

7 DAYS TO YOUR FIRST SONG

Ten minutes a day. A video every evening on TikTok, and the day's QR code opens the exercise in the app. On 31 October you play your song – and the app opens.

1

Hold and tune

Rest the guitar, tune with the app's tuner, strum the open strings.

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2

Rhythm

Four down-strums, counting "1, 2, 3, 4". One minute without stopping.

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3

E minor

Your first chord, with two fingers. Every string must ring.

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4

C

The second chord. Three fingers, pressing with the tips.

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5

Change

E minor ↔ C, four beats each. Keep the rhythm through the change.

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6

G and D

The last two chords of the song, in their easy versions.

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7

Your song

E minor, C, G, D on repeat: the progression behind hundreds of songs. Film yourself!

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Post your day-7 video with #ChrisGuitarChallenge