A MINOR PENTATONIC

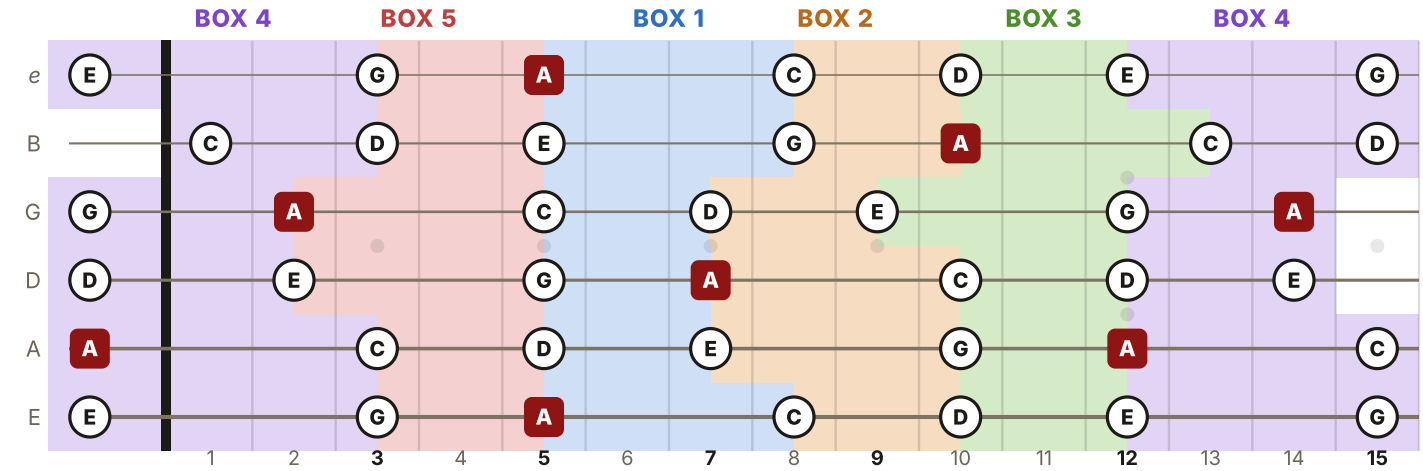
ALL 5 BOXES ON GUITAR · STANDARD TUNING

PENTATONIC BOX

NOTES	A	C	D	E	G
	1	b3	4	5	b7

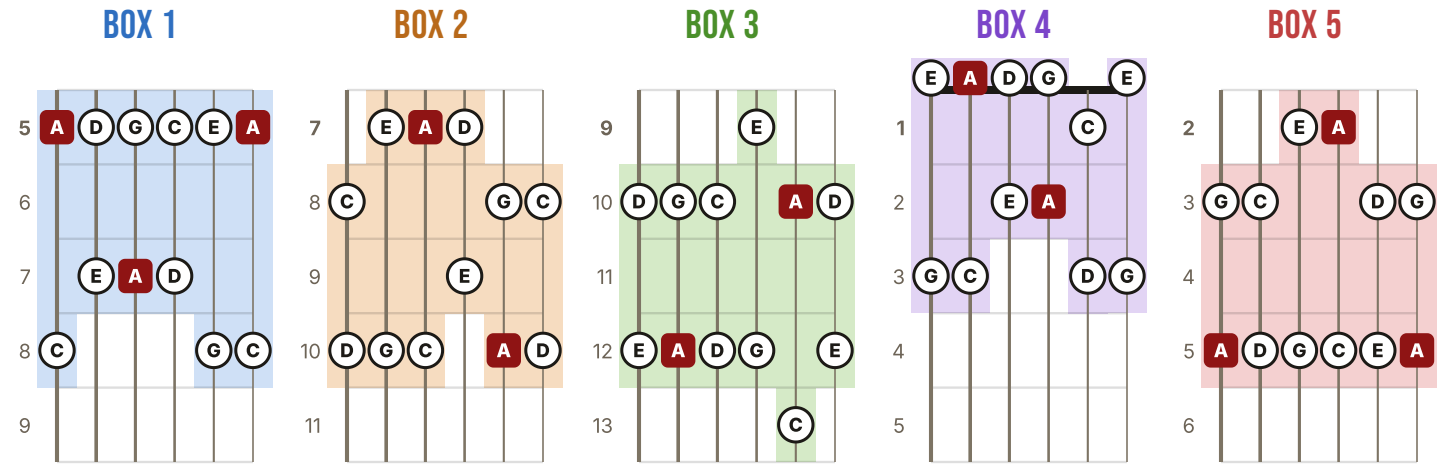
Relative major: C major uses the same 5 shapes.

THE WHOLE NECK



Root (A) Each color is one box. Notes on a color edge are shared by two boxes.

BOX BY BOX



1. Learn Box 1 first

Play it low to high and back, two notes per string. Say each note name as you go.

2. Land on the roots

Start and end your phrases on A (the dark squares). They're your home base in every box.

3. Connect the boxes

Each box shares notes with the next, where the colors meet. Slide across them to move up the neck.

7-DAY PRACTICE PLAN

Day 1 ☐	Day 2 ☐	Day 3 ☐	Day 4 ☐	Day 5 ☐	Day 6 ☐	Day 7 ☐
Box 1 up and down, slowly	Box 1, landing on every root	Box 2 up and down	Connect Box 1 → Box 2	Box 3, then connect 2 → 3	Boxes 4 and 5	All 5 boxes, end on the root

B♭ MINOR PENTATONIC

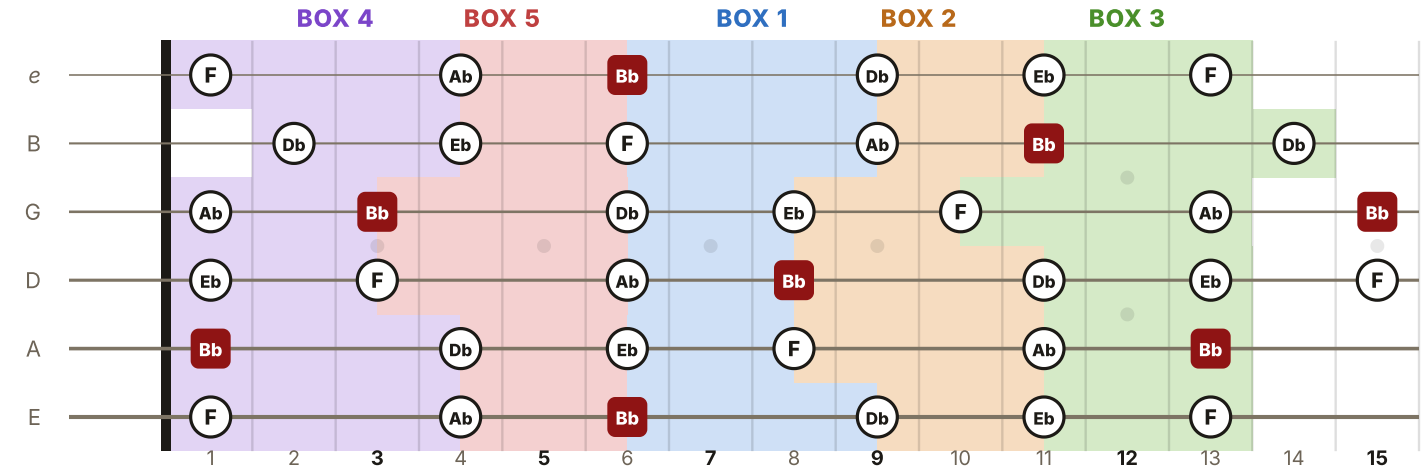
ALL 5 BOXES ON GUITAR · STANDARD TUNING

PENTATONIC BOX

NOTES **Bb** 1 · **Db** b3 · **Eb** 4 · **F** 5 · **Ab** b7

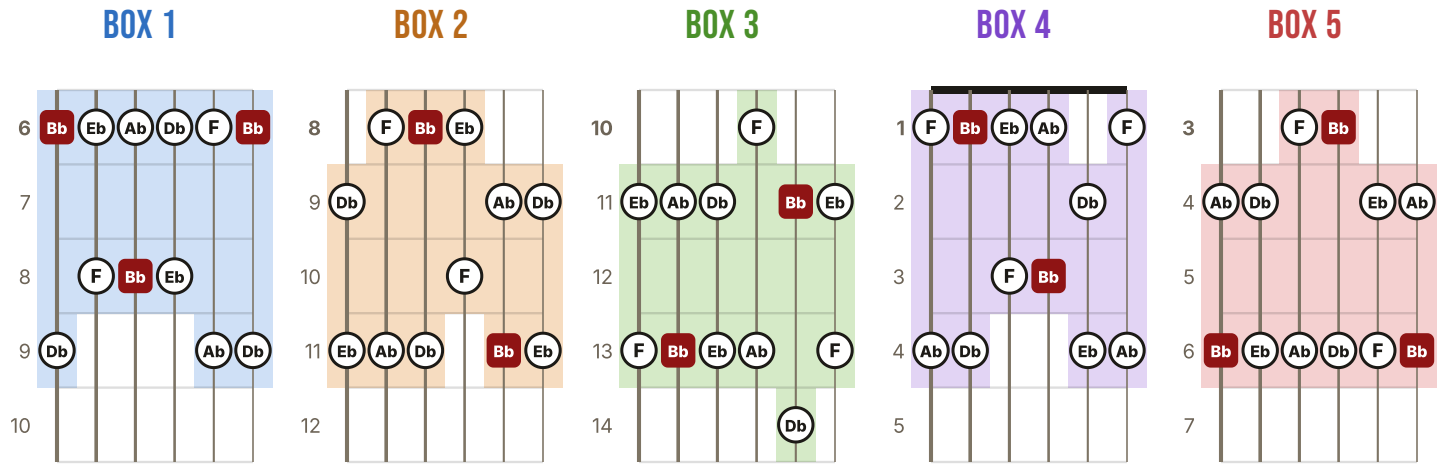
Relative major: Db major uses the same 5 shapes.

THE WHOLE NECK



Root (Bb) Each color is one box. Notes on a color edge are shared by two boxes.

BOX BY BOX



1. Learn Box 1 first

Play it low to high and back, two notes per string. Say each note name as you go.

2. Land on the roots

Start and end your phrases on Bb (the dark squares). They're your home base in every box.

3. Connect the boxes

Each box shares notes with the next, where the colors meet. Slide across them to move up the neck.

7-DAY PRACTICE PLAN

Day 1 ☐	Day 2 ☐	Day 3 ☐	Day 4 ☐	Day 5 ☐	Day 6 ☐	Day 7 ☐
Box 1 up and down, slowly	Box 1, landing on every root	Box 2 up and down	Connect Box 1 → Box 2	Box 3, then connect 2 → 3	Boxes 4 and 5	All 5 boxes, end on the root

B MINOR PENTATONIC

ALL 5 BOXES ON GUITAR · STANDARD TUNING

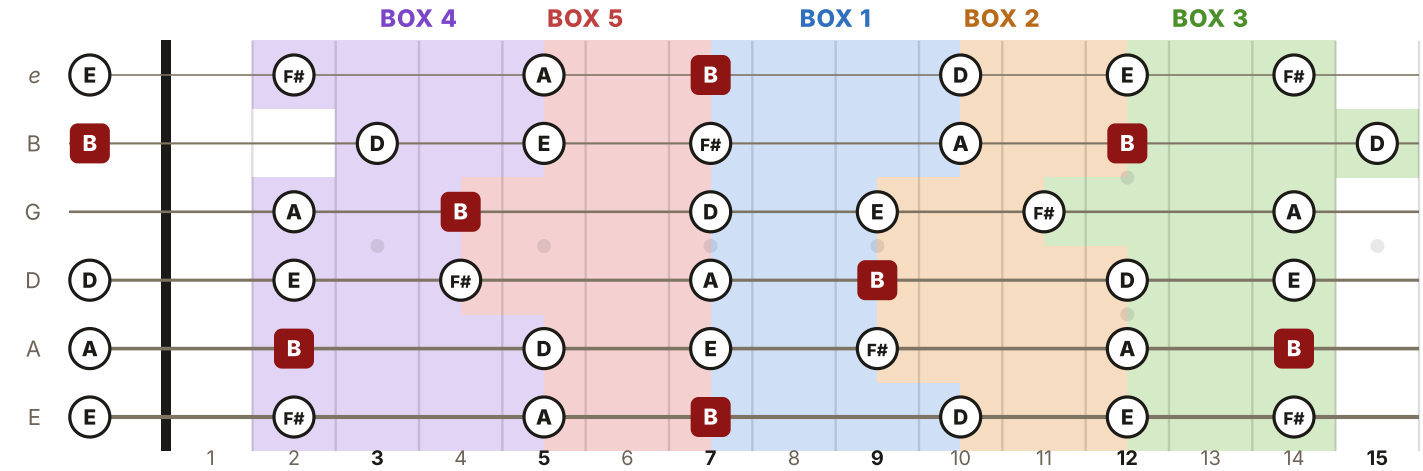
PENTATONIC BOX

NOTES

B	D	E	F#	A
1	b3	4	5	b7

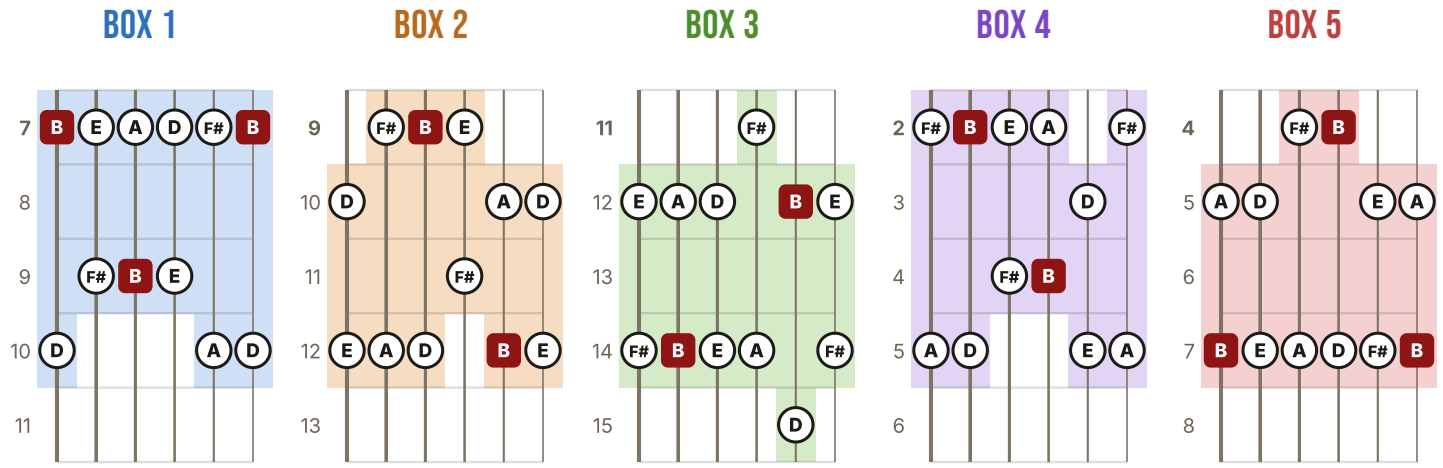
Relative major: D major uses the same 5 shapes.

THE WHOLE NECK



Root (B) Each color is one box. Notes on a color edge are shared by two boxes.

BOX BY BOX



1. Learn Box 1 first

Play it low to high and back, two notes per string. Say each note name as you go.

2. Land on the roots

Start and end your phrases on B (the dark squares). They're your home base in every box.

3. Connect the boxes

Each box shares notes with the next, where the colors meet. Slide across them to move up the neck.

7-DAY PRACTICE PLAN

Day 1 ☐	Day 2 ☐	Day 3 ☐	Day 4 ☐	Day 5 ☐	Day 6 ☐	Day 7 ☐
Box 1 up and down, slowly	Box 1, landing on every root	Box 2 up and down	Connect Box 1 → Box 2	Box 3, then connect 2 → 3	Boxes 4 and 5	All 5 boxes, end on the root

C MINOR PENTATONIC

ALL 5 BOXES ON GUITAR · STANDARD TUNING

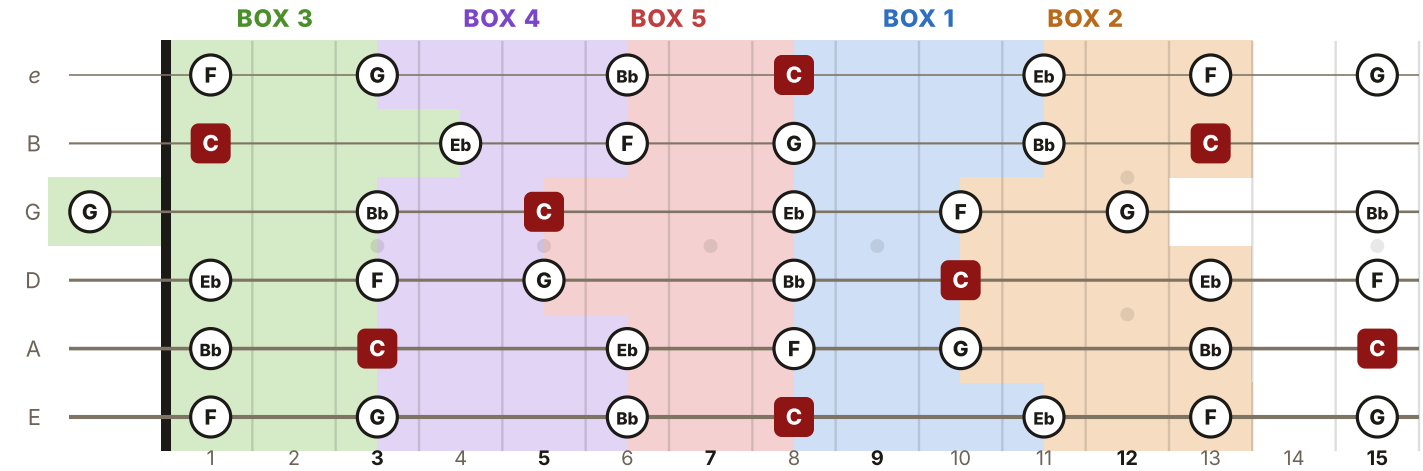
PENTATONIC BOX

NOTES

C	Eb	F	G	Bb
1	b3	4	5	b7

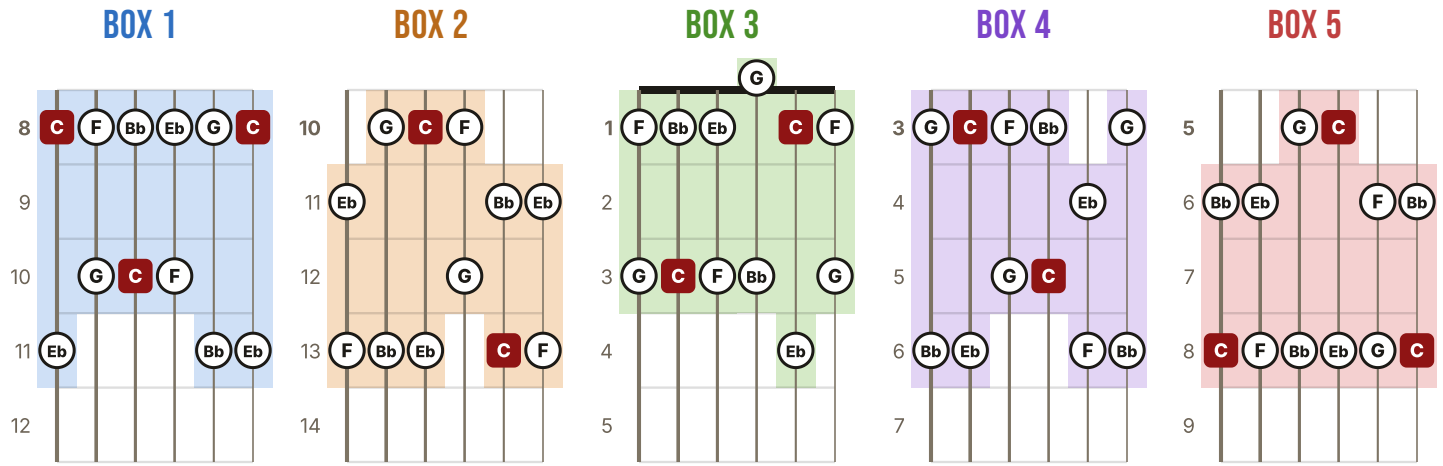
Relative major: Eb major uses the same 5 shapes.

THE WHOLE NECK



Root (C) Each color is one box. Notes on a color edge are shared by two boxes.

BOX BY BOX



1. Learn Box 1 first

Play it low to high and back, two notes per string. Say each note name as you go.

2. Land on the roots

Start and end your phrases on C (the dark squares). They're your home base in every box.

3. Connect the boxes

Each box shares notes with the next, where the colors meet. Slide across them to move up the neck.

7-DAY PRACTICE PLAN

Day 1 ☐	Day 2 ☐	Day 3 ☐	Day 4 ☐	Day 5 ☐	Day 6 ☐	Day 7 ☐
Box 1 up and down, slowly	Box 1, landing on every root	Box 2 up and down	Connect Box 1 → Box 2	Box 3, then connect 2 → 3	Boxes 4 and 5	All 5 boxes, end on the root

C# MINOR PENTATONIC

ALL 5 BOXES ON GUITAR · STANDARD TUNING

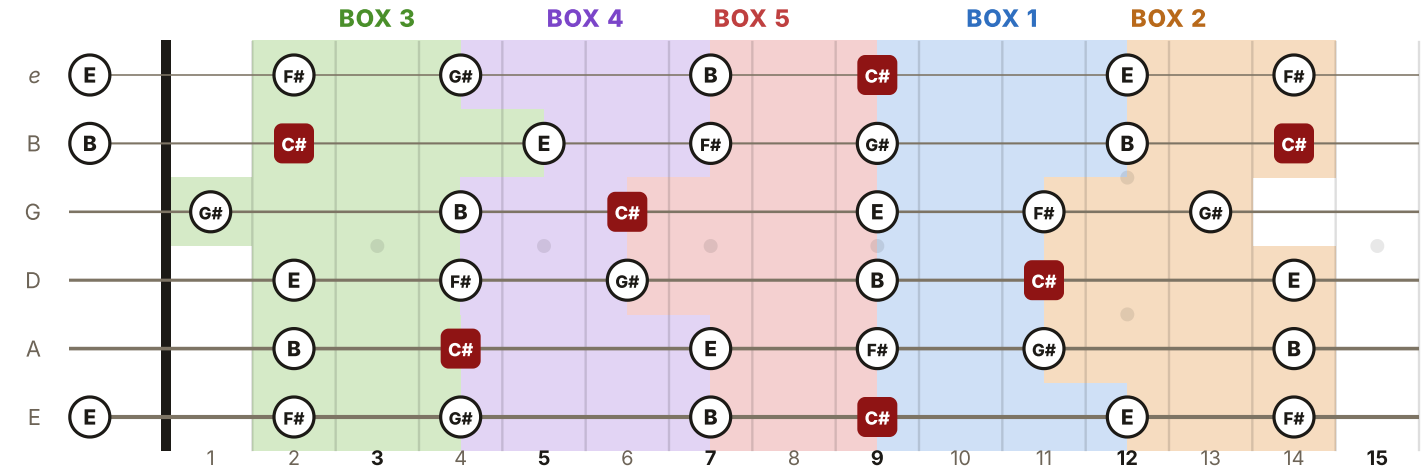
PENTATONIC BOX

NOTES

C#	E	F#	G#	B
1	b3	4	5	b7

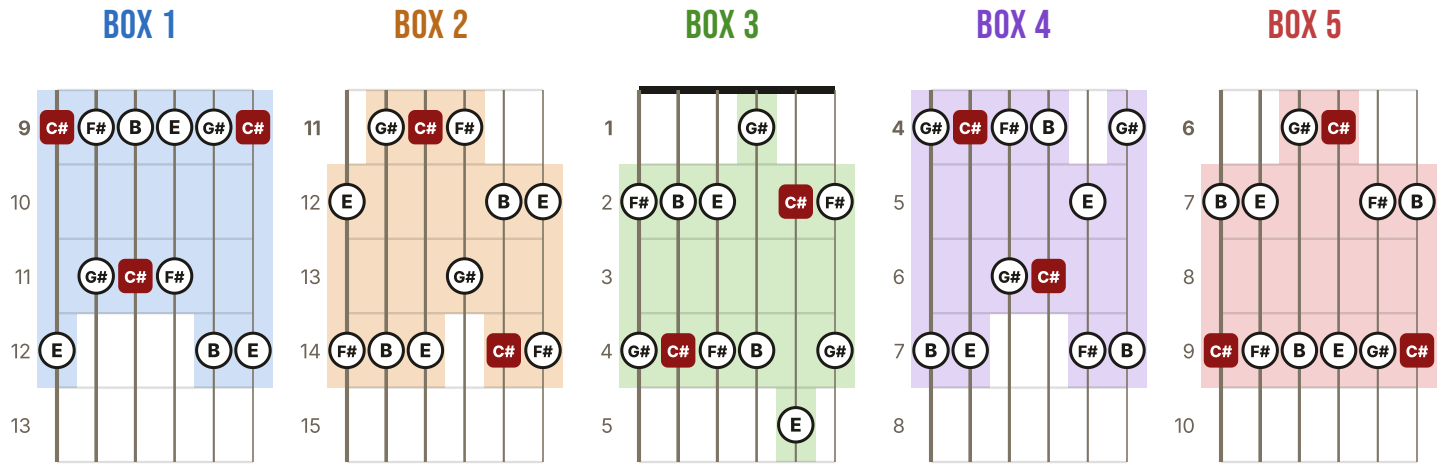
Relative major: E major uses the same 5 shapes.

THE WHOLE NECK



Root (C#) Each color is one box. Notes on a color edge are shared by two boxes.

BOX BY BOX



1. Learn Box 1 first

Play it low to high and back, two notes per string. Say each note name as you go.

2. Land on the roots

Start and end your phrases on C# (the dark squares). They're your home base in every box.

3. Connect the boxes

Each box shares notes with the next, where the colors meet. Slide across them to move up the neck.

7-DAY PRACTICE PLAN

Day 1 ☐	Day 2 ☐	Day 3 ☐	Day 4 ☐	Day 5 ☐	Day 6 ☐	Day 7 ☐
Box 1 up and down, slowly	Box 1, landing on every root	Box 2 up and down	Connect Box 1 → Box 2	Box 3, then connect 2 → 3	Boxes 4 and 5	All 5 boxes, end on the root

D MINOR PENTATONIC

ALL 5 BOXES ON GUITAR · STANDARD TUNING

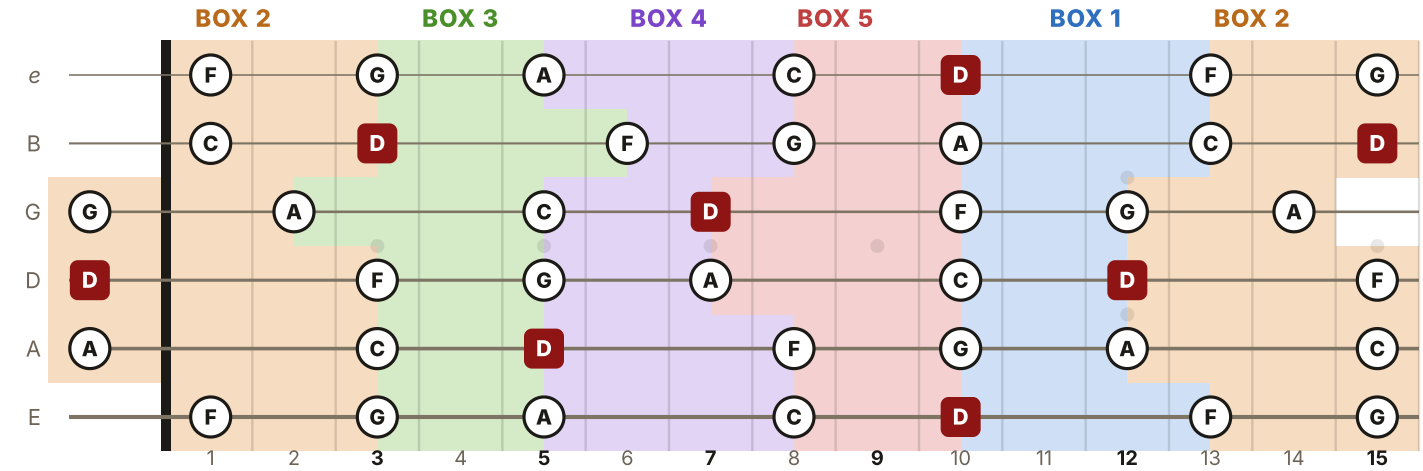
PENTATONIC BOX

NOTES

D	F	G	A	C
1	b3	4	5	b7

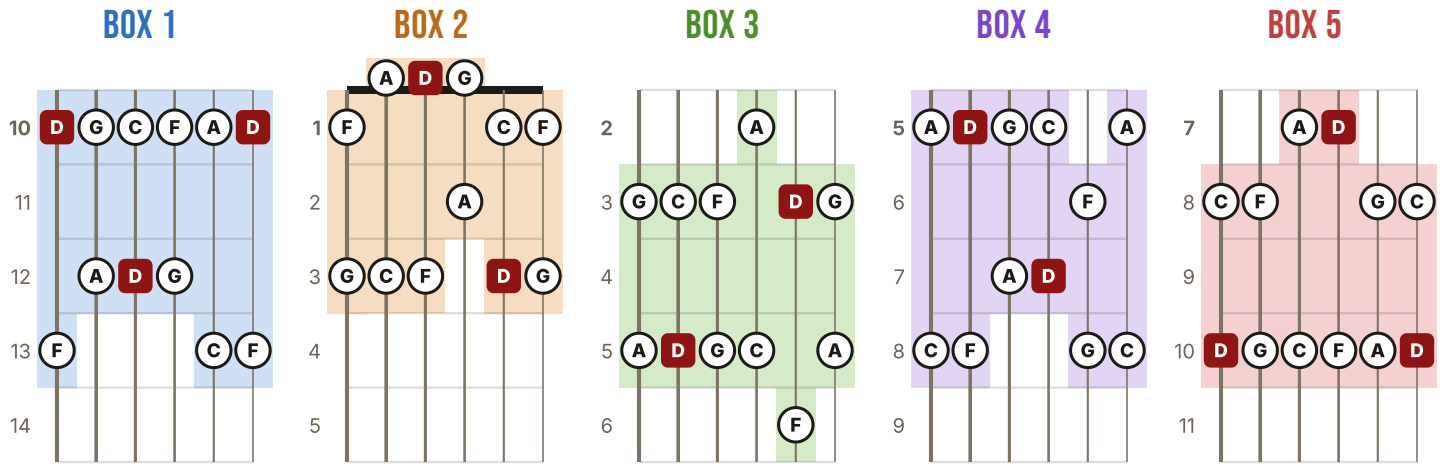
Relative major: F major uses the same 5 shapes.

THE WHOLE NECK



Root (D) Each color is one box. Notes on a color edge are shared by two boxes.

BOX BY BOX



1. Learn Box 1 first

Play it low to high and back, two notes per string. Say each note name as you go.

2. Land on the roots

Start and end your phrases on D (the dark squares). They're your home base in every box.

3. Connect the boxes

Each box shares notes with the next, where the colors meet. Slide across them to move up the neck.

7-DAY PRACTICE PLAN

Day 1 ☐	Day 2 ☐	Day 3 ☐	Day 4 ☐	Day 5 ☐	Day 6 ☐	Day 7 ☐
Box 1 up and down, slowly	Box 1, landing on every root	Box 2 up and down	Connect Box 1 → Box 2	Box 3, then connect 2 → 3	Boxes 4 and 5	All 5 boxes, end on the root

E♭ MINOR PENTATONIC

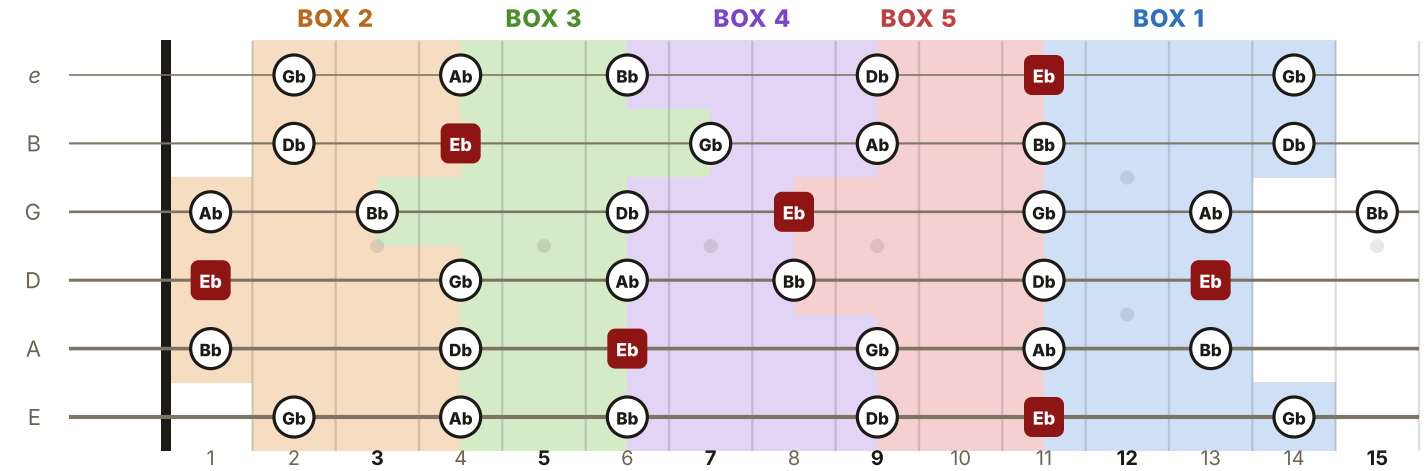
ALL 5 BOXES ON GUITAR · STANDARD TUNING

PENTATONIC BOX

NOTES **Eb** 1 · **Gb** b3 · **Ab** 4 · **Bb** 5 · **Db** b7

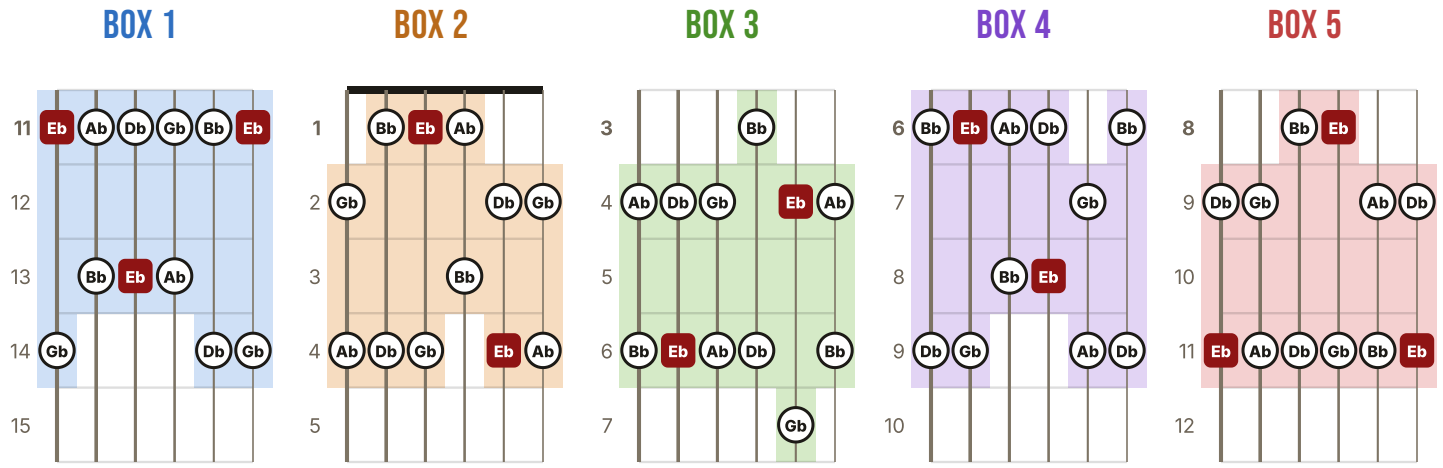
Relative major: Gb major uses the same 5 shapes.

THE WHOLE NECK



Root (Eb) Each color is one box. Notes on a color edge are shared by two boxes.

BOX BY BOX



1. Learn Box 1 first

Play it low to high and back, two notes per string. Say each note name as you go.

2. Land on the roots

Start and end your phrases on Eb (the dark squares). They're your home base in every box.

3. Connect the boxes

Each box shares notes with the next, where the colors meet. Slide across them to move up the neck.

7-DAY PRACTICE PLAN

Day 1 ☐	Day 2 ☐	Day 3 ☐	Day 4 ☐	Day 5 ☐	Day 6 ☐	Day 7 ☐
Box 1 up and down, slowly	Box 1, landing on every root	Box 2 up and down	Connect Box 1 → Box 2	Box 3, then connect 2 → 3	Boxes 4 and 5	All 5 boxes, end on the root

E MINOR PENTATONIC

ALL 5 BOXES ON GUITAR · STANDARD TUNING

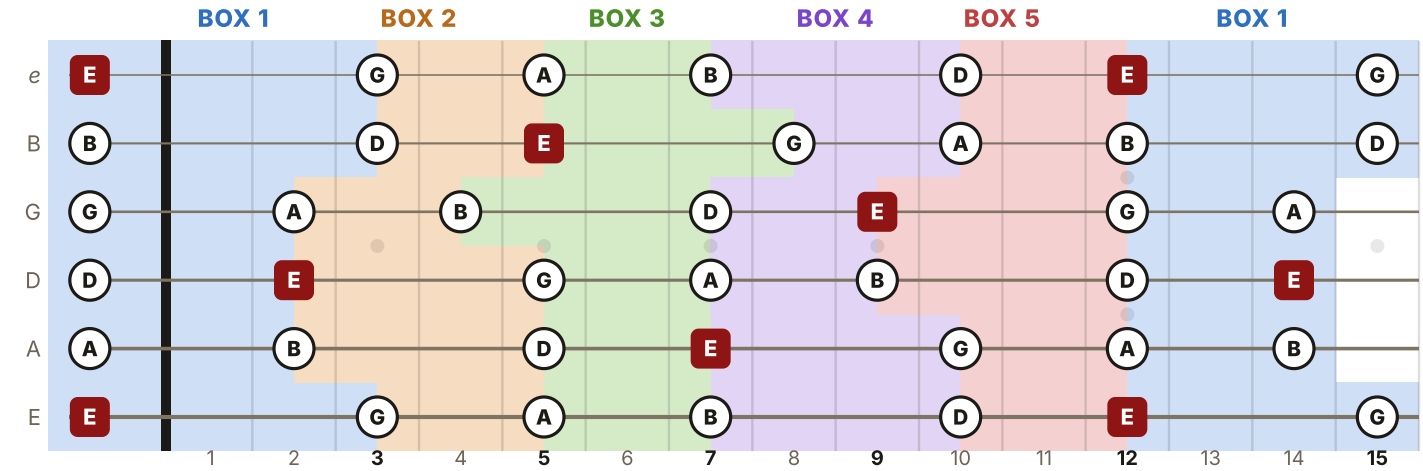
PENTATONIC BOX

NOTES

E	G	A	B	D
1	b3	4	5	b7

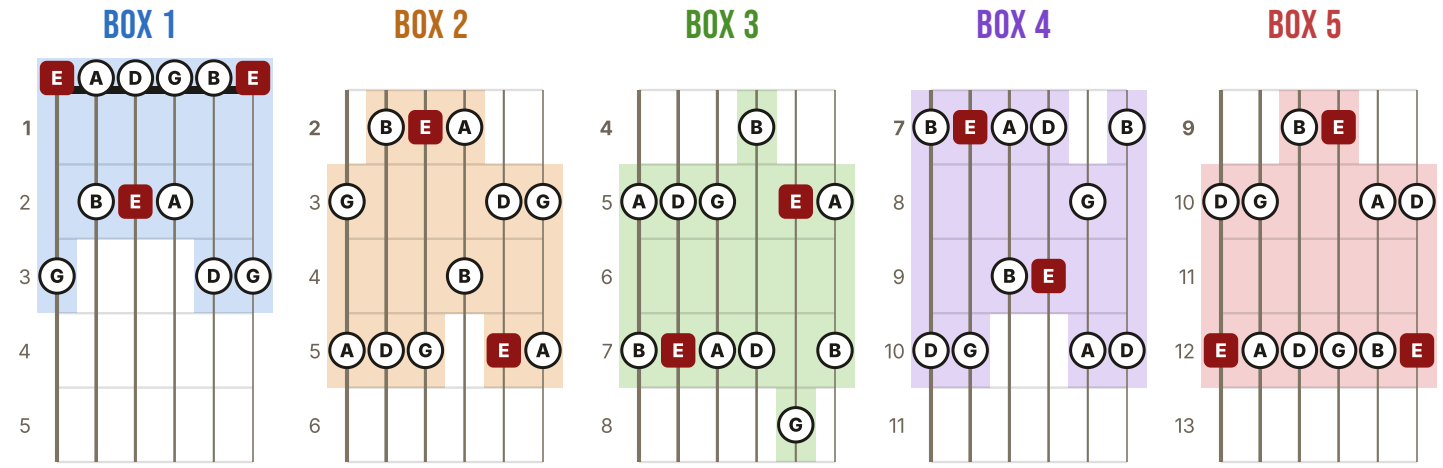
Relative major: G major uses the same 5 shapes.

THE WHOLE NECK



Root (E) Each color is one box. Notes on a color edge are shared by two boxes.

BOX BY BOX



1. Learn Box 1 first

Play it low to high and back, two notes per string. Say each note name as you go.

2. Land on the roots

Start and end your phrases on E (the dark squares). They're your home base in every box.

3. Connect the boxes

Each box shares notes with the next, where the colors meet. Slide across them to move up the neck.

7-DAY PRACTICE PLAN

Day 1 ☐	Day 2 ☐	Day 3 ☐	Day 4 ☐	Day 5 ☐	Day 6 ☐	Day 7 ☐
Box 1 up and down, slowly	Box 1, landing on every root	Box 2 up and down	Connect Box 1 → Box 2	Box 3, then connect 2 → 3	Boxes 4 and 5	All 5 boxes, end on the root

F MINOR PENTATONIC

ALL 5 BOXES ON GUITAR · STANDARD TUNING

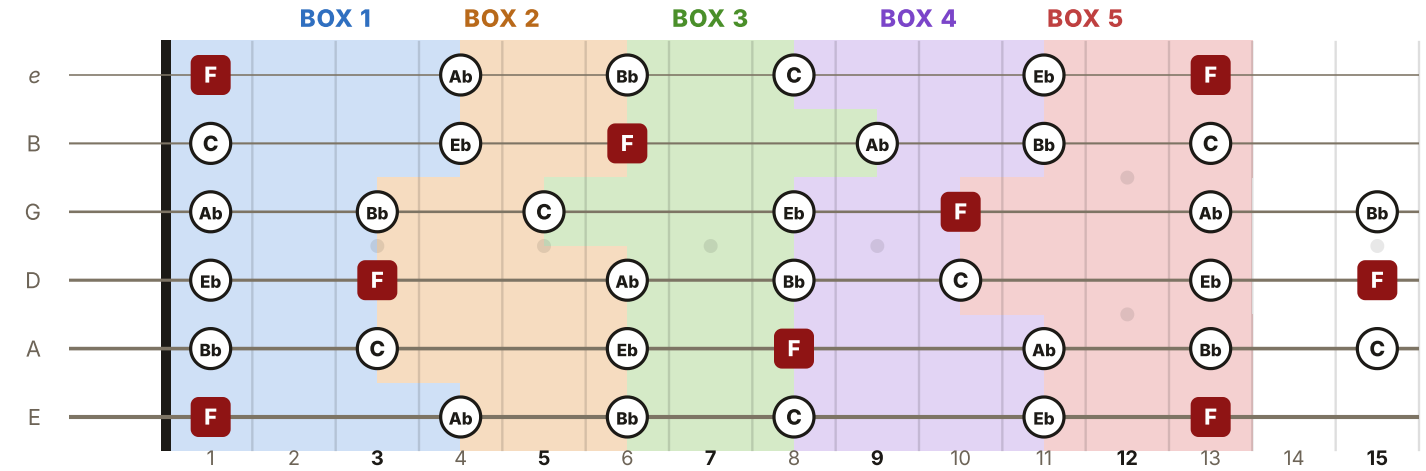
PENTATONIC BOX

NOTES

F	Ab	Bb	C	Eb
1	b3	4	5	b7

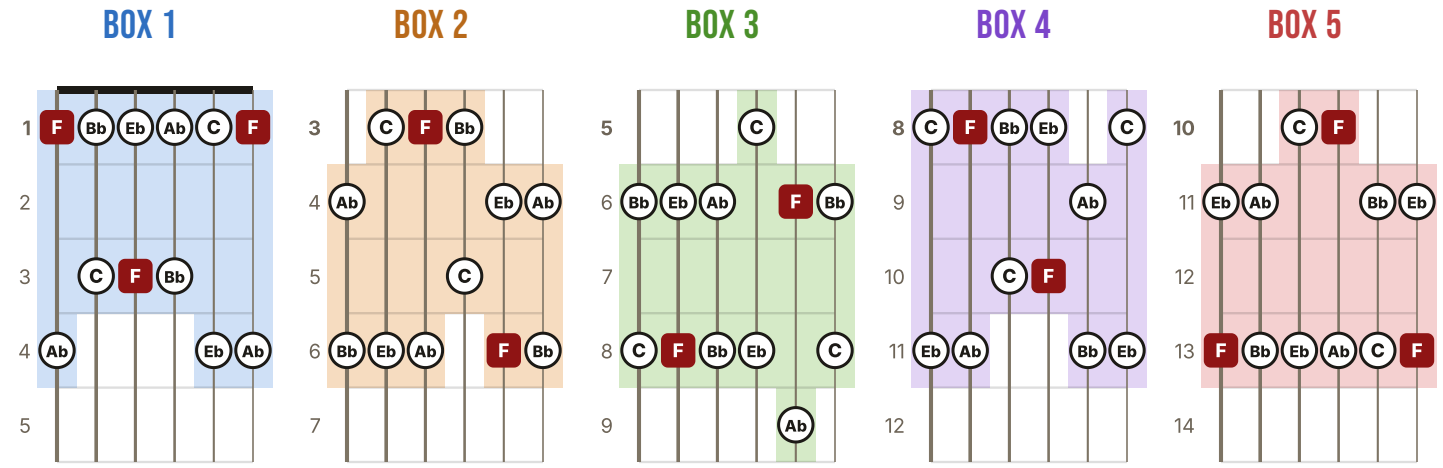
Relative major: Ab major uses the same 5 shapes.

THE WHOLE NECK



Root (F) Each color is one box. Notes on a color edge are shared by two boxes.

BOX BY BOX



1. Learn Box 1 first

Play it low to high and back, two notes per string. Say each note name as you go.

2. Land on the roots

Start and end your phrases on F (the dark squares). They're your home base in every box.

3. Connect the boxes

Each box shares notes with the next, where the colors meet. Slide across them to move up the neck.

7-DAY PRACTICE PLAN

Day 1 ☐	Day 2 ☐	Day 3 ☐	Day 4 ☐	Day 5 ☐	Day 6 ☐	Day 7 ☐
Box 1 up and down, slowly	Box 1, landing on every root	Box 2 up and down	Connect Box 1 → Box 2	Box 3, then connect 2 → 3	Boxes 4 and 5	All 5 boxes, end on the root

F# MINOR PENTATONIC

ALL 5 BOXES ON GUITAR · STANDARD TUNING

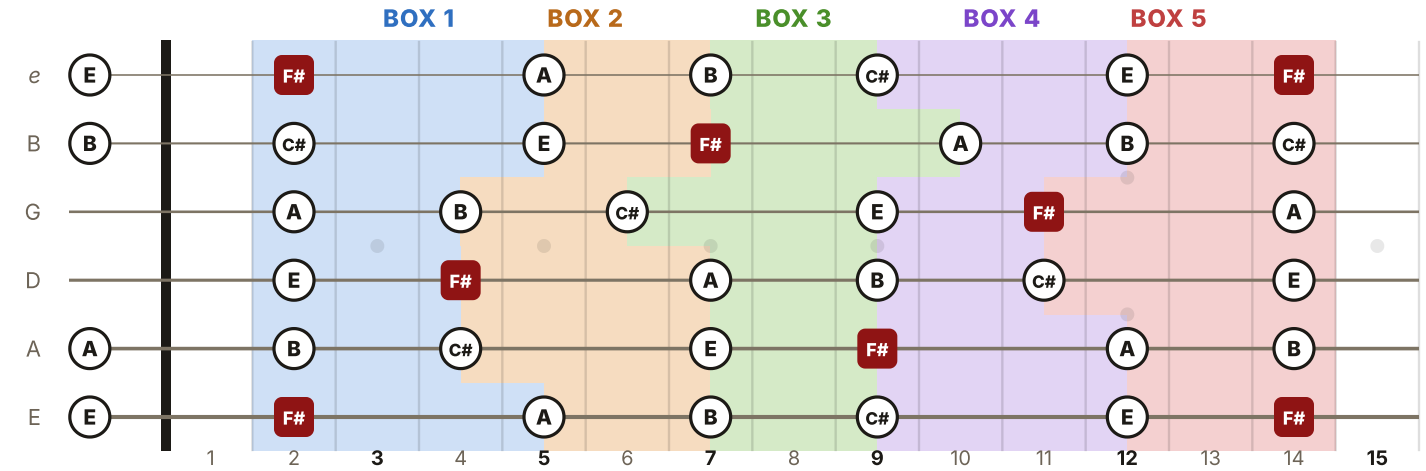
PENTATONIC BOX

NOTES

F#	A	B	C#	E
1	b3	4	5	b7

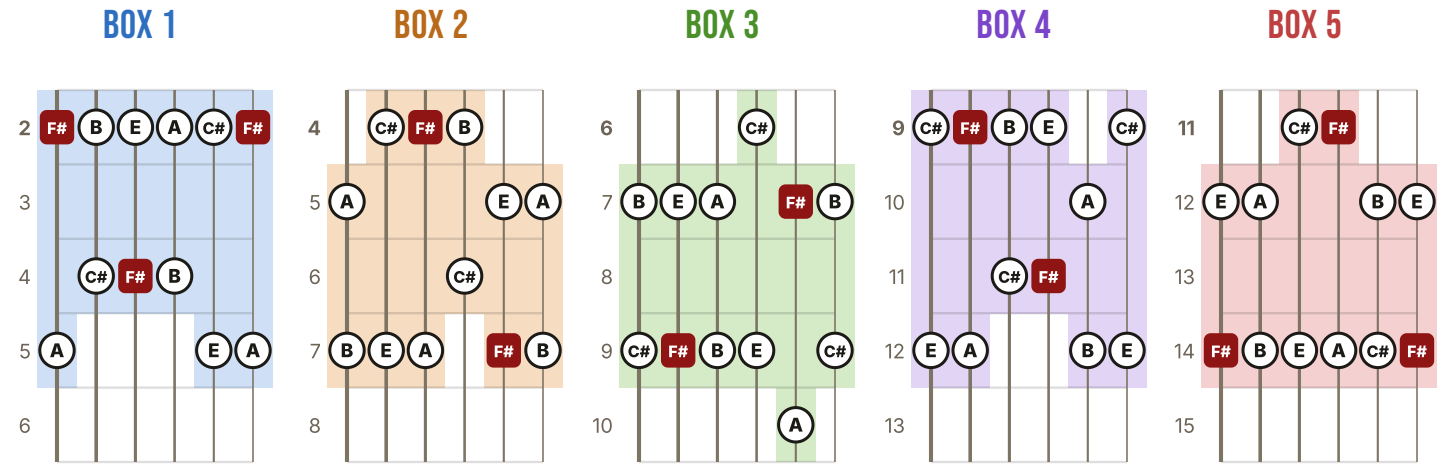
Relative major: A major uses the same 5 shapes.

THE WHOLE NECK



Root (F#) Each color is one box. Notes on a color edge are shared by two boxes.

BOX BY BOX



1. Learn Box 1 first

Play it low to high and back, two notes per string. Say each note name as you go.

2. Land on the roots

Start and end your phrases on F# (the dark squares). They're your home base in every box.

3. Connect the boxes

Each box shares notes with the next, where the colors meet. Slide across them to move up the neck.

7-DAY PRACTICE PLAN

Day 1 ☐	Day 2 ☐	Day 3 ☐	Day 4 ☐	Day 5 ☐	Day 6 ☐	Day 7 ☐
Box 1 up and down, slowly	Box 1, landing on every root	Box 2 up and down	Connect Box 1 → Box 2	Box 3, then connect 2 → 3	Boxes 4 and 5	All 5 boxes, end on the root

G MINOR PENTATONIC

ALL 5 BOXES ON GUITAR · STANDARD TUNING

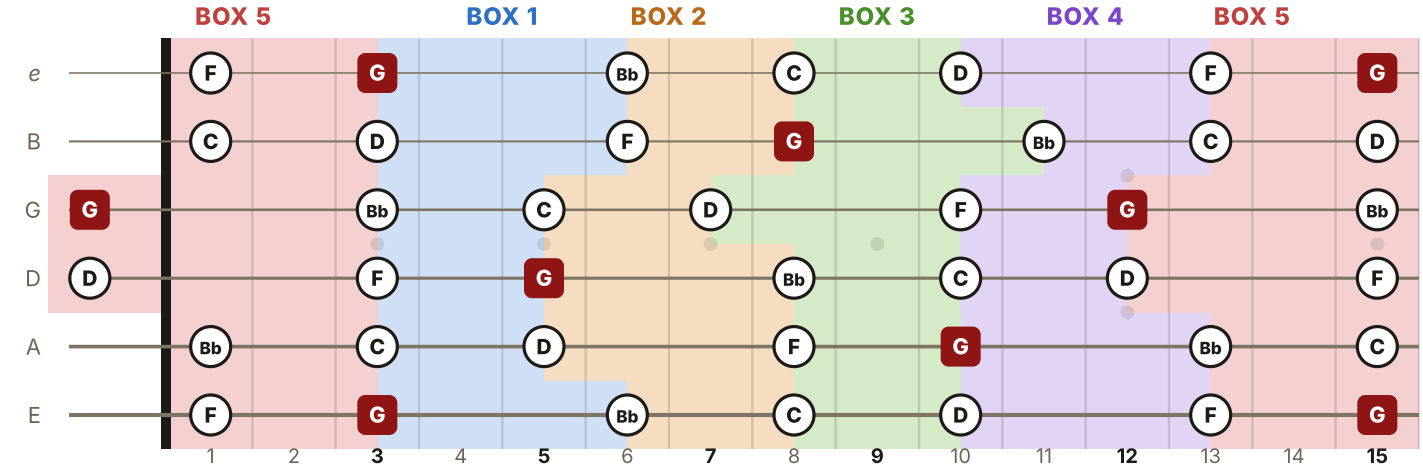
PENTATONIC BOX

NOTES

G	Bb	C	D	F
1	b3	4	5	b7

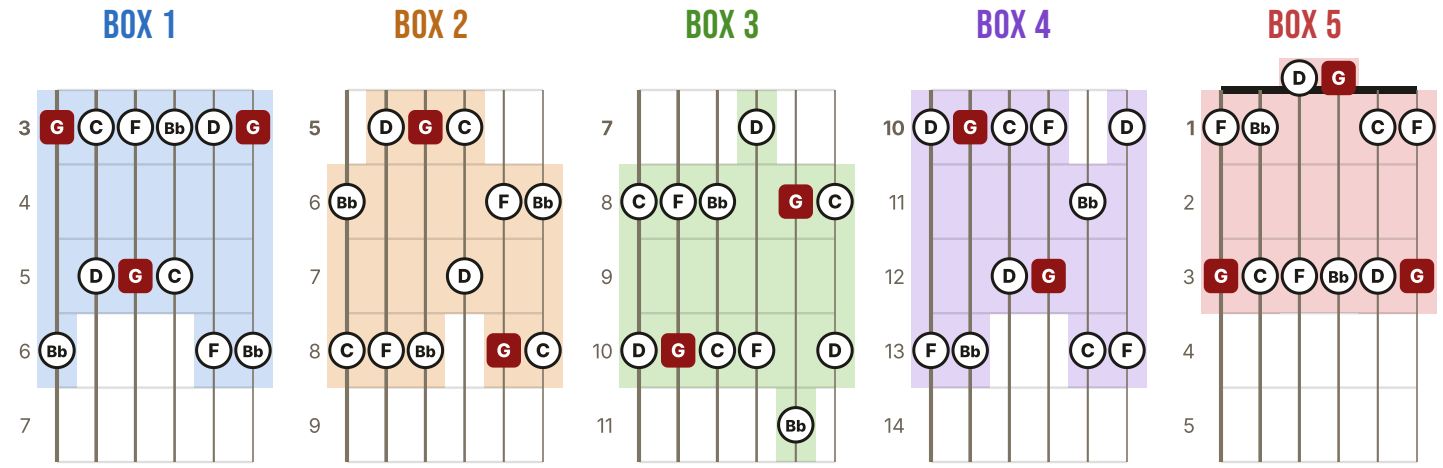
Relative major: Bb major uses the same 5 shapes.

THE WHOLE NECK



Root (G) Each color is one box. Notes on a color edge are shared by two boxes.

BOX BY BOX



1. Learn Box 1 first

Play it low to high and back, two notes per string. Say each note name as you go.

2. Land on the roots

Start and end your phrases on G (the dark squares). They're your home base in every box.

3. Connect the boxes

Each box shares notes with the next, where the colors meet. Slide across them to move up the neck.

7-DAY PRACTICE PLAN

Day 1 ☐	Day 2 ☐	Day 3 ☐	Day 4 ☐	Day 5 ☐	Day 6 ☐	Day 7 ☐
Box 1 up and down, slowly	Box 1, landing on every root	Box 2 up and down	Connect Box 1 → Box 2	Box 3, then connect 2 → 3	Boxes 4 and 5	All 5 boxes, end on the root

G# MINOR PENTATONIC

ALL 5 BOXES ON GUITAR · STANDARD TUNING

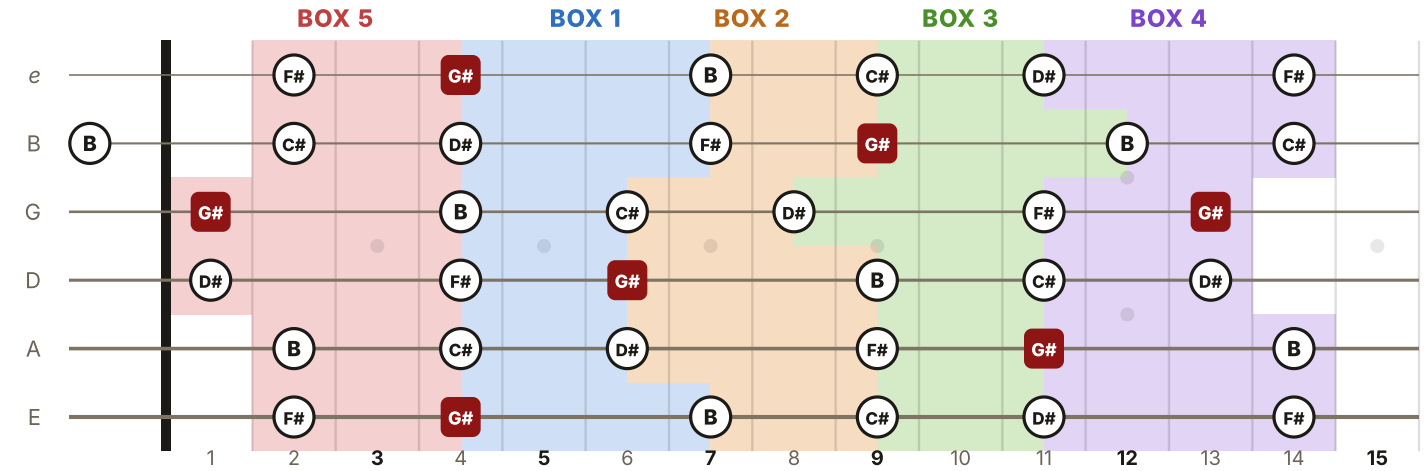
PENTATONIC BOX

NOTES

G#	B	C#	D#	F#
1	b3	4	5	b7

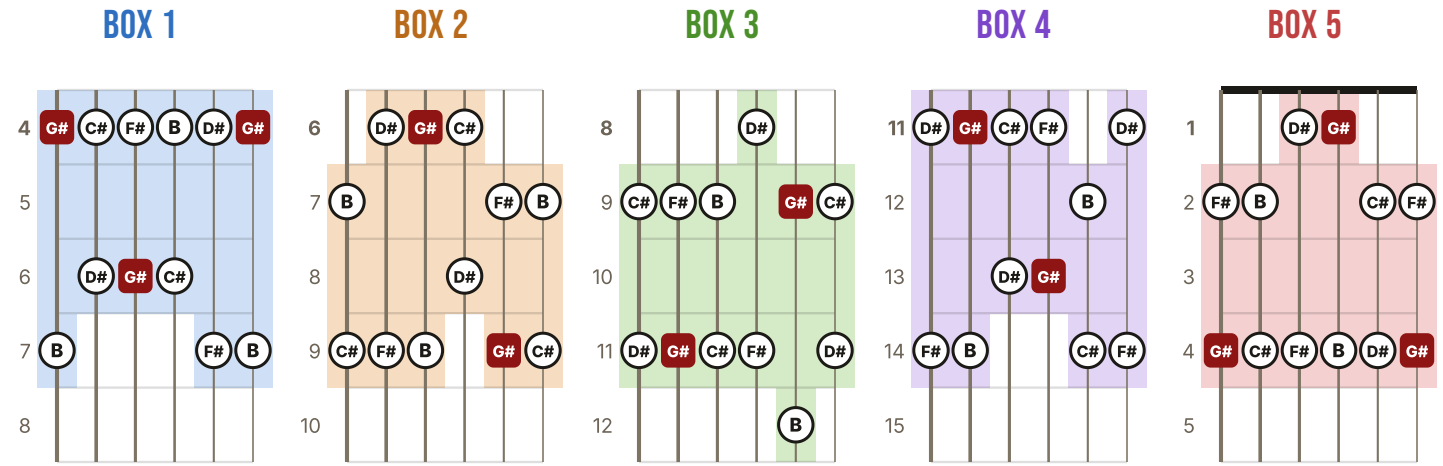
Relative major: B major uses the same 5 shapes.

THE WHOLE NECK



Root (G#) Each color is one box. Notes on a color edge are shared by two boxes.

BOX BY BOX



1. Learn Box 1 first

Play it low to high and back, two notes per string. Say each note name as you go.

2. Land on the roots

Start and end your phrases on G# (the dark squares). They're your home base in every box.

3. Connect the boxes

Each box shares notes with the next, where the colors meet. Slide across them to move up the neck.

7-DAY PRACTICE PLAN

Day 1 ☐	Day 2 ☐	Day 3 ☐	Day 4 ☐	Day 5 ☐	Day 6 ☐	Day 7 ☐
Box 1 up and down, slowly	Box 1, landing on every root	Box 2 up and down	Connect Box 1 → Box 2	Box 3, then connect 2 → 3	Boxes 4 and 5	All 5 boxes, end on the root

C MAJOR PENTATONIC

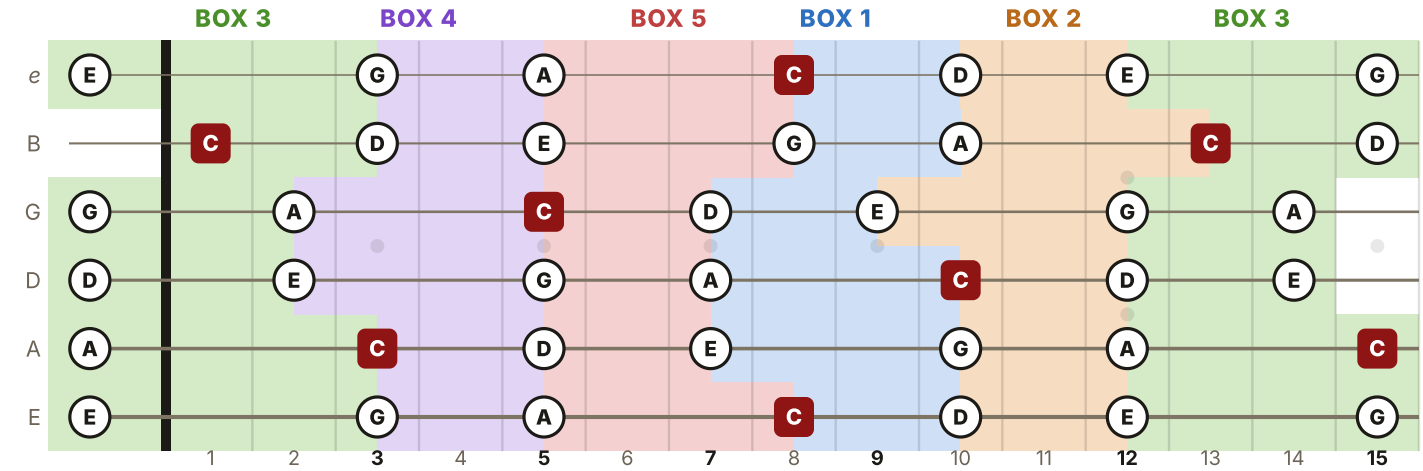
ALL 5 BOXES ON GUITAR · STANDARD TUNING

PENTATONIC BOX

NOTES **C** 1 · **D** 2 · **E** 3 · **G** 5 · **A** 6

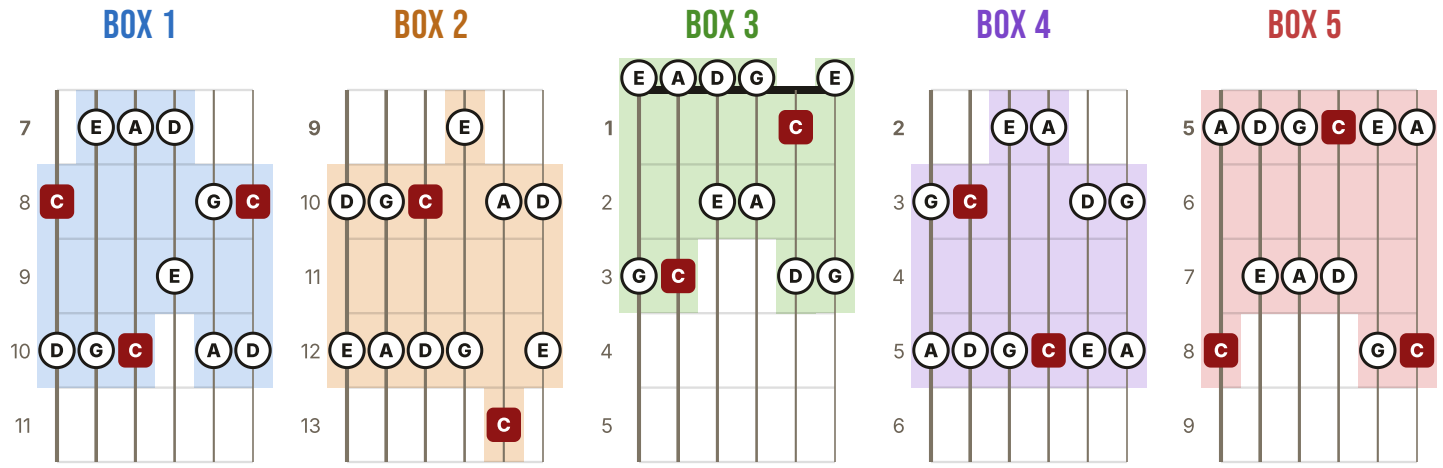
Relative minor: A minor uses the same 5 shapes.

THE WHOLE NECK



Root (C) Each color is one box. Notes on a color edge are shared by two boxes.

BOX BY BOX



1. Learn Box 1 first

Play it low to high and back, two notes per string. Say each note name as you go.

2. Land on the roots

Start and end your phrases on C (the dark squares). They're your home base in every box.

3. Connect the boxes

Each box shares notes with the next, where the colors meet. Slide across them to move up the neck.

7-DAY PRACTICE PLAN

Day 1 ☐	Day 2 ☐	Day 3 ☐	Day 4 ☐	Day 5 ☐	Day 6 ☐	Day 7 ☐
Box 1 up and down, slowly	Box 1, landing on every root	Box 2 up and down	Connect Box 1 → Box 2	Box 3, then connect 2 → 3	Boxes 4 and 5	All 5 boxes, end on the root

D♭ MAJOR PENTATONIC

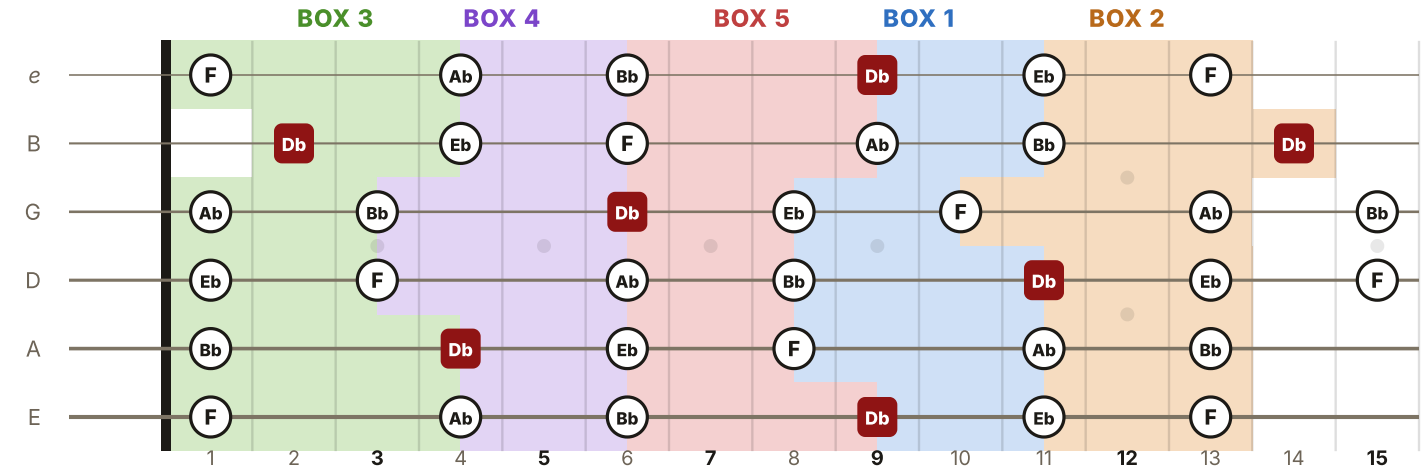
ALL 5 BOXES ON GUITAR · STANDARD TUNING

PENTATONIC BOX

NOTES **Db** 1 · **Eb** 2 · **F** 3 · **Ab** 5 · **Bb** 6

Relative minor: Bb minor uses the same 5 shapes.

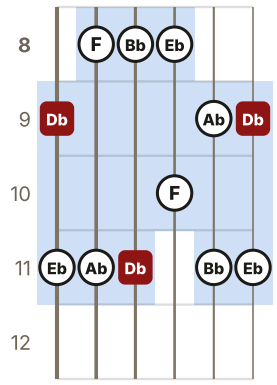
THE WHOLE NECK



Root (Db) Each color is one box. Notes on a color edge are shared by two boxes.

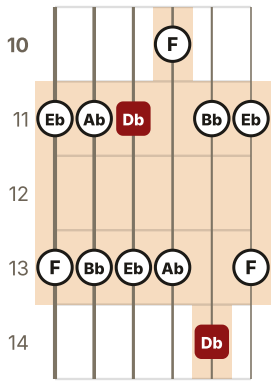
BOX BY BOX

BOX 1



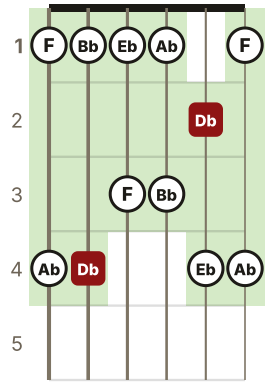
frets 8–11

BOX 2



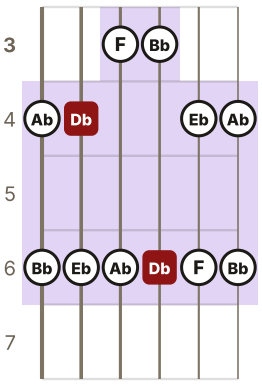
frets 10–14

BOX 3



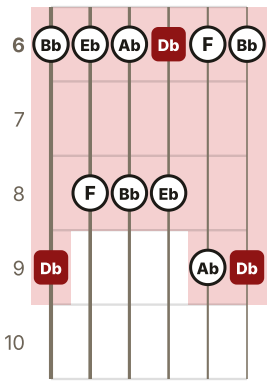
frets 1–4

BOX 4



frets 3–6

BOX 5



frets 6–9

1. Learn Box 1 first

Play it low to high and back, two notes per string. Say each note name as you go.

2. Land on the roots

Start and end your phrases on Db (the dark squares). They're your home base in every box.

3. Connect the boxes

Each box shares notes with the next, where the colors meet. Slide across them to move up the neck.

7-DAY PRACTICE PLAN

Day 1 ☐	Day 2 ☐	Day 3 ☐	Day 4 ☐	Day 5 ☐	Day 6 ☐	Day 7 ☐
Box 1 up and down, slowly	Box 1, landing on every root	Box 2 up and down	Connect Box 1 → Box 2	Box 3, then connect 2 → 3	Boxes 4 and 5	All 5 boxes, end on the root

D MAJOR PENTATONIC

ALL 5 BOXES ON GUITAR · STANDARD TUNING

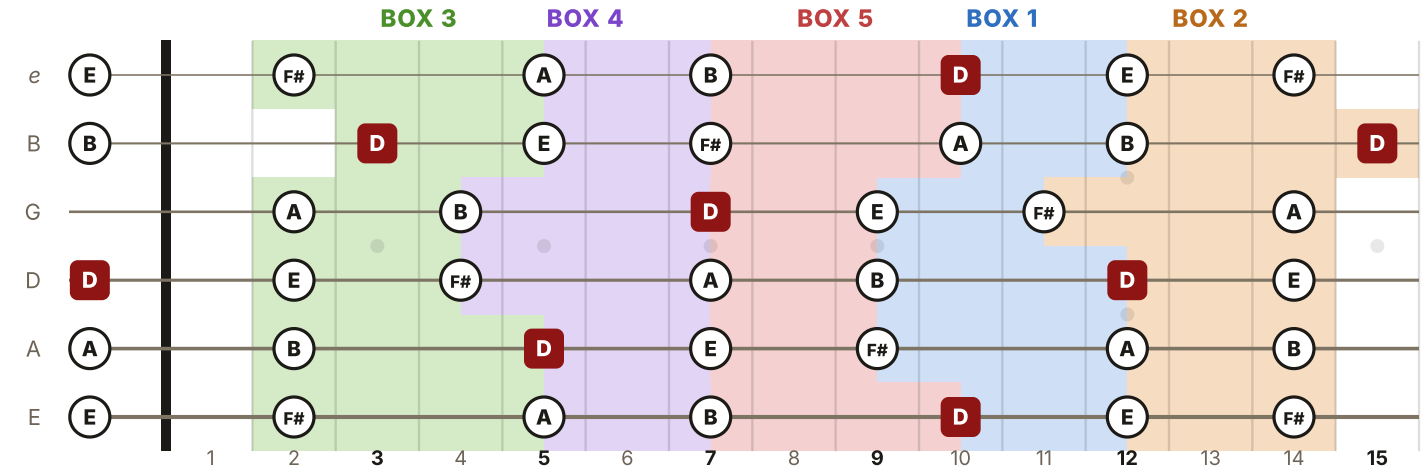
PENTATONIC BOX

NOTES

D	E	F#	A	B
1	2	3	5	6

Relative minor: B minor uses the same 5 shapes.

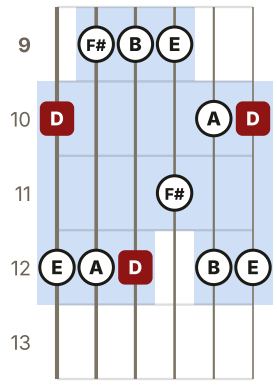
THE WHOLE NECK



Root (D) Each color is one box. Notes on a color edge are shared by two boxes.

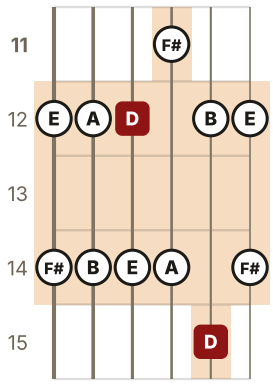
BOX BY BOX

BOX 1



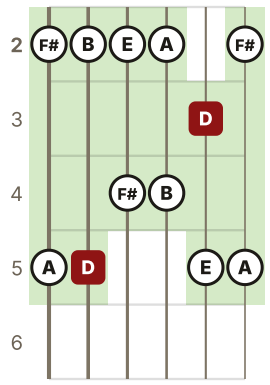
frets 9–12

BOX 2



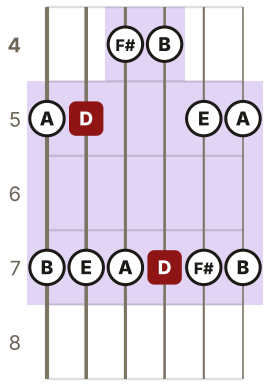
frets 11–15

BOX 3



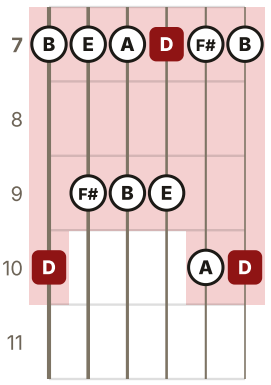
frets 2–5

BOX 4



frets 4–7

BOX 5



frets 7–10

1. Learn Box 1 first

Play it low to high and back, two notes per string. Say each note name as you go.

2. Land on the roots

Start and end your phrases on D (the dark squares). They're your home base in every box.

3. Connect the boxes

Each box shares notes with the next, where the colors meet. Slide across them to move up the neck.

7-DAY PRACTICE PLAN

Day 1 ☐	Day 2 ☐	Day 3 ☐	Day 4 ☐	Day 5 ☐	Day 6 ☐	Day 7 ☐
Box 1 up and down, slowly	Box 1, landing on every root	Box 2 up and down	Connect Box 1 → Box 2	Box 3, then connect 2 → 3	Boxes 4 and 5	All 5 boxes, end on the root

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E♭ MAJOR PENTATONIC

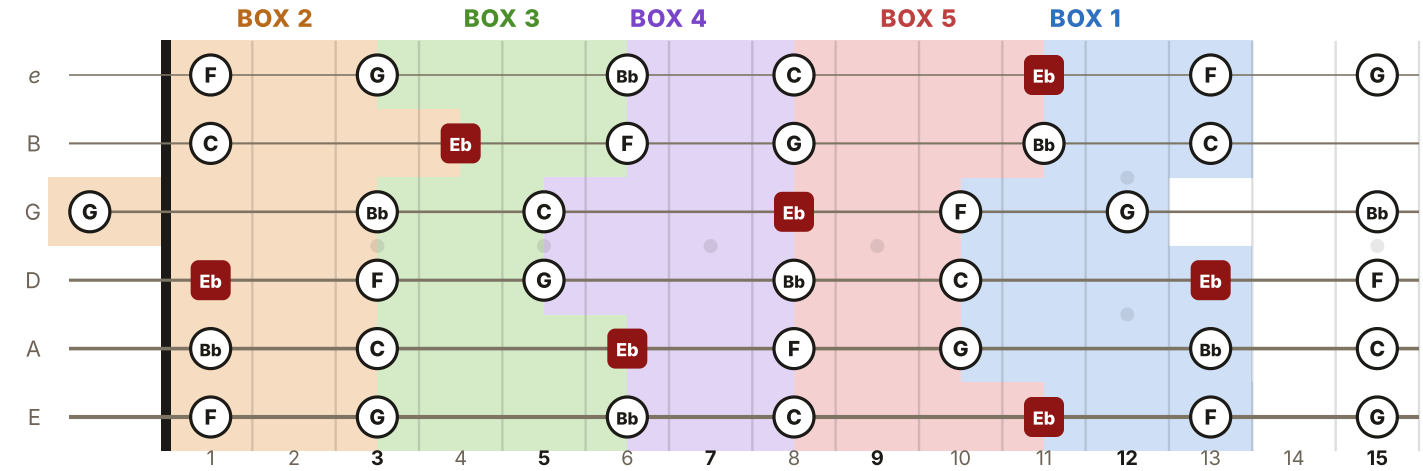
ALL 5 BOXES ON GUITAR · STANDARD TUNING

PENTATONIC BOX

NOTES **Eb** 1 · **F** 2 · **G** 3 · **Bb** 5 · **C** 6

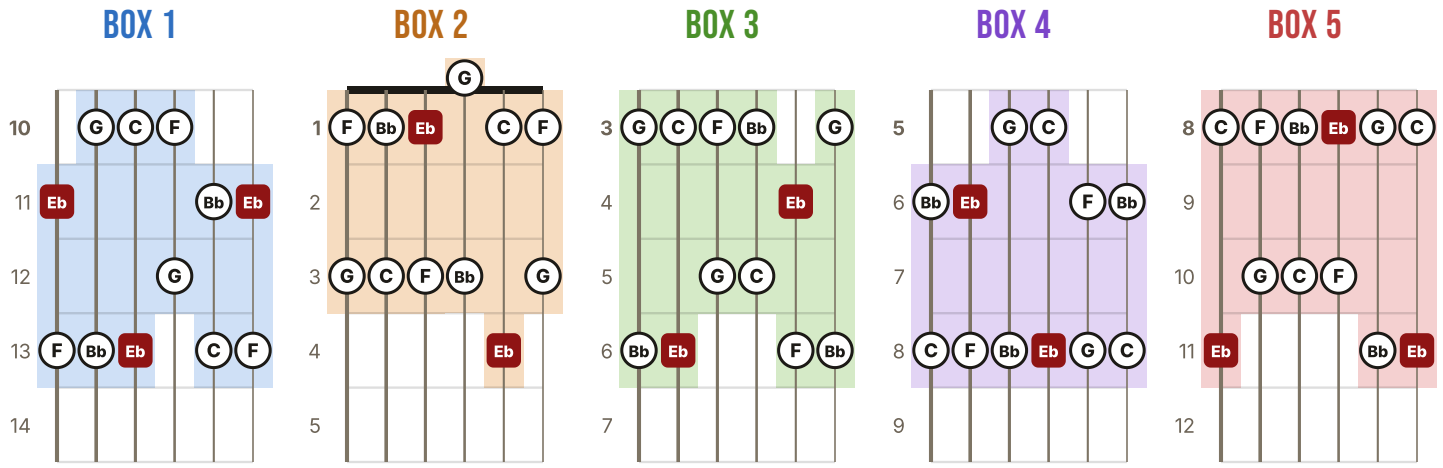
Relative minor: C minor uses the same 5 shapes.

THE WHOLE NECK



Root (Eb) Each color is one box. Notes on a color edge are shared by two boxes.

BOX BY BOX



1. Learn Box 1 first

Play it low to high and back, two notes per string. Say each note name as you go.

2. Land on the roots

Start and end your phrases on Eb (the dark squares). They're your home base in every box.

3. Connect the boxes

Each box shares notes with the next, where the colors meet. Slide across them to move up the neck.

7-DAY PRACTICE PLAN

Day 1 ☐	Day 2 ☐	Day 3 ☐	Day 4 ☐	Day 5 ☐	Day 6 ☐	Day 7 ☐
Box 1 up and down, slowly	Box 1, landing on every root	Box 2 up and down	Connect Box 1 → Box 2	Box 3, then connect 2 → 3	Boxes 4 and 5	All 5 boxes, end on the root

E MAJOR PENTATONIC

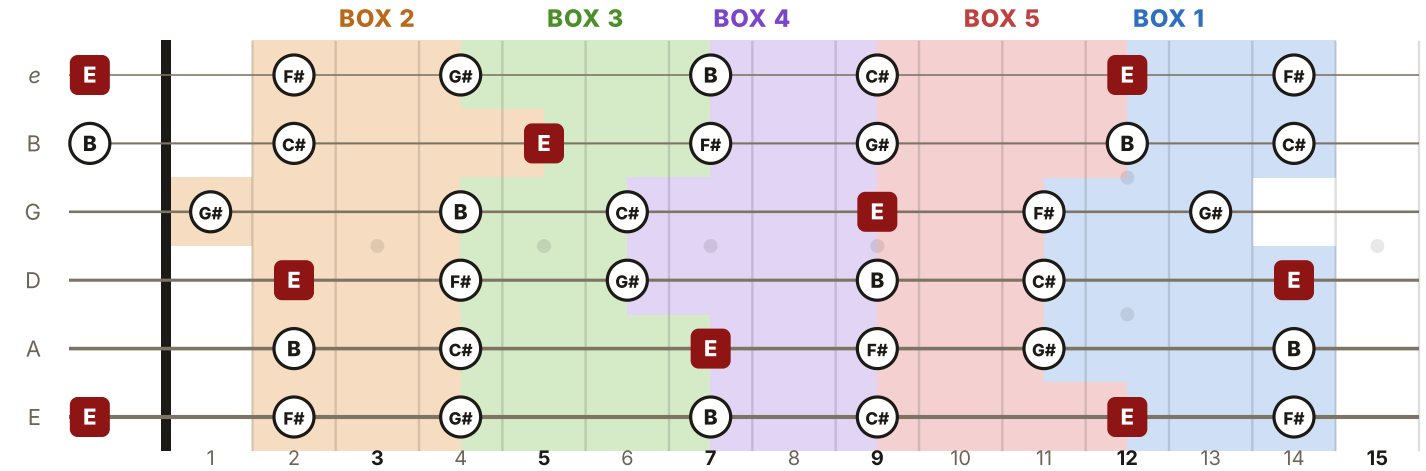
ALL 5 BOXES ON GUITAR · STANDARD TUNING

PENTATONIC BOX

NOTES **E** 1 · **F#** 2 · **G#** 3 · **B** 5 · **C#** 6

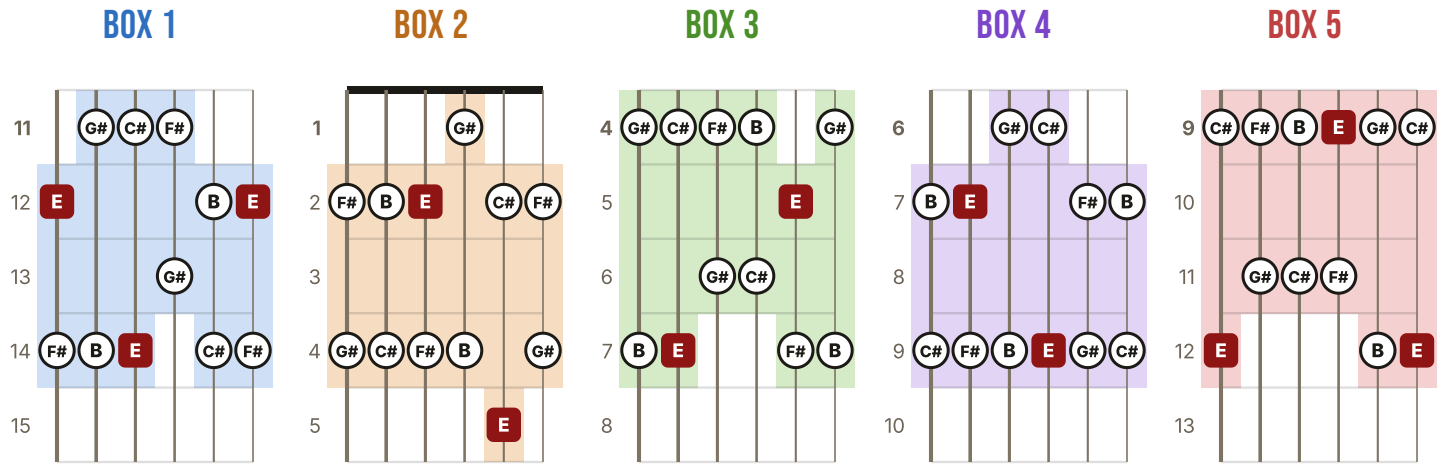
Relative minor: C# minor uses the same 5 shapes.

THE WHOLE NECK



Root (E) Each color is one box. Notes on a color edge are shared by two boxes.

BOX BY BOX



1. Learn Box 1 first

Play it low to high and back, two notes per string. Say each note name as you go.

2. Land on the roots

Start and end your phrases on E (the dark squares). They're your home base in every box.

3. Connect the boxes

Each box shares notes with the next, where the colors meet. Slide across them to move up the neck.

7-DAY PRACTICE PLAN

Day 1 ☐	Day 2 ☐	Day 3 ☐	Day 4 ☐	Day 5 ☐	Day 6 ☐	Day 7 ☐
Box 1 up and down, slowly	Box 1, landing on every root	Box 2 up and down	Connect Box 1 → Box 2	Box 3, then connect 2 → 3	Boxes 4 and 5	All 5 boxes, end on the root

F MAJOR PENTATONIC

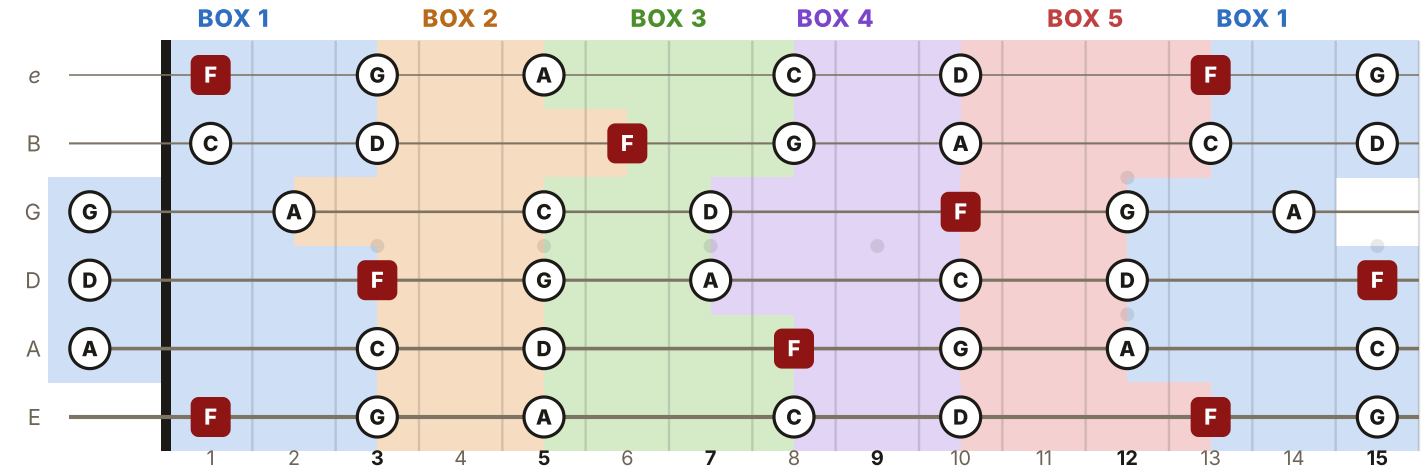
ALL 5 BOXES ON GUITAR · STANDARD TUNING

PENTATONIC BOX

NOTES **F** 1 · **G** 2 · **A** 3 · **C** 5 · **D** 6

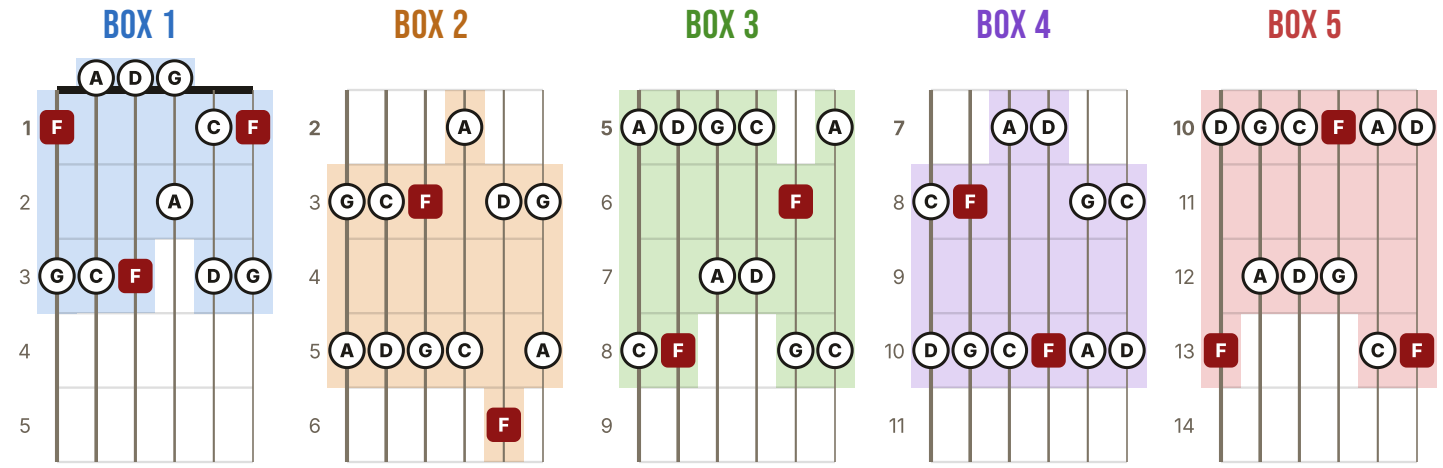
Relative minor: D minor uses the same 5 shapes.

THE WHOLE NECK



Root (F) Each color is one box. Notes on a color edge are shared by two boxes.

BOX BY BOX



1. Learn Box 1 first

Play it low to high and back, two notes per string. Say each note name as you go.

2. Land on the roots

Start and end your phrases on F (the dark squares). They're your home base in every box.

3. Connect the boxes

Each box shares notes with the next, where the colors meet. Slide across them to move up the neck.

7-DAY PRACTICE PLAN

Day 1 ☐	Day 2 ☐	Day 3 ☐	Day 4 ☐	Day 5 ☐	Day 6 ☐	Day 7 ☐
Box 1 up and down, slowly	Box 1, landing on every root	Box 2 up and down	Connect Box 1 → Box 2	Box 3, then connect 2 → 3	Boxes 4 and 5	All 5 boxes, end on the root

F# MAJOR PENTATONIC

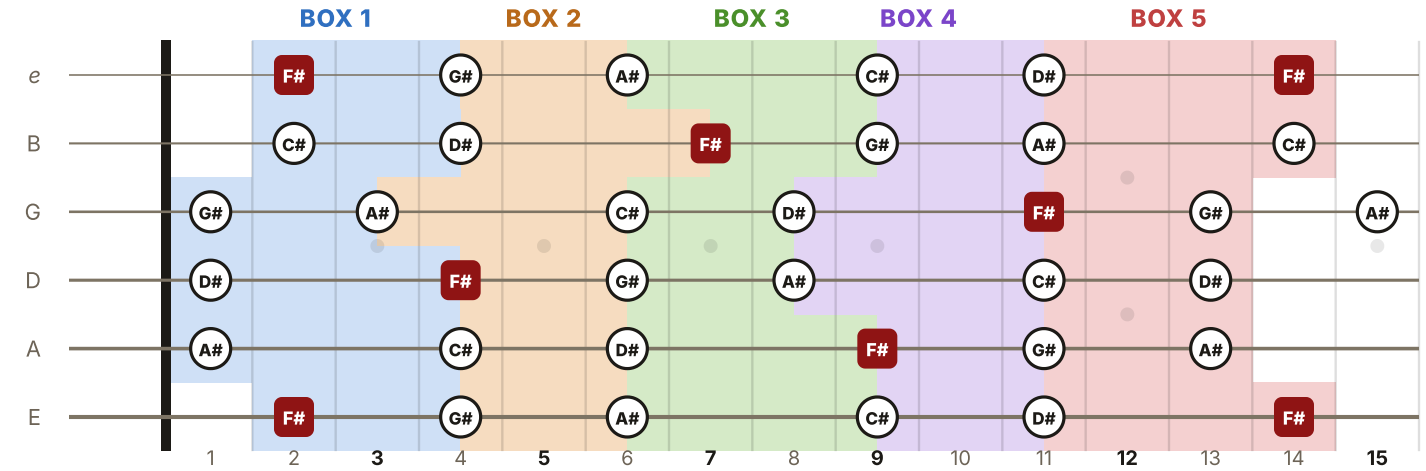
ALL 5 BOXES ON GUITAR · STANDARD TUNING

PENTATONIC BOX

NOTES **F#** 1 · G# 2 · A# 3 · C# 5 · D# 6

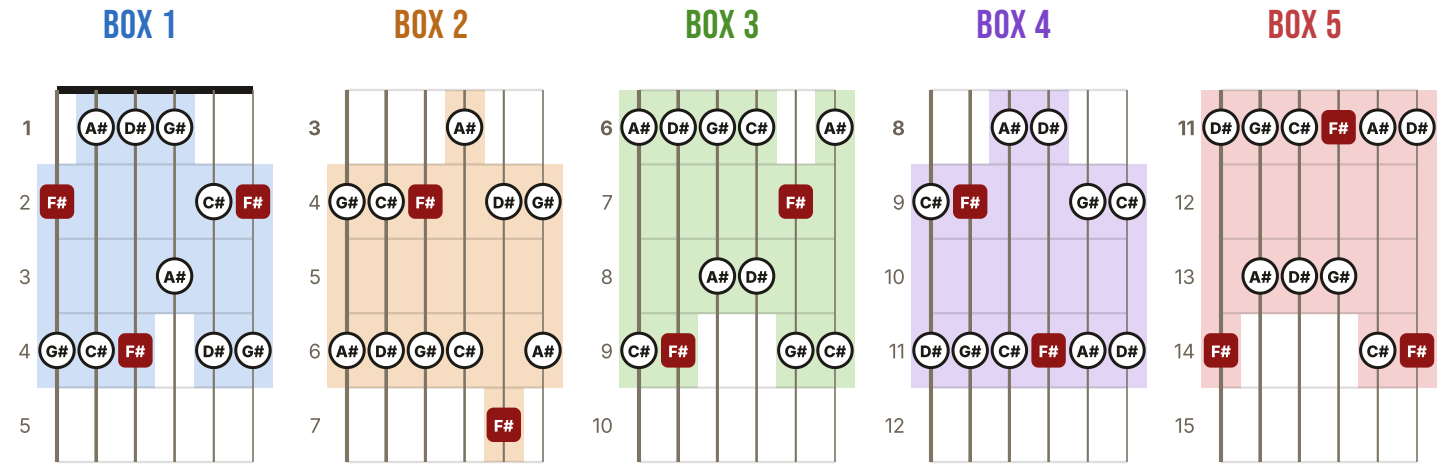
Relative minor: D# minor uses the same 5 shapes.

THE WHOLE NECK



Root (F#) Each color is one box. Notes on a color edge are shared by two boxes.

BOX BY BOX



1. Learn Box 1 first

Play it low to high and back, two notes per string. Say each note name as you go.

2. Land on the roots

Start and end your phrases on F# (the dark squares). They're your home base in every box.

3. Connect the boxes

Each box shares notes with the next, where the colors meet. Slide across them to move up the neck.

7-DAY PRACTICE PLAN

Day 1 ☐	Day 2 ☐	Day 3 ☐	Day 4 ☐	Day 5 ☐	Day 6 ☐	Day 7 ☐
Box 1 up and down, slowly	Box 1, landing on every root	Box 2 up and down	Connect Box 1 → Box 2	Box 3, then connect 2 → 3	Boxes 4 and 5	All 5 boxes, end on the root

G MAJOR PENTATONIC

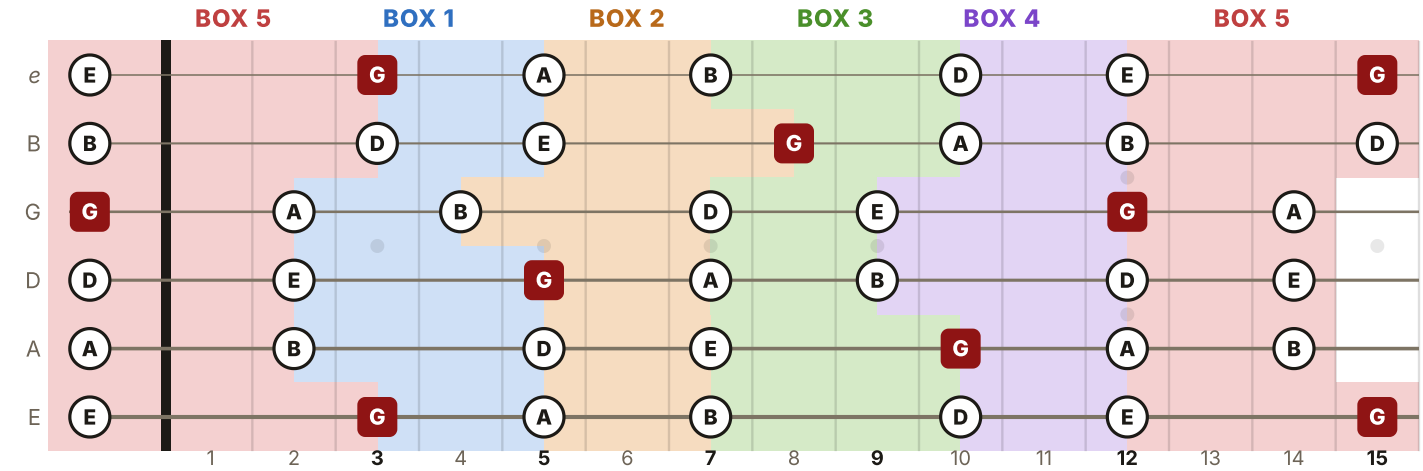
ALL 5 BOXES ON GUITAR · STANDARD TUNING

PENTATONIC BOX

NOTES **G** 1 · A 2 · B 3 · D 5 · E 6

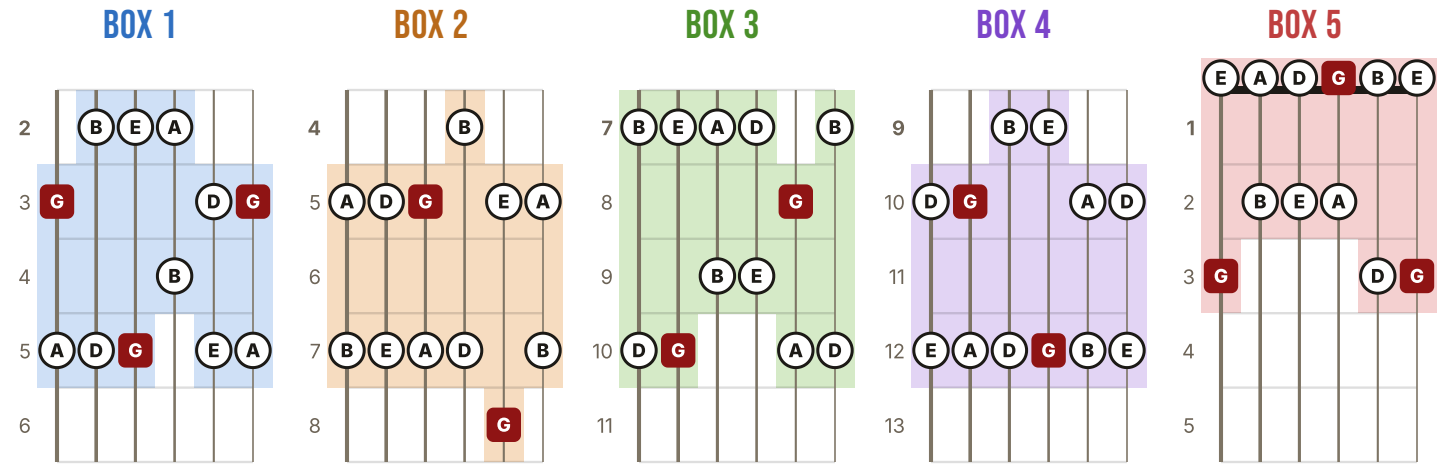
Relative minor: E minor uses the same 5 shapes.

THE WHOLE NECK



Root (G) Each color is one box. Notes on a color edge are shared by two boxes.

BOX BY BOX



frets 2–5 · frets 4–8 · frets 7–10 · frets 9–12 · frets 0–3

1. Learn Box 1 first

Play it low to high and back, two notes per string. Say each note name as you go.

2. Land on the roots

Start and end your phrases on G (the dark squares). They're your home base in every box.

3. Connect the boxes

Each box shares notes with the next, where the colors meet. Slide across them to move up the neck.

7-DAY PRACTICE PLAN

Day 1 ☐	Day 2 ☐	Day 3 ☐	Day 4 ☐	Day 5 ☐	Day 6 ☐	Day 7 ☐
Box 1 up and down, slowly	Box 1, landing on every root	Box 2 up and down	Connect Box 1 → Box 2	Box 3, then connect 2 → 3	Boxes 4 and 5	All 5 boxes, end on the root

A♭ MAJOR PENTATONIC

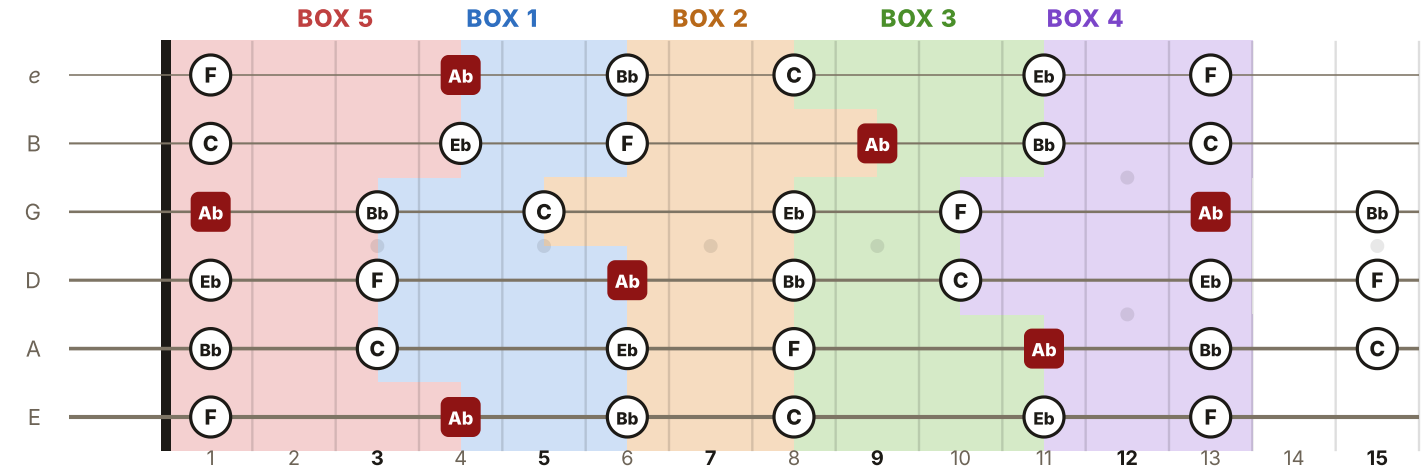
ALL 5 BOXES ON GUITAR · STANDARD TUNING

PENTATONIC BOX

NOTES **Ab** 1 · **Bb** 2 · **C** 3 · **Eb** 5 · **F** 6

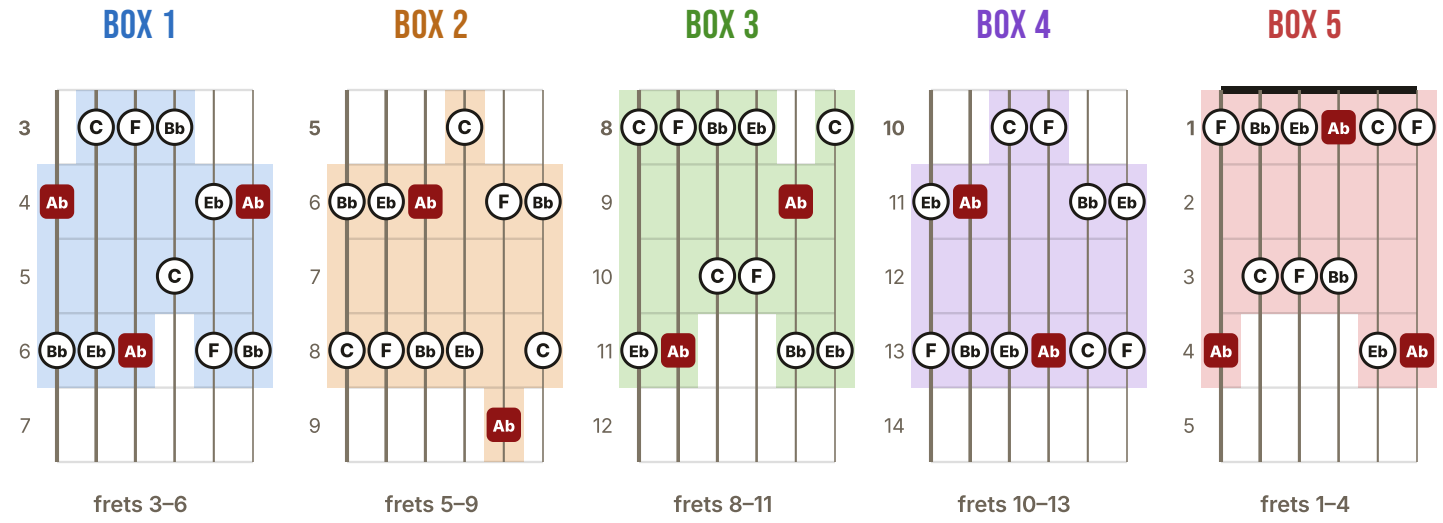
Relative minor: F minor uses the same 5 shapes.

THE WHOLE NECK



Root (Ab) Each color is one box. Notes on a color edge are shared by two boxes.

BOX BY BOX



1. Learn Box 1 first

Play it low to high and back, two notes per string. Say each note name as you go.

2. Land on the roots

Start and end your phrases on Ab (the dark squares). They're your home base in every box.

3. Connect the boxes

Each box shares notes with the next, where the colors meet. Slide across them to move up the neck.

7-DAY PRACTICE PLAN

Day 1 ☐	Day 2 ☐	Day 3 ☐	Day 4 ☐	Day 5 ☐	Day 6 ☐	Day 7 ☐
Box 1 up and down, slowly	Box 1, landing on every root	Box 2 up and down	Connect Box 1 → Box 2	Box 3, then connect 2 → 3	Boxes 4 and 5	All 5 boxes, end on the root

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A MAJOR PENTATONIC

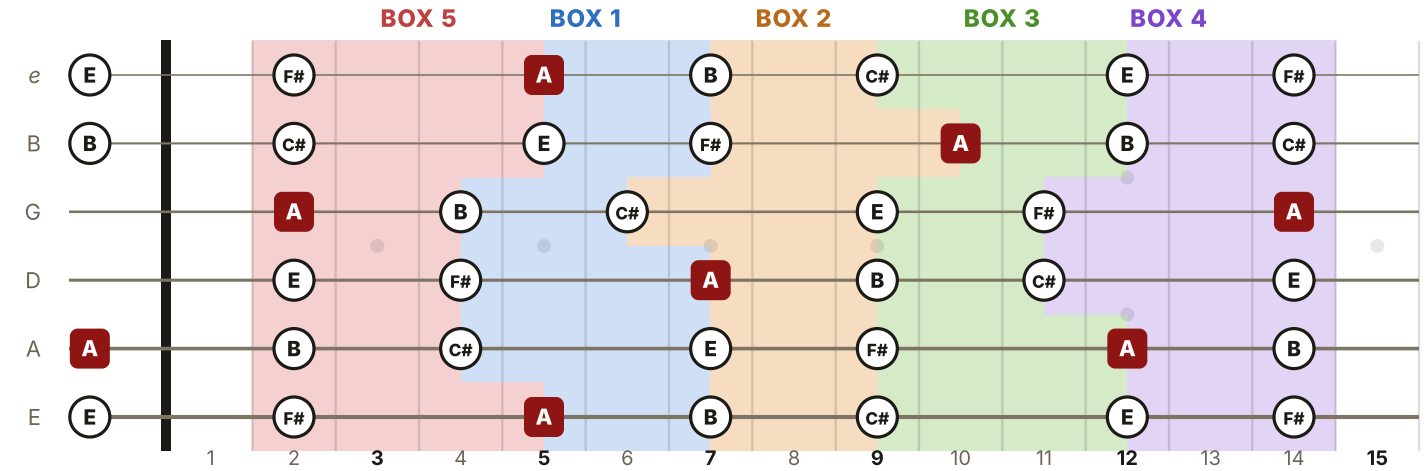
ALL 5 BOXES ON GUITAR · STANDARD TUNING

PENTATONIC BOX

NOTES **A** 1 · **B** 2 · **C#** 3 · **E** 5 · **F#** 6

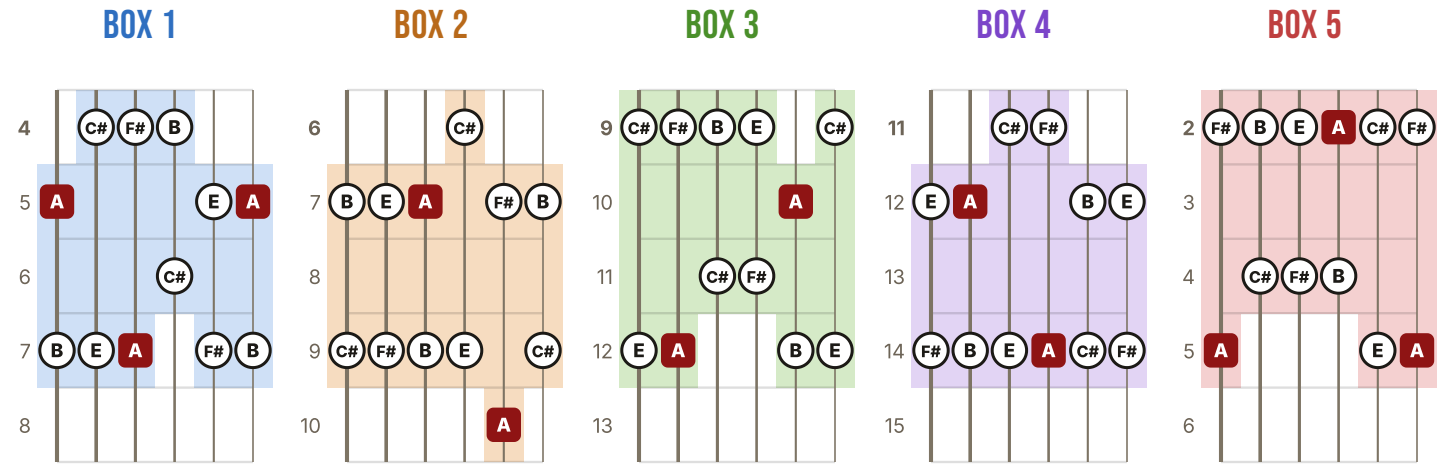
Relative minor: F# minor uses the same 5 shapes.

THE WHOLE NECK



Root (A) Each color is one box. Notes on a color edge are shared by two boxes.

BOX BY BOX



1. Learn Box 1 first

Play it low to high and back, two notes per string. Say each note name as you go.

2. Land on the roots

Start and end your phrases on A (the dark squares). They're your home base in every box.

3. Connect the boxes

Each box shares notes with the next, where the colors meet. Slide across them to move up the neck.

7-DAY PRACTICE PLAN

Day 1 ☐	Day 2 ☐	Day 3 ☐	Day 4 ☐	Day 5 ☐	Day 6 ☐	Day 7 ☐
Box 1 up and down, slowly	Box 1, landing on every root	Box 2 up and down	Connect Box 1 → Box 2	Box 3, then connect 2 → 3	Boxes 4 and 5	All 5 boxes, end on the root

B♭ MAJOR PENTATONIC

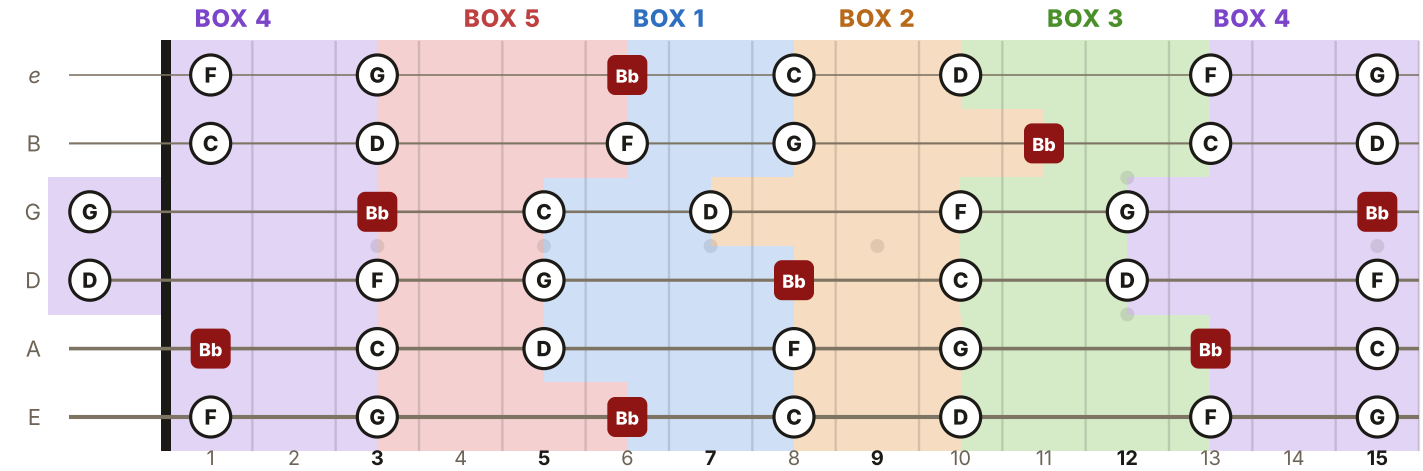
ALL 5 BOXES ON GUITAR · STANDARD TUNING

PENTATONIC BOX

NOTES **Bb** 1 · C 2 · D 3 · F 5 · G 6

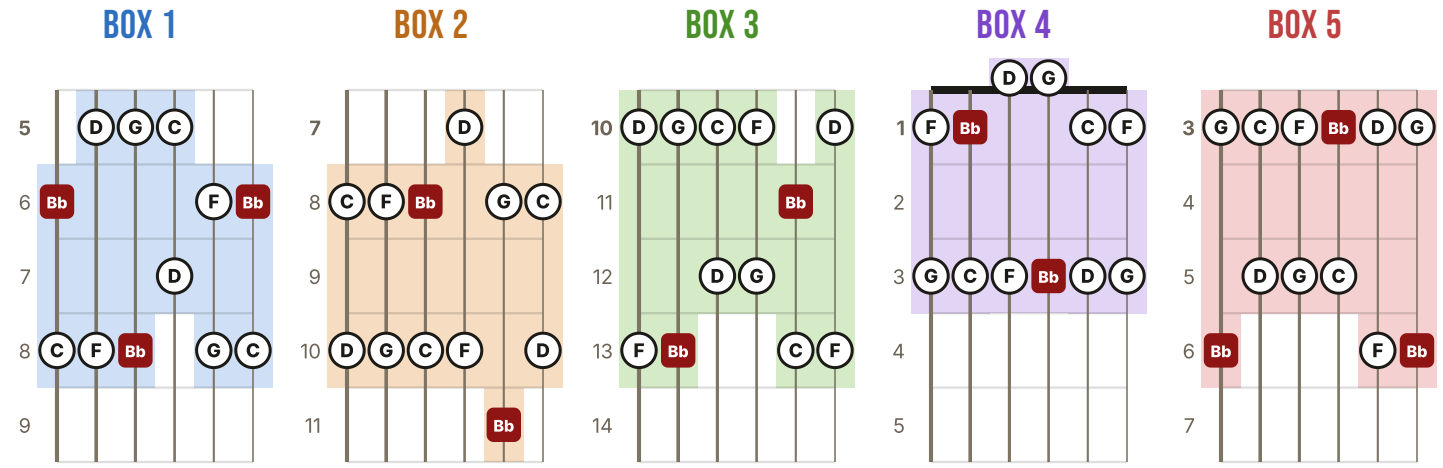
Relative minor: G minor uses the same 5 shapes.

THE WHOLE NECK



Root (Bb) Each color is one box. Notes on a color edge are shared by two boxes.

BOX BY BOX



frets 5–8 · frets 7–11 · frets 10–13 · frets 0–3 · frets 3–6

1. Learn Box 1 first

Play it low to high and back, two notes per string. Say each note name as you go.

2. Land on the roots

Start and end your phrases on Bb (the dark squares). They're your home base in every box.

3. Connect the boxes

Each box shares notes with the next, where the colors meet. Slide across them to move up the neck.

7-DAY PRACTICE PLAN

Day 1 ☐	Day 2 ☐	Day 3 ☐	Day 4 ☐	Day 5 ☐	Day 6 ☐	Day 7 ☐
Box 1 up and down, slowly	Box 1, landing on every root	Box 2 up and down	Connect Box 1 → Box 2	Box 3, then connect 2 → 3	Boxes 4 and 5	All 5 boxes, end on the root

B MAJOR PENTATONIC

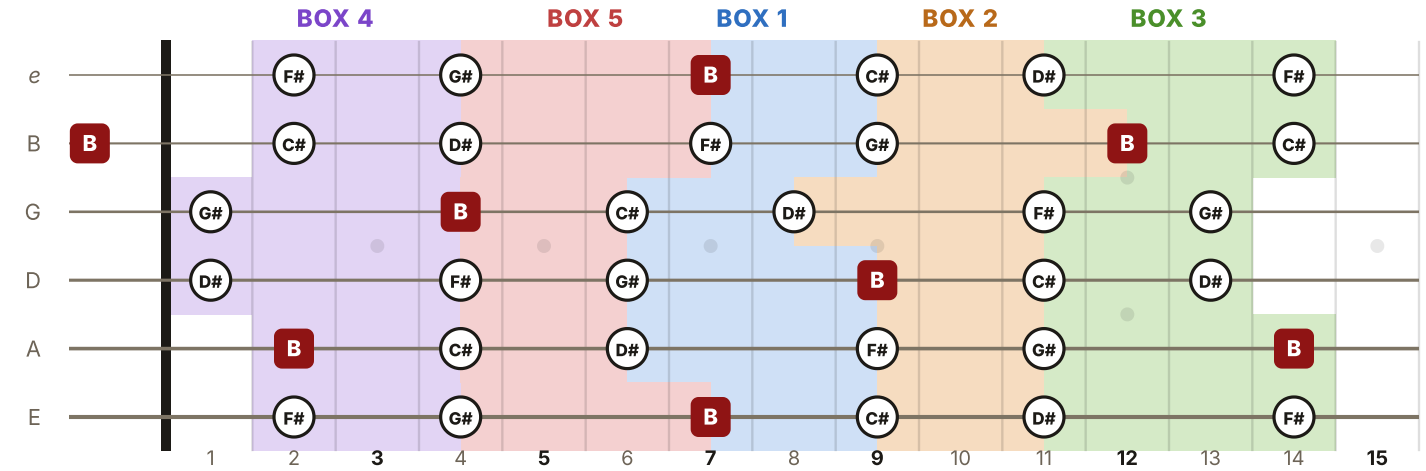
ALL 5 BOXES ON GUITAR · STANDARD TUNING

PENTATONIC BOX

NOTES **B** 1 · C# 2 · D# 3 · F# 5 · G# 6

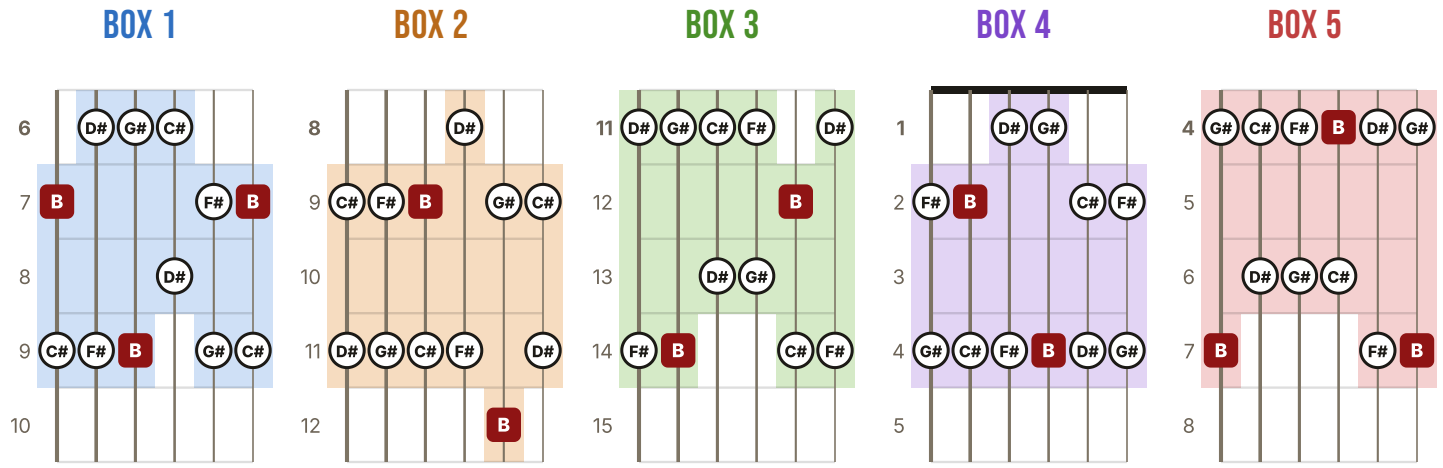
Relative minor: G# minor uses the same 5 shapes.

THE WHOLE NECK



Root (B) Each color is one box. Notes on a color edge are shared by two boxes.

BOX BY BOX



frets 6–9 · frets 8–12 · frets 11–14 · frets 1–4 · frets 4–7

1. Learn Box 1 first

Play it low to high and back, two notes per string. Say each note name as you go.

2. Land on the roots

Start and end your phrases on B (the dark squares). They're your home base in every box.

3. Connect the boxes

Each box shares notes with the next, where the colors meet. Slide across them to move up the neck.

7-DAY PRACTICE PLAN

Day 1 ☐	Day 2 ☐	Day 3 ☐	Day 4 ☐	Day 5 ☐	Day 6 ☐	Day 7 ☐
Box 1 up and down, slowly	Box 1, landing on every root	Box 2 up and down	Connect Box 1 → Box 2	Box 3, then connect 2 → 3	Boxes 4 and 5	All 5 boxes, end on the root

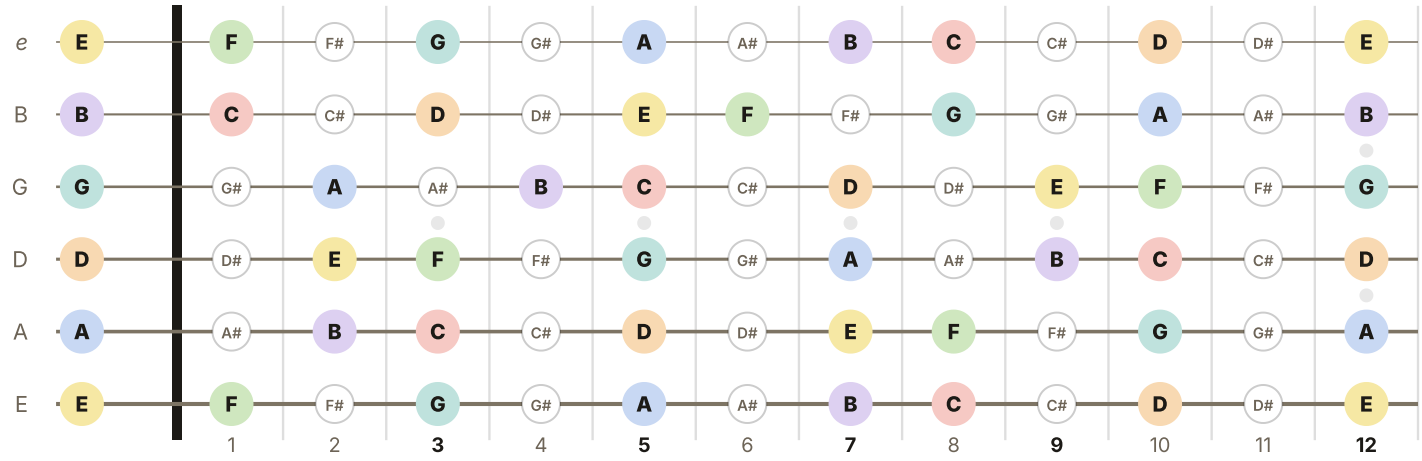
EVERY NOTE ON THE FRETBOARD

FRETS 0–12 · THE PATTERN REPEATS FROM FRET 12

PENTATONIC BOX

NATURAL NOTES **C** **D** **E** **F** **G** **A** **B**

Small white dots are sharps / flats (C# = Db).



Start with the low E and A strings
Their notes name your root for most chord shapes and Box 1 of any key.

No sharp between B–C and E–F
Everywhere else, natural notes are two frets apart.

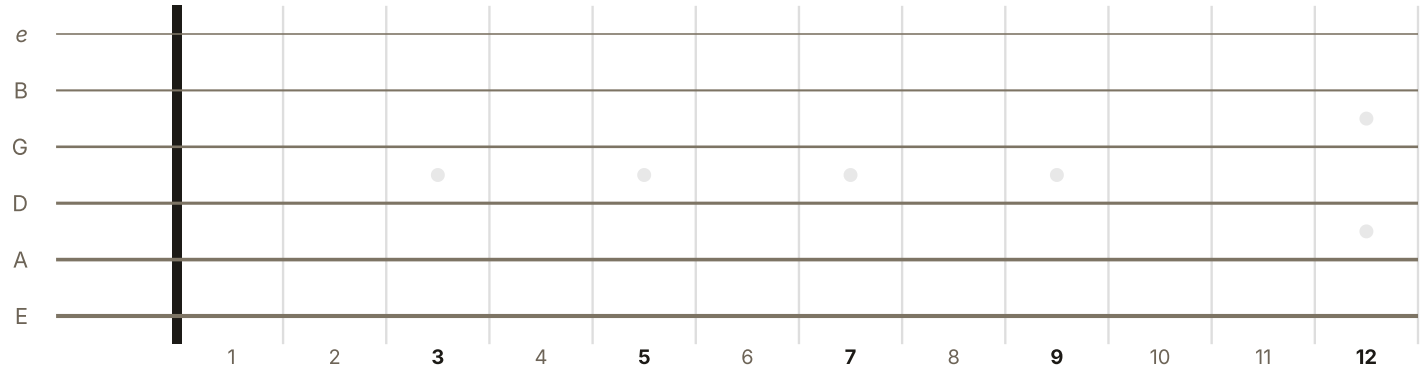
Octave shapes
Two strings up and two frets up is the same note an octave higher (three frets up when you cross the B string).

Fret 12 = open strings
Everything above fret 12 repeats the open-to-12 pattern.

Follow one color
Pick a note, find its color on all six strings, say it out loud. Five minutes a day.

Quiz yourself
Fill in the blank neck below, or use the free All notes view on the site.

FILL IT IN YOURSELF



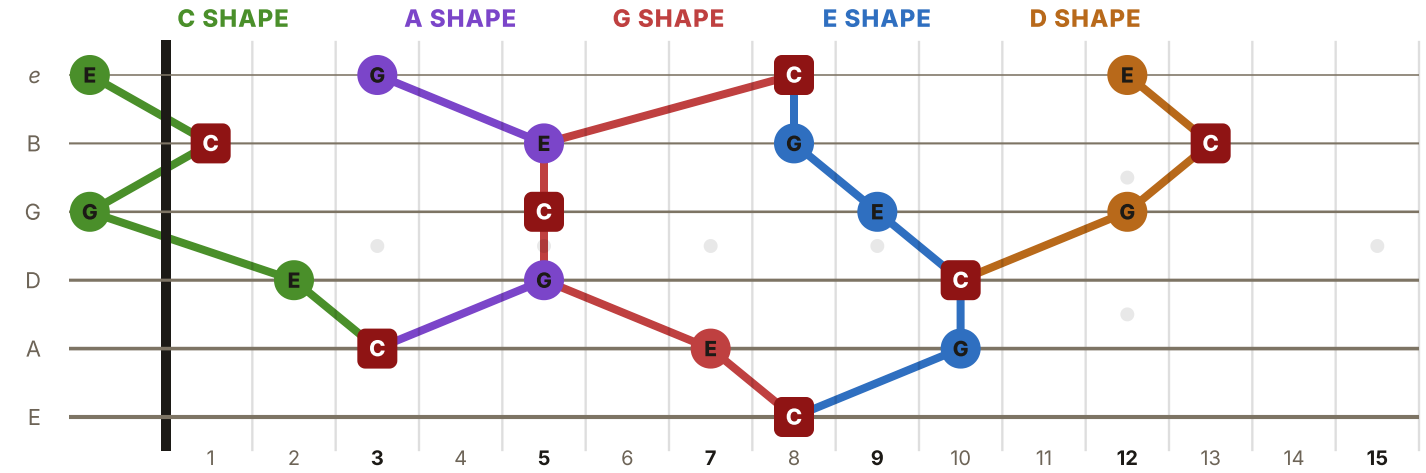
THE CAGED SYSTEM

C MAJOR SHOWN · SAME ORDER IN EVERY KEY

PENTATONIC BOX

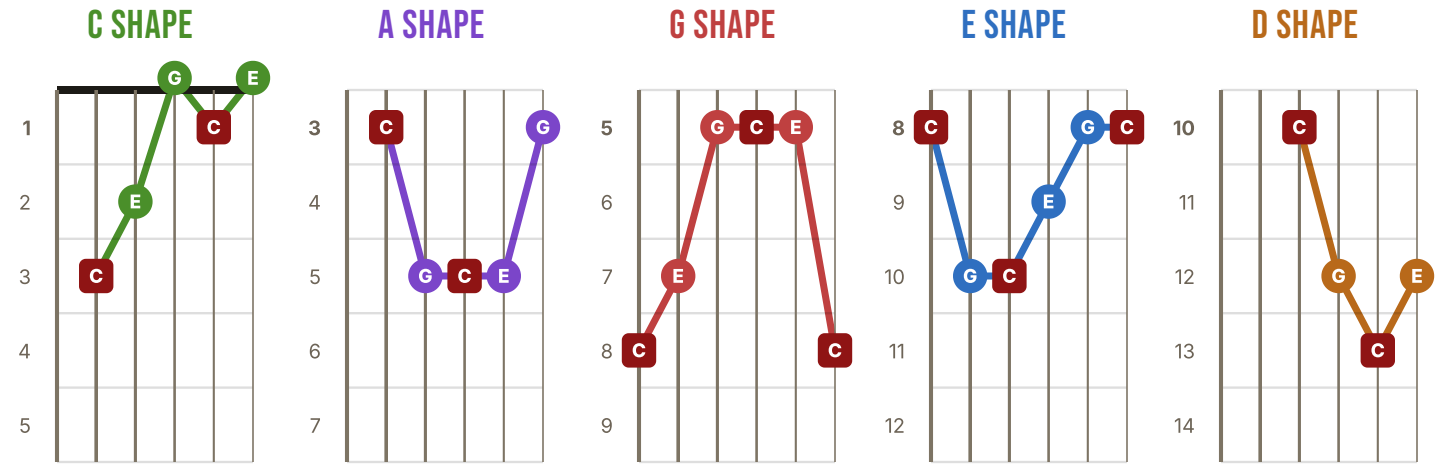
ORDER UP THE NECK — **C** shape · **A** shape · **G** shape · **E** shape · **D** shape — then C again, 12 frets up

FIVE SHAPES, ONE CHORD



Root (C) Lines connect the notes of each chord shape. Colors match the pentatonic boxes.

SHAPE BY SHAPE



inside Box 3 · inside Box 4 · inside Box 5 · inside Box 1 · inside Box 2

Change key by sliding

Move all five shapes together. G major = every shape 7 frets higher (or 5 lower).

Shapes share notes

The end of one shape is the start of the next, just like the pentatonic boxes.

Minor works too

Em, Dm, Cm, Am and Gm shapes line up the same way for any minor key.