



Build A Strong Fretboard Understanding 3/5

| Key To Practice | C | G | D | A | E | B | F#/G♭ | D♭ | A♭ | E♭ | B♭ | F |
|-------------------------|--------------|--------|-----|-----|-----|-----|-------|-----|--------|----|----|---|
| Category | String Pair | Unison | 2nd | 3rd | 4th | 5th | 6th | 7th | Octave | | | |
| Adjacent Strings | E and B | | | | | | | | | | | |
| | G and B | | | | | | | | | | | |
| | D and G | | | | | | | | | | | |
| | A and D | | | | | | | | | | | |
| | Low E and A | | | | | | | | | | | |
| Skipping Strings | G and High E | | | | | | | | | | | |
| | D and B | | | | | | | | | | | |
| | G and A | | | | | | | | | | | |
| | Low E and D | | | | | | | | | | | |

How To Organize Your Practice

Vertical Interval Practice Worksheet

Instructions: Use this chart to track your practice. Choose a key, an interval, and a string pair. Mark the key and interval you're practicing in and check off each box as you complete a session.

How to use:

1. **Select a key** from the top
2. **Choose a string pair** (from the adjacent or skipping string categories).
3. **Pick an interval** to practice (from unison to octave).
4. **Mark off each completed box** once you've practiced that interval on the chosen string pair in the selected key.

Just to be clear:

You have several factors that you can combine in various ways:

- **Two categories of vertical intervals:** adjacent strings and string-skipping.
- **String pairs:** five pairs in the adjacent string category and four pairs in the string-skipping category.
- **Intervals:** eight intervals to practice, from unison to octave.
- **Keys:** twelve different keys to work through.
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You can choose to focus on one string pair, interval, and key during a single practice session, which is great if you're short on time or want to deep-dive into one aspect. Alternatively, you can opt for a more extensive session where you cover multiple string pairs, intervals, or keys. There's plenty of room to adjust based on your schedule and goals.

Adjacent String Intervals: Unison

The first system of music is in 4/4 time. The treble clef staff shows a sequence of notes: G4, A4, B4, C5, D5, E5, F5, G5, A5, B5, C6, D6, E6, F6, G6. The guitar tablature below shows the corresponding fret numbers: 5, 0, 6, 1, 8, 3, 10, 5, 12, 7, 13, 8, 15, 10, 17, 12.

The second system of music continues the sequence. The treble clef staff shows notes: G6, A6, B6, C7, D7, E7, F7, G7, A7, B7, C8, D8, E8, F8, G8. The guitar tablature shows fret numbers: 18, 13, 20, 15, 15, 20, 13, 18, 12, 17, 10, 15.

The third system of music continues the sequence. The treble clef staff shows notes: G8, A8, B8, C9, D9, E9, F9, G9, A9, B9, C10, D10, E10, F10, G10. The guitar tablature shows fret numbers: 8, 13, 7, 12, 5, 10, 3, 8, 1, 6, 0, 5.

Seconds

The first system of music for 'Seconds' is in 4/4 time. The treble clef staff shows a sequence of notes: G4, A4, B4, C5, D5, E5, F5, G5, A5, B5, C6, D6, E6, F6, G6. The guitar tablature shows fret numbers: 3, 0, 5, 1, 6, 3, 8, 5, 10, 7, 12, 8, 13, 10, 15, 12.

The second system of music for 'Seconds' continues the sequence. The treble clef staff shows notes: G6, A6, B6, C7, D7, E7, F7, G7, A7, B7, C8, D8, E8, F8, G8. The guitar tablature shows fret numbers: 17, 13, 18, 15, 20, 17, 17, 20, 15, 18, 13, 17, 12, 15, 10, 13.

8 12 7 10 | 5 8 3 6 | 1 5 0 3

Thirds

1 0 3 1 | 5 3 6 5 | 8 7 10 8

12 10 13 12 | 15 13 17 15 | 18 17 20 19

19 20 17 18 | 15 17 13 15 | 12 13 10 12

8 10 7 8 | 5 6 3 5 | 1 3 0 1

Fourths

The first system of music consists of a treble clef staff and a three-line TAB staff. The treble staff contains a sequence of notes: G4, A4, B4, C5, D5, E5, F5, G5, A5, B5, C6, D6, E6, F6, G6. The TAB staff shows the corresponding fret numbers: 0, 0, 1, 1, 3, 3, 5, 5, 6, 7, 8, 8, 8, 8.

The second system of music consists of a treble clef staff and a three-line TAB staff. The treble staff contains notes: G5, A5, B5, C6, D6, E6, F6, G6, A6, B6, C7, D7, E7, F7, G7. The TAB staff shows fret numbers: 10, 10, 12, 12, 13, 13, 15, 15, 17, 17, 18, 19.

The third system of music consists of a treble clef staff and a three-line TAB staff. The treble staff contains notes: G7, A7, B7, C8, D8, E8, F8, G8, A8, B8, C9, D9, E9, F9, G9. The TAB staff shows fret numbers: 20, 20, 20, 20, 19, 18, 17, 17, 15, 15, 13, 13.

The fourth system of music consists of a treble clef staff and a three-line TAB staff. The treble staff contains notes: G9, A9, B9, C10, D10, E10, F10, G10, A10, B10, C11, D11, E11, F11, G11. The TAB staff shows fret numbers: 12, 12, 10, 10, 8, 8, 7, 6, 5, 5, 3, 3, 1, 1, 0, 0.

The fifth system of music consists of an empty treble clef staff and an empty three-line TAB staff.

Fifths

The first system of musical notation consists of a treble clef staff and a three-line TAB staff. The treble staff contains a sequence of notes: G4, A4, B4, C5, D5, E5, F5, G5, A5, B5, C6, D6, E6, F6, G6. The TAB staff shows the corresponding fret numbers: 0, 1, 1, 3, 3, 5, 5, 7, 6, 8, 8, 10.

The second system of musical notation consists of a treble clef staff and a three-line TAB staff. The treble staff contains notes: G5, A5, B5, C6, D6, E6, F6, G6, A6, B6, C7, D7, E7, F7, G7. The TAB staff shows fret numbers: 10, 12, 12, 13, 13, 15, 15, 17, 17, 19, 18, 20.

The third system of musical notation consists of a treble clef staff and a three-line TAB staff. The treble staff contains notes: G7, A7, B7, C8, D8, E8, F8, G8, A8, B8, C9, D9, E9, F9, G9. The TAB staff shows fret numbers: 20, 18, 19, 17, 17, 15, 15, 13, 13, 12, 12, 10.

The fourth system of musical notation consists of a treble clef staff and a three-line TAB staff. The treble staff contains notes: G9, A9, B9, C10, D10, E10, F10, G10, A10, B10, C11, D11, E11, F11, G11. The TAB staff shows fret numbers: 10, 8, 8, 6, 7, 5, 5, 3, 3, 1, 1, 0.

The fifth system of musical notation consists of an empty treble clef staff and an empty three-line TAB staff.

Sixths

0 3 1 5 | 3 7 5 8 | 6 10 8 12 | 10 13 12 15

13 17 15 19 | 17 20 20 17 | 19 15 17 13 | 15 12 13 10

12 8 10 6 | 8 5 7 3 | 5 1 3 0

Sevenths

0 5 1 7 | 3 8 5 10 | 6 12 8 13

10 15 12 17 | 13 19 15 20 | 20 15 19 13

17 12 15 10 | 13 8 12 6 | 10 5 8 3 | 7 1 5 0

Octave

0 7 1 8 | 3 10 5 12 | 6 13 8 15

10 17 12 19 | 13 20 20 13 | 19 12 17 10

15 8 13 6 | 12 5 10 3 | 8 1 7 0

String Skipping Intervals: Unison

0 1 3 5 7 8 10 12
9 10 12 14 16 17 19 21

12 10 8 7 5 3 1 0
21 19 17 16 14 12 10 9

Seconds

0 1 3 5 7 8
7 9 10 12 14 16

10 12 13 13 12 10
17 19 21 21 19 17

8 7 5 3 1 0
16 14 12 10 9 7

Thirds

The first system of 'Thirds' consists of two staves. The top staff is a treble clef with a series of eighth notes: G4, A4, B4, C5, D5, E5, F5, G5, A5, B5, C6, D6, E6, F6, G6. The bottom staff is a guitar TAB with fret numbers: 5, 7, 1, 3, 5, 7, 8, 10, 12.

The second system of 'Thirds' consists of two staves. The top staff continues the eighth-note sequence: G6, A6, B6, C7, D7, E7, F7, G7, A7, B7, C8, D8, E8, F8, G8. The bottom staff has fret numbers: 13, 15, 15, 13, 12, 10, 19, 21, 21, 19, 17, 16.

The third system of 'Thirds' consists of two staves. The top staff continues the eighth-note sequence: G8, A8, B8, C9, D9, E9, F9, G9, A9, B9, C10, D10, E10, F10, G10. The bottom staff has fret numbers: 8, 14, 7, 12, 5, 10, 3, 9, 1, 7, 0, 5.

Fourths

The first system of 'Fourths' consists of two staves. The top staff is a treble clef with a series of eighth notes: G4, A4, B4, C5, D5, E5, F5, G5, A5, B5, C6, D6, E6, F6, G6. The bottom staff is a guitar TAB with fret numbers: 4, 5, 1, 3, 5, 7, 8, 10, 12.

The second system of 'Fourths' consists of two staves. The top staff continues the eighth-note sequence: G6, A6, B6, C7, D7, E7, F7, G7, A7, B7, C8, D8, E8, F8, G8. The bottom staff has fret numbers: 13, 15, 17, 17, 15, 13, 12, 10, 17, 19, 21, 21, 19, 17, 16, 14.

8 7 5 3 1 0 4

12 10 9 7 5

Fifths

0 1 3 5 7 8 10 12

2 4 5 7 9 10 12 14

13 15 17 19 19 17 15 13 12 10

16 17 19 21 21 19 17 16 14 12

8 7 5 3 1 0 2

10 9 7 5 4

Sixths

System 1: Treble clef, 4/4 time signature. Staff 1: Notes G4, A4, B4, C5, D5, E5, F5, G5, A5, B5, C6, D6. Staff 2: TAB notation with fret numbers 0, 2, 4, 5, 7, 9, 10, 12.

System 2: Treble clef. Staff 1: Notes G5, A5, B5, C6, D6, E6, F6, G6, A6, B6, C7, D7. Staff 2: TAB notation with fret numbers 13, 14, 16, 17, 19, 20, 21.

System 3: Treble clef. Staff 1: Notes G6, F6, E6, D6, C6, B5, A5, G5, F5, E5, D5, C5. Staff 2: TAB notation with fret numbers 19, 17, 15, 13, 12, 10.

System 4: Treble clef. Staff 1: Notes G5, F5, E5, D5, C5, B4, A4, G4, F4, E4, D4, C4. Staff 2: TAB notation with fret numbers 8, 9, 7, 5, 3, 1, 0.

System 5: Treble clef. Staff 1: Empty staff. Staff 2: Empty TAB notation.

Sevenths

Musical notation for the first system of 'Sevenths'. The treble clef staff contains notes: G4 (quarter), A4 (quarter), B4 (quarter), C5 (quarter), B4 (quarter), A4 (quarter), G4 (quarter), F#4 (quarter), E4 (quarter), D4 (quarter), C4 (quarter), B3 (quarter), A3 (quarter), G3 (quarter). The guitar TAB staff shows fret numbers: 0, 1, 2, 3, 4, 5, 5, 7, 7, 8, 9, 10, 10, 12, 12, 13.

Musical notation for the second system of 'Sevenths'. The treble clef staff contains notes: G3 (quarter), F#3 (quarter), E3 (quarter), D3 (quarter), C3 (quarter), B2 (quarter), A2 (quarter), G2 (quarter), F#2 (quarter), E2 (quarter), D2 (quarter), C2 (quarter), B1 (quarter), A1 (quarter), G1 (quarter). The guitar TAB staff shows fret numbers: 14, 15, 16, 17, 17, 19, 19, 20, 20, 19, 17, 17, 16, 15, 14.

Musical notation for the third system of 'Sevenths'. The treble clef staff contains notes: G1 (quarter), F#1 (quarter), E1 (quarter), D1 (quarter), C1 (quarter), B0 (quarter), A0 (quarter), G0 (quarter), F#0 (quarter), E0 (quarter), D0 (quarter), C0 (quarter), B-1 (quarter), A-1 (quarter), G-1 (quarter). The guitar TAB staff shows fret numbers: 13, 12, 10, 10, 8, 7, 7, 5, 5, 4, 3, 2, 1, 0.

Blank musical notation for the fourth system, including a treble clef staff and a corresponding guitar TAB staff.

Blank musical notation for the fifth system, including a treble clef staff and a corresponding guitar TAB staff.

Octaves

Musical staff 1: Treble clef, quarter notes, TAB 0-3-5 | 4-7-8 | 7-10-12

Musical staff 2: Treble clef, quarter notes, TAB 10-13-15 | 14-17-19 | 17-20-20-17

Musical staff 3: Treble clef, quarter notes, TAB 19-17-15-13 | 12-10-9-7

Musical staff 4: Treble clef, quarter notes, TAB 8-7-5-4 | 5-3-2-0