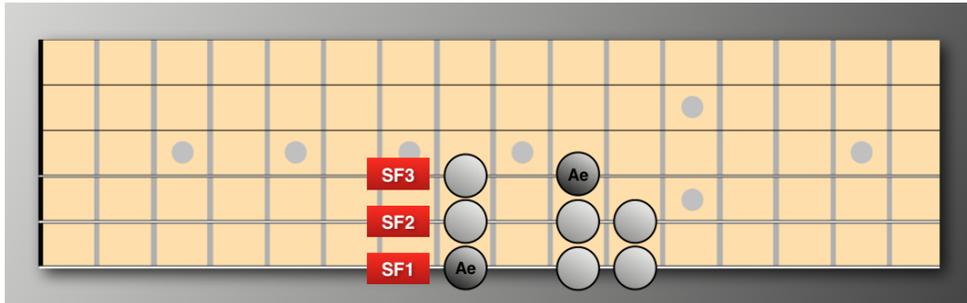
Root Location - C:

String:	Fret:
6	8
5	3 & 15
4	10
3	5 & 17
2	1 & 13
1	8

Remember:

- Adjust SFS when crossing between strings 3 and 2

SFS Configurations - C Aeolian:



Helpful Video:

In order to benefit the most from this method, you need to have a basic understanding of guitar scale fingering systems. In the course extras you can find a video called “**3NPS vs HYBRID fingerings for modes**” which will help you with this.

Backing Tracks for C Aeolian:

***Note:** The Aeolian Mode works well over many chord progressions, including 12-bar Minor Blues. That is why it is a good idea to practice it over different harmonic contexts, as in the following backing tracks.*

C Aeolian Backing Track:

https://youtu.be/JKaOls_Ygqc

C Minor Blues Backing Track*:

https://youtu.be/xTRib0_nfjc

LESSON 1 PRACTICE IDEAS

This Introductory Lesson, and the following assignments, are designed to give you a very general understanding of the **String Fragment System** and its benefits. In later lessons we will go into much greater depth.

For now:

1. Focus on SFS:

Map this lesson's **SFS** on every available C. Start on every string, first in order, then randomly. In every position, construct the **SFS**, being aware of which SF you are on, and then use it to improvise over backing tracks.

2. Demo Analysis:

Watch this lesson's demo carefully, stopping the video when needed, trying to follow the position changes.

3. Focus on Creativity:

Improvise **FREELY**, with or without using backing tracks, using what you learned in this lesson. Add anything else you want. Enjoy and be creative!