

Your first note.

Today you tune up in the app, test how little pressure a clean note takes, and play the low E in time.

EFFICIENCY TEST · PRESSURE

- ⦿ Press fret 1 until it buzzes. Press a hair more until it rings, then back off until it just rings. That tiny touch is all a note needs.

1

Sit at the edge of the chair.

Feet flat. Rest the guitar's waist on your right leg and angle the neck slightly upward so you do not have to hunch over to see the frets.

POSTURE KEY



Sit at chair edge · guitar waist on right leg

2

Thumb behind the neck (1-2-3-4).

Make an open "C" with your left hand. Place your thumb flat behind the middle of the neck and curl Finger 1 onto its very tip right behind fret 1.

SWEET SPOT (BEHIND THE FRET)



Press right behind the fret wire, not on top

3

Hold the pick like a house key.

Lay the pick on the side of your bent index finger and clamp your thumb flat on top, leaving just a small triangle tip showing. Firm, never stiff.

KEY-GRIP PICK HOLD



Only 3-4mm of the pick tip shows below thumb

⚠ SORE FINGERTIPS TONIGHT

Totally normal in Week 1 while your fingertips build calluses. Sharp pain in a wrist or knuckle is not—shake your hand out and relax your thumb pressure.

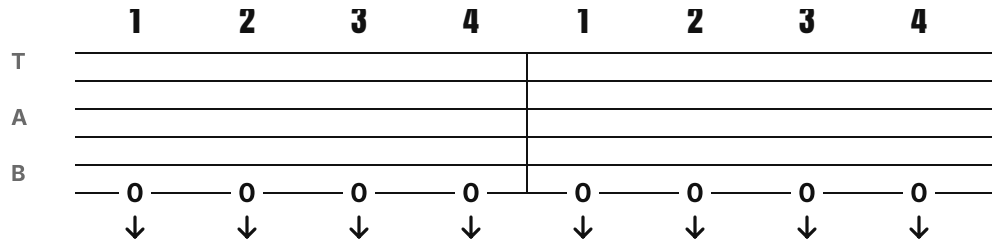


Tune up in the App, then play the Low E

Open the Guitar Efficiency App (app.zacharyadkinsofficial.com) and tap Tuner. Pluck each string from thickest to thinnest (E A D G B e) to hear and see the pitch. Once all 6 strings are green, turn on the App Metronome at 60 BPM and play the open low E string once per beat for 8 bars. Count 1 – 2 – 3 – 4 out loud.

E A D G B e

THICK TO THIN



TODAY'S 20 MINUTES (LOG IN APP AFTER!)

-  **2** Open the App Tuner & tune all 6 strings (E A D G B e)
-  **3** Check posture, thumb behind the neck & key-grip pick hold
-  **5** The Pressure Test on the low E string with Fingers 1, 2, 3, and 4
-  **8** Play the open low E on every beat with the App Metronome (60 BPM)
-  **2** Open the Guitar Efficiency App and log Day 1 practice

MOVE ON WHEN

-  All 6 strings tuned in the Guitar Efficiency App
-  8 clean bars of open low E in time + Day 1 logged in the App



 **HEAR STRINGS & LOG
DAY 1 IN APP**

app.zacharyadkinsofficial.com/tuner

Tune all 6 strings + log
Day 1 practice.



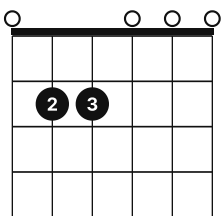
How to read a chord chart + E minor.

Today you learn how to read any chord chart in 30 seconds, build E minor, and hear it ring in the app.

EFFICIENCY TEST · PRESSURE

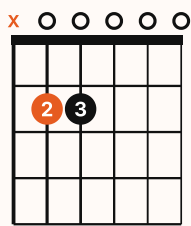
- ⊙ Pick all 6 strings one at a time. Every string must ring clear. If one buzzes, roll right onto your fingertip behind the fret wire.

Em



2 FINGERS, 6 STRINGS

HOW TO READ A CHORD BOX (30-SECOND KEY)



O / X = Open string / Skip string
 Top Bar = The Nut (top of neck)
 6 Vertical Lines = The 6 Strings
 Boxes Down = Frets 1, 2, 3, 4
 Dot Number = Which finger presses

FINGER NUMBERS

1=Index · 2=Middle · 3=Ring · 4=Pinky

E A D G B e
 Thickest (Low E) → Thinnest (High e)

YOUR FRETTING HAND KEY + E MINOR (EM) CHECK



1 = Index Finger
 2 = Middle (A string, Fret 2)
 3 = Ring (D string, Fret 2)
 4 = Pinky Finger

HEAR IT IN THE APP (/chords)

Tap Em in the app to hear all 6 strings.

Look at the annotated guide above—a chord chart is simply the guitar neck standing straight up facing you. The 6 vertical lines are the 6 strings from thickest Low E on the far left to thinnest High e on the far right. The thick black bar across the top is the nut, and the horizontal spaces are Frets 1, 2, 3, and 4. An O above a string means play it open; an X means skip it. The numbered dot tells you which finger presses that fret (1 = Index, 2 = Middle, 3 = Ring, 4 = Pinky). For E minor, place Finger 2 on the A string at fret 2, and Finger 3 on the D string at fret 2.

🔗 ZACH'S LOW-TO-HIGH RULE

Build every chord from the thickest string to the thinnest string: place Finger 2 first, then Finger 3, then pick all 6 strings one by one.



Hear Em in the App, then strum Pattern 1

First open the Guitar Efficiency App (/chords) and tap E minor so your ear hears how all 6 strings should ring. Then strum all 6 strings once on beat 1 and let it ring for 4 counts (1 – 2 – 3 – 4). After 8 bars, strum a steady downstroke on every beat.

Pattern 1 1 · 2 · 3 · 4

1 ↓ D	+	2 ↓ D	+	3 ↓ D	+	4 ↓ D	+
Em D D D D		Em D D D D		Em D D D D		Em D D D D	

TODAY'S 20 MINUTES (LOG IN APP AFTER!)

-  **1** Tune all 6 strings in the Guitar Efficiency App
-  **3** Study the Chord Chart Guide until you can name every symbol (O, X, Nut, Frets, 1 - 2 - 3 - 4)
-  **6** Build Em low - to - high, pick all 6 strings to check for buzz, lift, and repeat 10 times
-  **8** Strum Em on beat 1 for 8 bars, then on every beat (1 2 3 4) at 60 BPM
-  **2** Open the Guitar Efficiency App and log Day 2 practice

MOVE ON WHEN

-  You can read any chord box (Strings, Frets, O, X, and Finger Numbers 1 - 2 - 3 - 4)
-  All 6 strings of Em ring clean + Day 2 is logged in the App



**HEAR EM & LOG DAY
2 IN APP**

[app.zacharyadkinsofficial.com
/chords](https://app.zacharyadkinsofficial.com/chords)

Tap Em to hear all 6
strings + log Day 2.



DAY 3

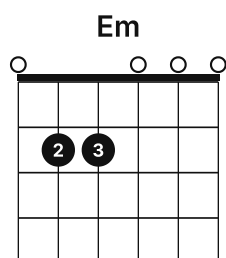
Asus2, and the locked 2-finger hop.

Today you keep the Em 2-finger shape locked together, hop it 1 string toward the floor for Asus2, and change back and forth.

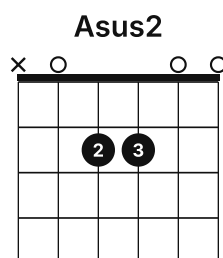
03

EFFICIENCY TEST · MOVEMENT

- Keep Fingers 2 and 3 glued together side-by-side. Lift just a pick's width off the A and D strings and hop that exact same 2-finger shape 1 string down to the D and G strings.



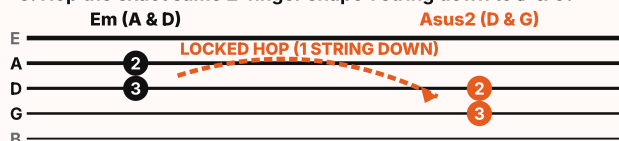
HOP 1 STRING DOWN



SAME 2-FINGER SHAPE

THE LOCKED 2-FINGER HOP (EM → ASUS2)

1. Keep Fingers 2 & 3 touching side-by-side as one locked piece.
2. Lift just a pick's width (2mm) off the A & D strings.
3. Hop the exact same 2-finger shape 1 string down to D & G!



ASUS2 STRUM TARGET: TOP 5 STRINGS ONLY

Notice the **X** over the thick Low E string on Asus2:

- Em = Strum all 6 strings (Root is Open Low E)
- Asus2 = Strum the top 5 strings (Root is Open A string)

✗ Low E ✓ A ✓ D ✓ G ✓ B ✓ e

Tap Em & Asus2 in the App (/chords) to hear the difference!

Asus2 uses the exact same 2-finger shape as Em moved 1 string toward the floor: Finger 2 on the D string at fret 2, and Finger 3 on the G string at fret 2 (notice the X on the thick low E string—only strum the top 5 strings). Most beginners yank their fingers an inch into the air, uncurl them, and rebuild the chord from scratch. Instead, keep Fingers 2 and 3 locked together as one unit, lift just enough to clear the strings, and hop them 1 string down together. That is Guitar Efficiency.

Q HOVER A PICK'S WIDTH ABOVE THE STRINGS

Only lift your fingertips the thickness of a guitar pick when hopping from Em to Asus2. A finger that flies high in the air has to hunt for its way back.



Hear Both Chords in the App, Then Play 4 Bars Each

Open Chords in the Guitar Efficiency App (/chords) and tap Em and Asus2 so your ear locks in both sounds. Then strum down on beat 1 and let it ring for the bar: 4 bars of Em, hop Fingers 2 & 3 together, 4 bars of Asus2.

Em

4 bars each

Asus2

4 bars each

ONE-MINUTE CHANGES · EM TO ASUS2

YOU

MOVE ON

30

GOAL

60

M



T



W



T



F

Your first 60-second count. Write your number in the box—tomorrow we push for 30+.

TODAY'S 20 MINUTES (LOG IN APP AFTER!)

**1** Tune all 6 strings in the App**5** Build Asus2, pick the top 5 strings (A D G B e) one by one, lift, and repeat**6** Practice the Em-to-Asus2 hop slowly keeping Fingers 2 & 3 glued together as one unit**6** Play 4 bars of Em and 4 bars of Asus2 in time at 60 BPM**2** Open the Guitar Efficiency App, enter your change count, and log Day 3

MOVE ON WHEN



Fingers 2 and 3 stay locked together as one shape when hopping between Em and Asus2



4 clean bars of each chord + Day 3 logged in the App



 **HEAR ASUS2 & LOG
DAY 3 IN APP**

app.zacharyadkinsofficial.com/chords

Hear Em & Asus2 in the app + log Day 3.



One-Minute Changes & Pattern 1.

Today you time your Em-to-Asus2 chord changes on a 60-second clock and lock in steady downstroke rhythm.



EFFICIENCY TEST · MINUTES

- ⌚ Set a 60-second timer in the App. Count your clean Em-to-Asus2 changes out loud. 30 means move on. 60 is the goal.

1

Set the 60-second timer.

Hop from Em to Asus2 and back keeping Fingers 2 and 3 locked together. Strum each chord once and count every clean landing out loud.

SWEET SPOT (BEHIND THE FRET)



Press right behind the fret wire, not on top

2

Track your best score of 3 rounds.

Run 3 one-minute rounds. Write your best number in the box on the right and log it in the App so you can watch it climb all week.

3 ROUNDS → LOG YOUR BEST

ROUND 1	ROUND 2	BEST
24	29	33 ✓

30+ = Ready to move on · 60 = Pro Goal

3

Pattern 1: down on every beat.

Count 1 – 2 – 3 – 4 out loud. Swing your right arm down smoothly on each number, brushing through the strings on the way down.

STEADY DOWNSTROKE PENDULUM



Never stop your right hand—keep the beat alive

⚠ STOPPING YOUR RIGHT HAND TO FIX A CHORD

Never stop your strumming hand to fix a buzz. Keep the beat moving on 1 – 2 – 3 – 4 and clean up the left hand on the very next bar.

🔊 HEAR BOTH CHORDS IN THE APP FIRST

Before you start the clock, tap Em and Asus2 inside the Guitar Efficiency App (/chords) so your ear knows the exact clean target sound.



Pattern 1: Two Bars of Em, Two Bars of Asus2

Turn on the App Metronome at 70 BPM. Strum down on every beat (1 2 3 4) and count out loud. Play 2 bars of Em, then hop your locked 2-finger shape on beat 1 into 2 bars of Asus2.

Pattern 1 1 · 2 · 3 · 4

1 ↓ D	+	2 ↓ D	+	3 ↓ D	+	4 ↓ D	+
Em D D D D		Em D D D D		Asus2 D D D D		Asus2 D D D D	

 **ONE-MINUTE CHANGES · EM TO ASUS2**

YOU

MOVE ON

GOAL

30

60



 M
  T
  W
  T
  F

Three 60-second rounds—write your best score. 30 means move on. 60 is the goal.

 **TODAY'S 20 MINUTES (LOG IN APP AFTER!)**

-  **1** Tune all 6 strings in the Guitar Efficiency App
-  **5** One-Minute Changes (Em ↔ Asus2): 3 rounds, write your best number
-  **4** Pattern 1 downstrokes on Em alone (count 1 2 3 4 out loud)
-  **8** Play 2 bars of Em → 2 bars of Asus2 at 70 BPM without stopping your right hand
-  **2** Open the Guitar Efficiency App and log Day 4 practice + your top score

✓ MOVE ON WHEN

-  30+ clean Em-to-Asus2 changes in 60 seconds
-  16 bars of Em ↔ Asus2 at 70 BPM + Day 4 logged in the App



**RUN 60S TIMER &
LOG DAY 4 IN APP**

**app.zacharyadkinsofficial.com
/practice**

Time your Em ↔ Asus2
hops + log Day 4.



Read tab and play your first riff.

Today you learn to read guitar tab in 30 seconds, assign 1 finger per fret, and play Riff 1 cleanly.

05

EFFICIENCY TEST · MOVEMENT

- ⊙ One finger per fret: Finger 1 owns fret 1, Finger 2 owns fret 2, Finger 3 owns fret 3. Between notes, each finger hovers right over its own home fret.

1

Six horizontal lines = the 6 strings.

Tab is the guitar neck lying flat in your lap. The bottom line is the thickest Low E string; the top line is the thinnest High e string.

TAB = NECK LYING FLAT

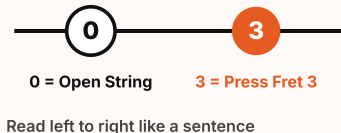


2

The number on the line is the fret.

Read left to right: 0 means pluck that string open, 2 means press fret 2, and 3 means press fret 3. Only play the string that has a number on it.

NUMBER = FRET TO PRESS



3

One Finger Per Fret (1–2–3).

Never chase every note with one finger. Assign Finger 1 to Fret 1, Finger 2 to Fret 2, and Finger 3 to Fret 3 so your hand never jumps.

ONE FINGER PER FRET (1–2–3)



🔊 HEAR EVERY NOTE IN THE APP

Open the Fretboard or Tab Player in the Guitar Efficiency App (/fretboard & /play-along) to hear every note of Riff 1 played back cleanly before you start.



Riff 1 · One Finger Per Fret (E Minor)



Say each fret number out loud first (0 – 0 – 2 – 3 on the low E, then 0 – 2 – 2 – 0 on the A string). Use Finger 2 for every 2 and Finger 3 for every 3. Play 1 bar at a time at 60 BPM, then loop the full riff.

E A D

THICK TO THIN

	1	2	3	4	1	2	3	4
T								
A								
B	0 — 0 — 2 — 3				0 — 2 — 2 — 0			
	↓	↓	↓	↓	↓	↓	↓	↓

ONE-MINUTE CHANGES · EM TO ASUS2

YOU

MOVE ON

GOAL

30

60



M



T



W



T



F

Two 60-second rounds today—write your best score and log it in the App.

TODAY'S 20 MINUTES (LOG IN APP AFTER!)

-  **1** Tune all 6 strings in the Guitar Efficiency App
-  **3** Read the Riff 1 tab out loud by string and fret number
-  **8** Practice Riff 1 bar by bar using strict One-Finger-Per-Fret (Finger 2 on fret 2, Finger 3 on fret 3)
-  **4** Play Riff 1 all the way through at 60 BPM with the App Metronome
-  **2** Two rounds of One-Minute Changes (Em ↔ Asus2)
-  **2** Open the Guitar Efficiency App and log Day 5 practice

MOVE ON WHEN

-  Riff 1 played cleanly at 60 BPM using Finger 2 on fret 2 and Finger 3 on fret 3
-  Day 5 practice logged inside the Guitar Efficiency App



**HEAR RIFF 1 & LOG
DAY 5 IN APP**

[app.zacharyadkinsofficial.com
/play-along](https://app.zacharyadkinsofficial.com/play-along)

Hear Riff 1 note-by-note
+ log Day 5.

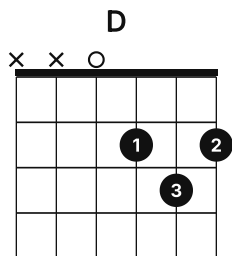


The D chord triangle.

Today you build the D major triangle, hear all 4 strings ring in the app, and connect Em, Asus2, and D.

EFFICIENCY TEST · PRESSURE

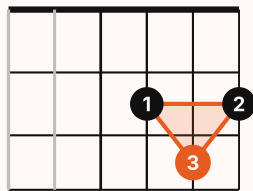
- ⦿ Pick the top 4 strings (D G B e) one by one. If the thin high e string sounds muted, arch Finger 3 on its very tip so it clears the e string underneath.



3 FINGERS, 4 STRINGS

THE D MAJOR TRIANGLE (BUILD IT 1 → 3 → 2)

x x o



Step 1: Finger 1 on G string, Fret 2

Step 2: Finger 3 on B string, Fret 3

Step 3: Finger 2 on high e, Fret 2

Strum **ONLY** the top 4 strings (D G B e)!

Tap D in the App (/chords) to hear it ring.

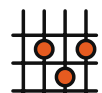
FIXING A MUTED HIGH E STRING (90° KNUCKLE ARCH)



D major is a triangle on the top 3 strings: Finger 1 on the G string at fret 2, Finger 3 on the B string at fret 3 (the point of the triangle), and Finger 2 on the thin high e string at fret 2. Build it in that exact order every time: 1, then 3, then 2. Notice the two X marks above the thick E and A strings—aim your pick starting at the D string and strum only the top 4 strings.

⚠ THE THIN HIGH E STRING GOES DEAD

Finger 3 is leaning flat against the high e string. Bend your last knuckle and stand Finger 3 straight up on its tip until the high e rings bright and clear.



Hear D in the App, Then Connect Em → Asus2 → D

First open Chords in the Guitar Efficiency App (/chords) and tap D major to hear those 4 strings ring. Then play 2 bars of Em, 2 bars of Asus2, and 2 bars of D using Pattern 1 at 70 BPM.

Pattern 1 1 · 2 · 3 · 4

1 ↓ D	+	2 ↓ D	+	3 ↓ D	+	4 ↓ D	+
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Em 2 bars each	Asus2 2 bars each	D 2 bars each
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 **ONE-MINUTE CHANGES · EM TO D**

YOU	MOVE ON	GOAL						
	30	60		M	T	W	T	F

Count Asus2 to D too. 30 means move on. 60 is the goal.

 **TODAY'S 20 MINUTES (LOG IN APP AFTER!)**

-  **1** Tune all 6 strings in the Guitar Efficiency App
-  **5** Tap D in the App (/chords) to hear it, then build D (1-3-2), pick the top 4 strings, lift, and repeat
-  **4** Practice Asus2 → D transitions slowly
-  **4** Practice Em → D transitions slowly
-  **4** One-Minute Changes: Em ↔ D (write your best score)
-  **2** Open the Guitar Efficiency App and log Day 6 practice

✓ **MOVE ON WHEN**

-  All 4 strings of D ring cleanly with the low E and A strings skipped
-  30+ Em-to-D changes in 60 seconds + Day 6 logged in the App

✓ **YOU CAN NOW PLAY**

Louie Louie A · D · Em (use Asus2 for the A)



**HEAR D MAJOR & LOG
DAY 6 IN APP**

app.zacharyadkinsofficial.com/chords

Hear D Major ring clean + log Day 6.

DAY 7

Put the whole week together.

Today you combine Riff 1 with your Em – Asus2 – D progression, log Day 7 in the app, and post your clip.

07

EFFICIENCY TEST · MINUTES

- Look at your App streak: 7 days, 20 minutes a day, 140 minutes total. You can now read chord boxes, read tab, and play a complete piece in time.

1

Play Riff 1 In (4 Bars).

Start with Riff 1 at 75–80 BPM using One Finger Per Fret (Open 0, Finger 2 on fret 2, Finger 3 on fret 3).

ONE FINGER PER FRET (1–2–3)



2

Strum the 3-Chord Progression.

Go straight into 2 bars of Em, hop your locked 2-finger shape to 2 bars of Asus2, and land on 2 bars of D with Pattern 1.

STEADY DOWNSTROKE PENDULUM



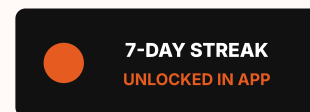
Never stop your right hand—keep the beat alive

3

Riff 1 Out + Log Day 7 in the App.

Finish with Riff 1 and let a final Em chord ring out. Then log Day 7 in the Guitar Efficiency App and record a quick phone clip for the Skool group!

LOG DAY 7 & RECORD



Log Day 7 in the App & post your clip in Skool

🔔 CHECK YOUR CHORDS & RIFFS IN THE APP FIRST

Before you record your Day 7 run, tap Em, Asus2, and D in the App (/chords) to make sure all 6 strings of Em, 5 strings of Asus2, and 4 strings of D match the app audio.



The Complete Week-1 Piece (Riff 1 → Chords → Riff 1)

Play Riff 1 in, strum 2 bars each of Em, Asus2, and D with Pattern 1, and finish with Riff 1 out. Play it through twice—on the second take, prop your phone up and record it.

Pattern 1 1 · 2 · 3 · 4

1 ↓ D	+	2 ↓ D	+	3 ↓ D	+	4 ↓ D	+
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Em 2 bars each	Asus2 2 bars each	D 2 bars each
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 **ONE-MINUTE CHANGES · EM TO D**

YOU	MOVE ON	GOAL	
	30	60	


M


T


W


T


F

Final 60-second count of Week 1—write it next to Day 1's score and log it in the App!

 **TODAY'S 20 MINUTES (LOG IN APP AFTER!)**

-  **1** Tune all 6 strings in the Guitar Efficiency App
-  **4** Warm up Riff 1 at 75–80 BPM
-  **5** Warm up Em → Asus2 → D (2 bars each, keep your right hand moving)
-  **5** Play the complete Week-1 Piece (Riff 1 → Em, Asus2, D → Riff 1) twice
-  **3** Record 1 take on your phone and post it in the Guitar Efficiency Skool group
-  **2** Open the Guitar Efficiency App and log Day 7 to complete your 7-day streak!

✓ MOVE ON WHEN

-  Complete Week-1 Piece played through without stopping your right hand
-  All 7 days logged in the Guitar Efficiency App

✓ YOU CAN NOW PLAY

Louie Louie A · D · Em (Asus2 for the A)

Your Week-1 Piece Riff 1 + Em · Asus2 · D



**LOG DAY 7 & CLAIM
YOUR STREAK**

app.zacharyadkinsofficial.com/practice

Hear all 3 chords + log Day 7 in the app!



If it buzzes.

Every beginner hears these. Find your sound, do the fix, run the test. Most take 1 minute. Come back any week.

1

A note buzzes

WHY

Your finger is too far from the fret wire.

FIX

Slide it up until it is right behind the fret.

TEST

Play the note slowly 4 times, clean.

2

One string in the chord is dead

WHY

The next finger's pad is touching it.

FIX

Spike the knuckle and land on the fingertip.

TEST

Pick the 6 strings one at a time.

3

Your hand cramps after a minute

WHY

You press too hard.

FIX

Run the pressure test with the thumb behind the neck.

TEST

3 rounds of 1 minute on, 1 minute off, no cramp.

4

Fingertips burn

WHY

Normal, calluses build up with time.

FIX

20 minutes a day, not 2 hours on Sunday.

TEST

Dull soreness means play, sharp pain means stop.



5

The chord is fine slow and falls apart in time

WHY

You are moving every finger at once.

FIX

Keep the finger both chords share and move the rest.

TEST

One - Minute Changes at 30.

6

The pick slips or flies

WHY

Too much pick is showing.

FIX

Hold it like a key, a small tip, firm not tight.

TEST

8 bars of down strums with no re - grip.

7

It sounds out of tune after 10 minutes

WHY

New strings, or a cold room.

FIX

Tune again, new strings keep going flat until they stretch in.

TEST

Check one string against the app.

8

It is hard to press on every fret

WHY

The strings sit too high, that is the action.

FIX

Ask a guitar shop for a setup.

TEST

At fret 1, one finger should do it.



▶ UNLOCK ALL 6 WEEKS IN THE APP

app.zacharyadkinsofficial.com/path

7 - day free trial active now — tap to open.

