

An Easy Framework For Learning Guitar, And Actually Sticking With It

Naoki Sonoda

In 1993 I started playing guitar, and I can say that it saved my life.

It gave me a place to be with my emotions, express my creativity, and it's been a lifelong companion ever since.

New guitar players seem to have these issues:

- They start, but have trouble continuing long-term
- They experience pain in their fingertips and hands
- They get lost in all of the information available online

If I had to start over, this is the simple framework I would follow:

Step 1: Learn small sections of songs you like

Learning small parts of your favorite songs will keep you interested, while also building your confidence.

Step 2: Extra light gauge strings & a proper setup

This will make your guitar easier to play, and will inspire you to play it more. The more you play, the better you'll get.

Step 3: Take in-person lessons from a real person

A real human can give immediate feedback to correct bad habits, which will help you develop solid fundamentals. YouTube videos can't do this.

If you've ever wanted to learn guitar (or have quit) try this framework.

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