GENERAL

alfred teach yourself to play guitar blues songs cd rom

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Introduction

Learning to play the blues on guitar can be both a thrilling and rewarding journey. Whether you're a beginner eager to strum your first chord or an intermediate player looking to deepen your understanding of blues phrasing, having a reliable, step by step guide can make all the difference. One resource that has stood the test of time is the **Alfred Teach Yourself to Play Guitar Blues Songs CD ROM**. Released in the early 2000s, this CD ROM offers a comprehensive curriculum that blends theory, technique, and practical song lessons to help you master the blues in a structured and engaging way.

In this article, we'll dive into what makes this CD ROM a standout educational tool, how to get the most out of it, and how it can fit into your overall guitar learning plan. We'll also touch on complementary resources and modern alternatives that can help you continue your blues journey beyond the CD ROM.

What Is the Alfred Teach Yourself to Play Guitar Blues Songs CD ROM?

Published by Alfred Music, a company renowned for its high quality instructional materials, the **Alfred Teach Yourself to Play Guitar Blues Songs CD ROM** is a multimedia package that includes:

- A set of 30 carefully selected blues songs spanning classic and modern styles.
- Step by step video tutorials for each song, broken down into intro, verse, solo, and outro sections.
- Accompanying audio tracks that you can use to practice along.
- Sheet music and chord charts in standard notation.
- Practice guides and exercises focused on rhythm, improvisation, and phrasing.

What sets this CD ROM apart is its "teach yourself" format: you can work through the lessons at your own pace, pause, rewind, and revisit sections as many times as needed. This flexibility is especially valuable for self taught musicians who may not have a teacher to guide them in real time.

Key Features That Make It Effective

Comprehensive Song Selection

The 30 blues songs cover a wide spectrum—from 12 bar blues classics like "Sweet Home Chicago" to more complex tracks such as "Stormy Monday." This diversity ensures that you encounter a range of chord progressions, tempos, and lyrical styles, giving you a well rounded foundation.

Step by Step Video Lessons

Each video lesson is broken into bite size segments. You'll see the guitarist's hand positioning, strumming patterns, and solo phrasing, all while the instructor explains the theory behind each move. This visual approach helps you internalize muscle memory and understand the "why" behind each technique.

Audio Tracks for Practice

Listening is crucial to developing a good ear for the blues. The CD ROM's accompanying audio tracks provide a reference for timing, dynamics, and feel. You can practice your guitar part while listening to the original track, then

switch to a metronome or backing track if you prefer a more interactive experience.

Sheet Music & Chord Charts

For those who like to read music, the printed materials provide standard notation and chord diagrams. Even if you're a visual learner, having a written reference can reinforce what you see in the videos.

Practice Guides & Exercises

Beyond the songs, the CD ROM includes targeted exercises on bends, vibrato, slide techniques, and rhythmic variations. These drills are essential for building the technical proficiency that underpins expressive blues playing.

How to Use the CD ROM Effectively

Set Up a Dedicated Practice Space

Before you start, create a quiet, well lit area where you can focus. Keep your guitar tuned, a metronome within reach, and a notebook or digital device for jotting down notes.

Follow the Structured Path

The CD ROM is organized into modules that progressively increase in difficulty. Begin with the foundational lessons, then move on to more advanced songs. Don't skip ahead—each module builds on the concepts introduced in the previous one.

Use the "Practice Mode" Feature

Many CD ROMs include a practice mode that allows you to loop a specific section. This is invaluable when working on a tricky solo or a complex rhythm pattern. Repetition at a manageable tempo helps cement the muscle memory required for fluid playing.

Take Notes

While watching the videos, jot down key points: chord voicings, slide positions, or any tips the instructor offers. Later, refer back to these notes when you're practicing independently.

Record Yourself

Recording your practice sessions lets you objectively evaluate your progress. Compare your recordings to the original tracks or to the instructor's performance to spot areas for improvement.

Apply the Theory

Each lesson explains the theory behind blues scales, modes, and chord progressions. Take time to understand how the A minor pentatonic, the blues scale, and the Mixolydian mode relate to the songs you're learning. Theory knowledge enhances improvisation and songwriting skills.

Benefits of Using the Alfred CD ROM

Structured Learning Path

Unlike random online videos, this CD ROM offers a coherent curriculum. You'll gradually build confidence and skill, avoiding the frustration that often comes from learning on your own without direction.

Visual & Auditory Reinforcement

The combination of video, audio, and written materials caters to multiple learning styles. Visual learners can see finger placements, auditory learners can hear the correct sound, and kinesthetic learners can practice in real time.

Self‑Paced Flexibility

Since it's a "teach yourself" format, you can pause, rewind, and replay as often as needed. This flexibility is ideal for busy schedules or for those who prefer to learn at their own speed.

Time‑Efficient Practice

With guided lessons, you're less likely to spend hours trying to figure out how to play a song on your own. The CD‑ROM saves you time by providing clear instructions and ready‑made backing tracks.

Long‑Term Value

While the CD‑ROM may feel like a one‑time purchase, its comprehensive content can serve as a lifelong reference. Many musicians revisit these lessons years later to refine their technique or to rediscover the fundamentals.

Common Challenges and How to Overcome Them

Getting Stuck on a Technique

If you're struggling with a particular bend or slide, pause the video and isolate the section. Practice slowly, focusing on proper hand placement. Gradually increase the tempo as you gain confidence.

Maintaining Motivation

Learning the blues can be a long process. Set short‑term goals (e.g., mastering a specific solo) and reward yourself when you achieve them. Celebrate small victories to keep your enthusiasm high.

Translating Lessons to Your Own Style

Once you've internalized the techniques, experiment with adding your own flair. Try changing the rhythm of a chord progression or improvising a different phrase over a backing track. Creativity is a key component of the blues.

Complementary Resources to Enhance Your Learning

Online Video Platforms

- JustinGuitar – Free lessons on blues theory, scales, and song tutorials.
- Fender Play – Structured courses with a focus on beginner to intermediate players.

Backing Tracks & Metronomes

Apps like **Pro Metronome** and **Backbeat Studio** provide adjustable tempos and key changes, allowing you to practice in various musical contexts.

Sheet Music Collections

Sites such as **Musicnotes** and **Sheet Music Plus** offer downloadable blues arrangements if you prefer to play with different instrumentation.

Blues Communities & Forums

Engage with fellow musicians on Reddit's r/Guitar, the **Blues Guitar Forum**, or local meet‑ups. Sharing progress and receiving feedback can accelerate your growth.

Modern Alternatives: Digital Versions and Apps

While the Alfred CD‑ROM remains a solid foundation, many modern learners opt for digital tools. Platforms like **Yousician** and **Fender Play** provide interactive lessons with real‑time feedback. Additionally, the **Alfred Music App**

offers a mobile version of the curriculum, allowing you to practice on the go.

Choosing between a physical CD ROM and a digital app depends on your learning style. If you value tactile interaction and a structured curriculum, the CD ROM is ideal. If you prefer instant access, interactive feedback, and portability, consider a digital alternative.

Integrating the CD ROM Into a Long Term Learning Plan

Here's a simple roadmap to help you incorporate the CD ROM into your overall guitar development:

1. Week 1–4: Complete Modules 1–3, focusing on basic chords and rhythm patterns.
2. Week 5–8: Move to Modules 4–6, introducing blues scales and simple solos.
3. Week 9–12: Tackle Modules 7–9, exploring more complex phrasing and improvisation.
4. Week 13–16: Finish Modules 10–12, mastering full songs and advanced techniques.
5. Ongoing: Revisit earlier modules, experiment with new songs, and integrate lessons into jam sessions or songwriting.

Remember, consistency is key. Even 15–20 minutes of focused practice each day can yield significant progress over time.

Conclusion

The **Alfred Teach Yourself to Play Guitar Blues Songs CD ROM** is more than just a collection of songs; it's a thoughtfully designed educational journey that blends theory, technique, and practical application. By following its structured curriculum, practicing diligently, and supplementing it with modern tools and community engagement, you can develop a deep, expressive blues style that resonates with audiences and enriches your own musical voice.

Whether you're picking up a guitar for the first time or looking to refine your blues chops, this CD ROM offers a solid foundation. Embrace the lessons, stay patient, and enjoy every riff you master along the way.

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