

#10DayBluesChallenge

Day 1 – Your First 12 bar



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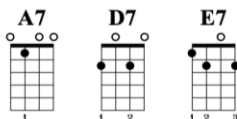
Key: A

Tempo: Any

Chords needed: A7, D7, E7

Video Tutorial: <https://www.youtube.com/watch?v=GO7EukAv5d4&feature=youtu.be>

Step 1: Learn the Chords



Note the numbers below the chords, they indicate which finger to use. The number 1 indicates the index finger, 2 the is the middle, 3 the ring and 4 the pinky. (I personally prefer to use fingers 2 and 3 for the D7, not 1 and 2)

Now that we have the chords we need to understand the term bar, a bar is a measure of music and in this style is noted by 4 beats. When you count to 4 you have counted one measure, or one bar of music. To make a 12 bar blues you will repeat this process in a cycle of 12.

- The first 4 bars of the 12 bar are A7.

1 & 2 & 3 & 4 &	1 & 2 & 3 & 4 &	1 & 2 & 3 & 4 &	1 & 2 & 3 & 4 &	
A7	A7	A7	A7	
D	D	D	D	

Here the D represents the down, simply down strum on the A7 and count to four.

- The second 4 bars of the 12 bar are both D7 and A7.

1 & 2 & 3 & 4 &	1 & 2 & 3 & 4 &	1 & 2 & 3 & 4 &	1 & 2 & 3 & 4 &	
D7	D7	A7	A7	
D	D	D	D	

- The last 4 bars of the 12 bar are known as the turnaround.

```
1 & 2 & 3 & 4 & | 1 & 2 & 3 & 4 & | 1 & 2 & 3 & 4 & | 1 & 2 & 3 & 4 & |
E7           |D7           |A7           |E7           |
D             |D             |D             |D             |
```

Once you have become used to just counting through this three mini progressions the next step is to put them all together, make sure you are counting out loud.

```
1 & 2 & 3 & 4 & | 1 & 2 & 3 & 4 & | 1 & 2 & 3 & 4 & | 1 & 2 & 3 & 4 & |
A7           |A7           |A7           |A7           |
D             |D             |D             |D             |
```

```
1 & 2 & 3 & 4 & | 1 & 2 & 3 & 4 & | 1 & 2 & 3 & 4 & | 1 & 2 & 3 & 4 & |
D7           |D7           |A7           |A7           |
D             |D             |D             |D             |
```

```
1 & 2 & 3 & 4 & | 1 & 2 & 3 & 4 & | 1 & 2 & 3 & 4 & | 1 & 2 & 3 & 4 & |
E7           |D7           |A7           |E7           |
D             |D             |D             |D             |
```

After you have become comfortable with this the next step is to add down strums on all the beats. You should play this over and over again until you can feel the changes, it should feel familiar. Focus on counting out loud and keeping your down strums in time.

```
1 & 2 & 3 & 4 & | 1 & 2 & 3 & 4 & | 1 & 2 & 3 & 4 & | 1 & 2 & 3 & 4 & |
A7           |A7           |A7           |A7           |
D D D D     |D D D D     |D D D D     |D D D D     |
```

```
1 & 2 & 3 & 4 & | 1 & 2 & 3 & 4 & | 1 & 2 & 3 & 4 & | 1 & 2 & 3 & 4 & |
D7           |D7           |A7           |A7           |
D D D D     |D D D D     |D D D D     |D D D D     |
```

```
1 & 2 & 3 & 4 & | 1 & 2 & 3 & 4 & | 1 & 2 & 3 & 4 & | 1 & 2 & 3 & 4 & |
E7           |D7           |A7           |E7           |
D D D D     |D D D D     |D D D D     |D D D D     |
```

The last step (when you feel comfortable) is to add an upstrum to get your 12 bar progression to look like this.

1 & 2 & 3 & 4 & | 1 & 2 & 3 & 4 & | 1 & 2 & 3 & 4 & | 1 & 2 & 3 & 4 & |
A7 | A7 | A7 | A7 |
D U D U D U D U | D U D U D U D U | D U D U D U D U | D U D U D U D U |

1 & 2 & 3 & 4 & | 1 & 2 & 3 & 4 & | 1 & 2 & 3 & 4 & | 1 & 2 & 3 & 4 & |
D7 | D7 | A7 | A7 |
D U D U D U D U | D U D U D U D U | D U D U D U D U | D U D U D U D U |

1 & 2 & 3 & 4 & | 1 & 2 & 3 & 4 & | 1 & 2 & 3 & 4 & | 1 & 2 & 3 & 4 & |
E7 | D7 | A7 | E7 |
D U D U D U D U | D U D U D U D U | D U D U D U D U | D U D U D U D U |

