

# The chord transition tracker

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A practice sheet for guitarists who get bored fast.



# Recommended tools

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- 📄 A print-out of this (or open it on your iPad, or Remarkable)
- ✍️ A marker
- 🎵 A metronome (app or physical)
- 🎸 A guitar

*Tip: the printable version works best — you'll want to mark progress in pen.*



## Tips to use this tool

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Every session, choose a chord combination.

Start with a chord combo in the easy 80bpm.

If 80 bpm was too fast, start lower. Lower the metronome's speed to less than 80 beats per minute. Especially for the barre chords. You may want to go with 60 or 50.



# The key of this practice:

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The key is to perfect the transition. Not to finish the lesson. You could practice for a single minute. Then move on to a higher beat per minute.

This course is designed to be tailored to your own pace. You may have perfect finger placement, but slow transitions. Maybe you have fast transitions but not perfect placement. This tool will help you master placement, transitions and learning new chords.

Remember the key is not to learn as many chords but to perfect the transitions WITH finger placement (chord shapes).

Do not rush to go from 80 —> 90 bpm.

Practice from up to down.

Until the chord that you already know. Then you could go to a higher speed.

If you do not know a chord, learn it by placing the finger and then release your hand. Repeat this for a minute or 3 or until you are comfortable with the single chord itself.



**Your goal is**

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Precise transition

+

Complete placement



# How do I progress in this course

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To go to the next level, and progress. Pick a chord that you know very well.

Choose a new chord you have just learned.

Practice with the previously transitioned chords, the new chord and aim for a 'perfect' and 'complete' placement at each beat-per-minute speed.



# My philosophy

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Hi, my name is Mariam. I am from the small island called Abu Dhabi. I have a scatter mind, ADHD (it's trending so yeah let's jump the wagon), and I learn best through immersion. By exposing myself to as much as possible knowledge and information, over prolonged and disconnected periods of time, I get the hang of things. I get bored easily. So, through this mechanism I was able to use my mind, my eyes, my whole body and especially my fingers to absorb all there is to be absorbed. My fingers sometimes are bored from a single song so the best thing (in order to not abandon learning, I learn a new song with some new basic chords).

This way I was able to trick myself into becoming better over a small period of time.

Regular schools will ask me to stay focused, and be patient. I am really patient, and know how to work with time. But with a fast mind and recognition capabilities, I feel that such schools are making me abandon whatever it is I am interested in. I do not like being an amateur for a long period of time, I love enjoying playing and deluding myself into the musical master that I think I am.

This is the reason I felt like sharing this methodology. I am a programmer, it has taught me that all information is out there ready to be learned. Sometimes you only need a strategy. Sometimes you just need a helping hand. In music, everyone is trying to market his tool and that's okay. All I wanted was a tracking sheet for my initial chords that I am learning from YouTube, and musical apps.



# Oud ...

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In this course, you will notice that each chord will have a picture, and the English name, French and Arabic names. Ignore these I just keep them for my reference, because that's what we learn when in school: the French Do-Re-Mi. I also plan to learn Oud next so I am getting myself a little immersion through putting these scary names in front of me so that I don't get scared when I hear them ever again. Oud is an Oriental instrument, it is the father of the Spanish Guitar. In fact, the oldest Arabic songs (Muwashah) were prominent in Spain (Al Andalus) 1000 years ago. The funny thing is they're still famous and could be heard in YouTube.



## Tips and tricks

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Once you know a chord's placement (not necessarily its transition yet), try **saying the chord names out loud in the same tone that you hear it**. You may (or may not) learn the chord's sound.

*Or so I heard. I am still learning this so do not rely only on my input. Do your own research.*



# What helped me along the way

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**Guitar Tuner** — where I started. It sold me the idea of Simply Guitar (app).

**Simply Guitar** — too slow for me, so I jumped to YouTube channels with basic C, Em, Am songs.

**Guitar Tricks** — finished the basics in a month. Didn't teach many chords but shared real wisdom and practice techniques

**Chordify** — got it after Hotel California. Not the most accurate, but great for exploring new songs and use your capo.

**Chet** — a hidden gem for tabs, and learning what a third and fifth is. All through play, not lecture.

**GuitarTuna** — for more accurate tuning.

**Guitar Tuner** — it contains a good number of Chord references for beginner level

**Oolimo** — great for identifying the guitar names and sounds

**Youtube** — channels like Skye C. Hale, and BandJamTrax - Common Chords



The practice sheets:

**Let the Games Begin!**

# Chord C (Do majeur · Ajam)

Notes in this chord C, E, G

Metronome speed:	80 (bpm)	90	100	120
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C ↔ Em

C ↔ Dm

C ↔ F major 7

C ↔ G major

C ↔ D

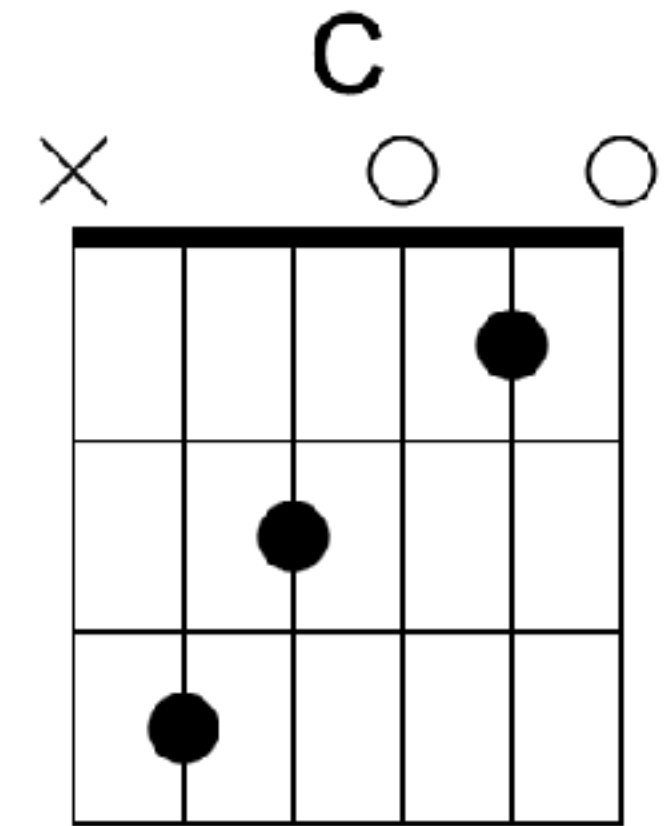
C ↔ Bm

C ↔ B

C ↔ A

C ↔ Am

C ↔ F#m



created with chordpic.com

The **maqam** (Ajam (rast)) is the Arabic musical mode roughly equivalent to this key. I am including it because I am learning Oud next.



# Chord D (Ré majeur · Bayati)

Notes in this chord **D**, F#, A

Metronome speed:	80 (bpm)	90	100	120
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D ↔ C

D ↔ Am

D ↔ G

D ↔ F

D ↔ Em

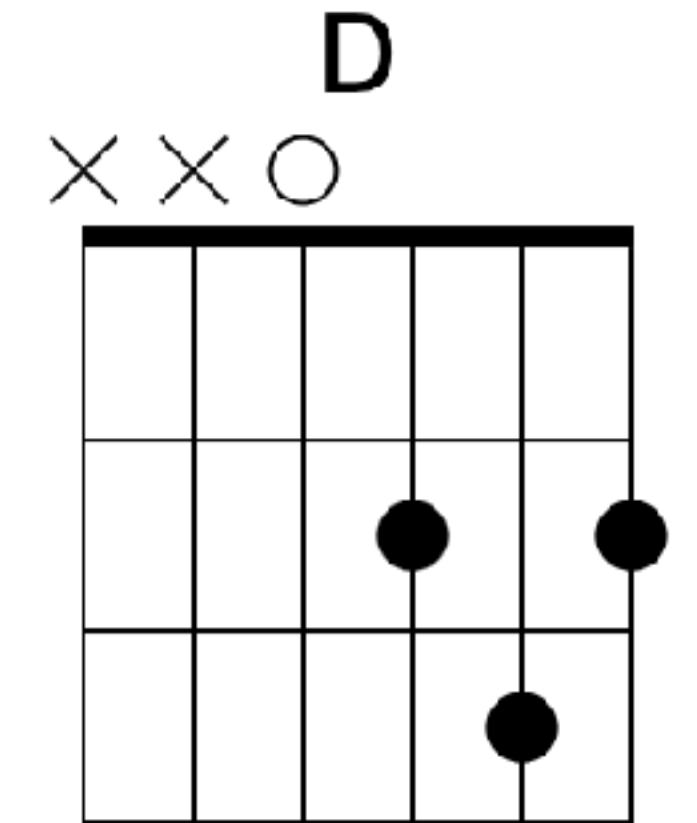
D ↔ Bm

D ↔ A

D ↔ F#m

D ↔ E

D ↔ B



created with chordpic.com

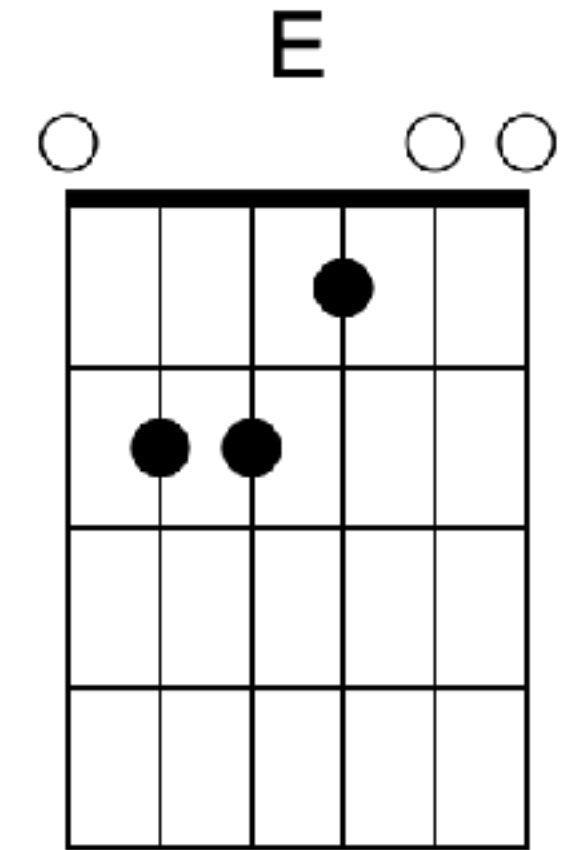
Closest **maqams** to the D are Maqam Bayati and Hijaz, however they do not fully fall on the same notes. **Hijaz** Scale Notes: D - E half-flat - F - G - A - B flat - C - D.

**Rast** Notes (mother of all maqams) : D - E half-flat - F - G - A - B half-flat - C - D



# Chord E (Mi majeur · Kurd)

Notes in this chord E, G#, B



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Metronome speed:

80 (bpm)

90

100

120

E ↔ C

E ↔ Am

E ↔ D

E ↔ F

E ↔ G

E ↔ Bm

E ↔ A

E ↔ F#m

E ↔ Em

E ↔ B

Maqam **Kurd** is a maqam that maps directly onto the Western **Phrygian** mode. It can also be mapped to jins ajam on E



# Chord F (Fa majeur · Bayati)

Notes in this chord F, A, C

Metronome speed: 80 (bpm) 90 100 120

F ↔ C

F ↔ Am

F ↔ D

F ↔ G

F ↔ Em

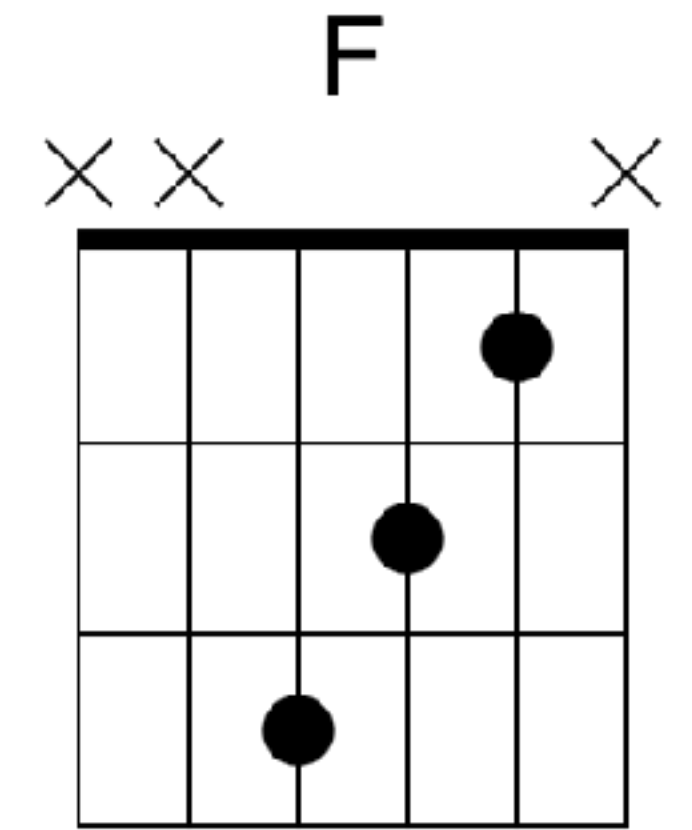
F ↔ Bm

F ↔ A

F ↔ F#m

F ↔ E

F ↔ B



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**The maqam** (F) is also known as Bayati: D - E b - F - G - A - B b - C. Another Maqam is the Jiharkah (on F). Famous songs: Ya Mal Alsham.



# Chord G (Sol majeur)

Notes in this chord **G**, B, D

Metronome speed:	80 (bpm)	90	100	120
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G ↔ C

G ↔ Am

G ↔ D

G ↔ F

G ↔ Em

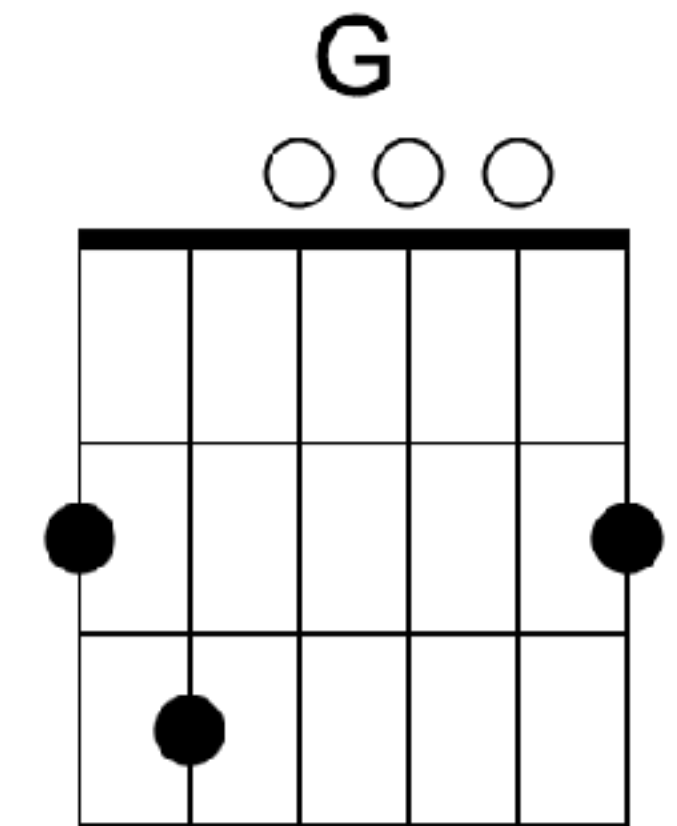
G ↔ Bm

G ↔ A

G ↔ F#m

G ↔ E

G ↔ B



created with chordpic.com

Mqam Nawa (?) Check [maqamworld.com](http://maqamworld.com)



# Chord A (La)

Notes in this chord A, C#, E

Metronome speed: 80 (bpm) 90 100 120

A ↔ C

A ↔ Am

A ↔ D

A ↔ F

A ↔ Em

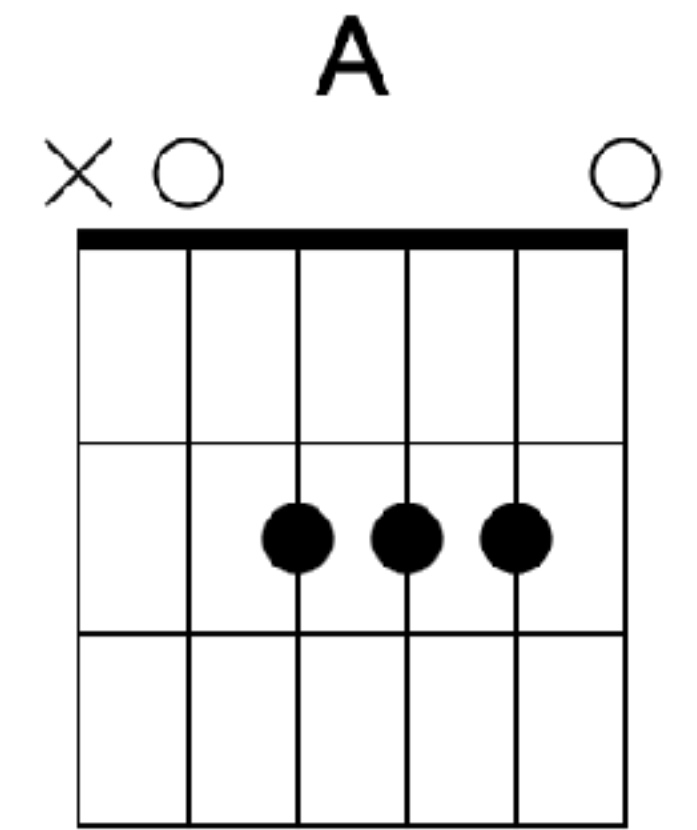
A ↔ Bm

A ↔ G

A ↔ F#m

A ↔ E

A ↔ B



**A, C#, E**



# Chord B (Si)

Notes in this chord B, D#, F

Metronome speed:

80

90

100

120

B ↔ C

B ↔ Am

B ↔ D

B ↔ F

B ↔ Em

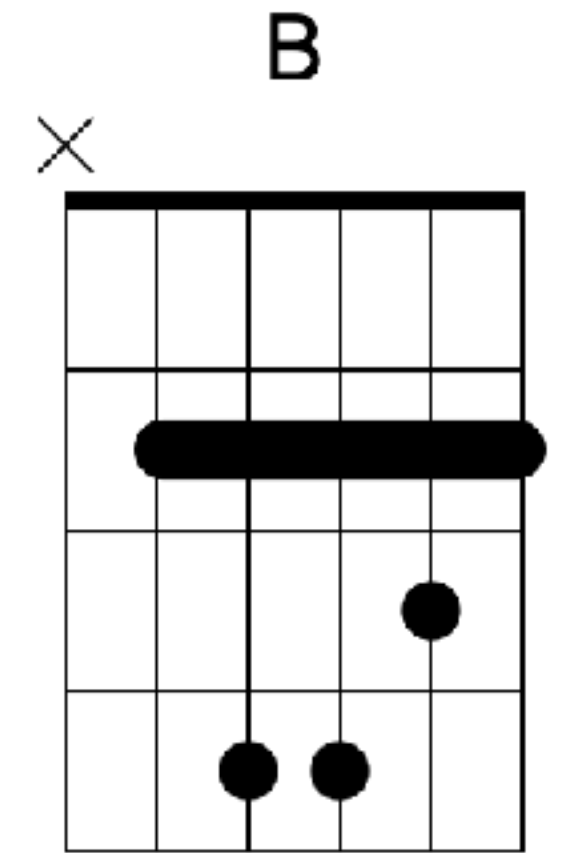
B ↔ Bm

B ↔ A

B ↔ F#m

B ↔ E

B ↔ G



created with chordpic.com



# Chord Am (La Mineur)

Notes in this chord A, C, E

Metronome speed: 80 (bpm) 90 100 120

Am ↔ C

Am ↔ G

Am ↔ D

Am ↔ F

Am ↔ Em

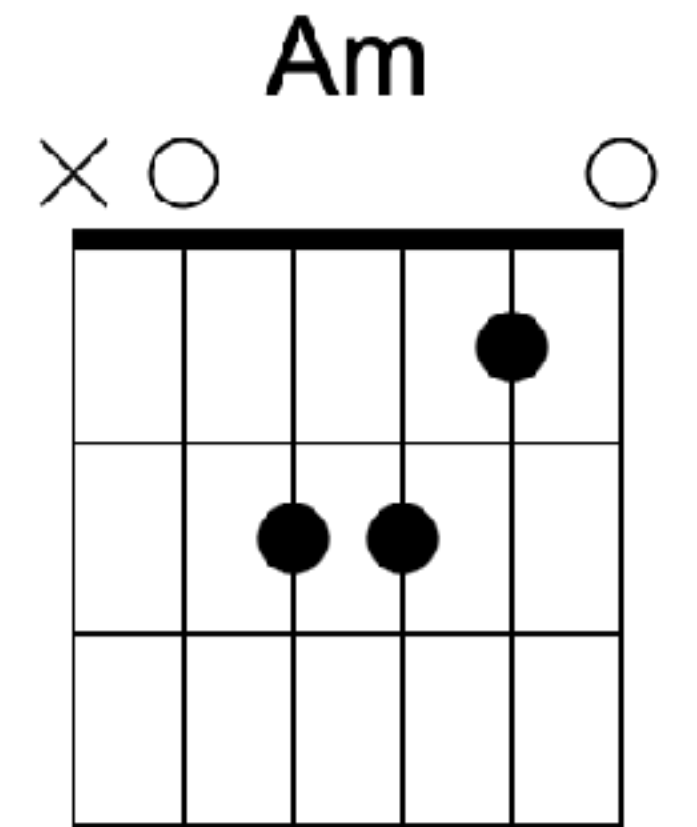
Am ↔ Bm

Am ↔ A

Am ↔ F#m

Am ↔ E

Am ↔ B



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Nahawand



# Chord Em (Mi Mineur)

Notes in this chord E, G, B

Metronome speed: 80 bpm 90 100 120

Em ↔ C

Em ↔ Am

Em ↔ D

Em ↔ F

Em ↔ G

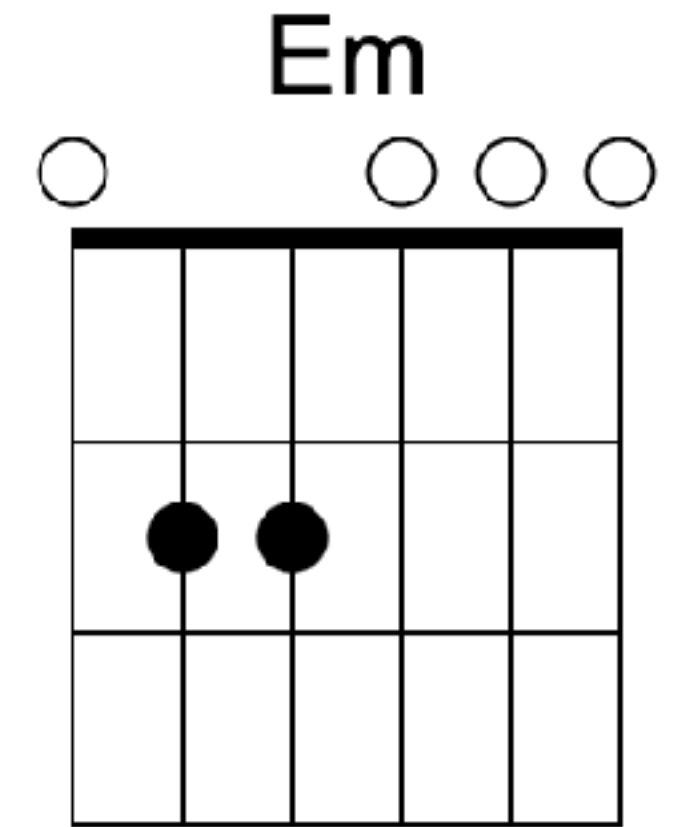
Em ↔ Bm

Em ↔ A

Em ↔ F#m

Em ↔ E

Em ↔ B



created with chordpic.com



# Chord Bm (Si Mineur)

Notes in this chord B, D, F#

Metronome speed:	80 (bpm)	90	100	120
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Bm ↔ C

Bm ↔ Am

Bm ↔ D

Bm ↔ F

Bm ↔ Em

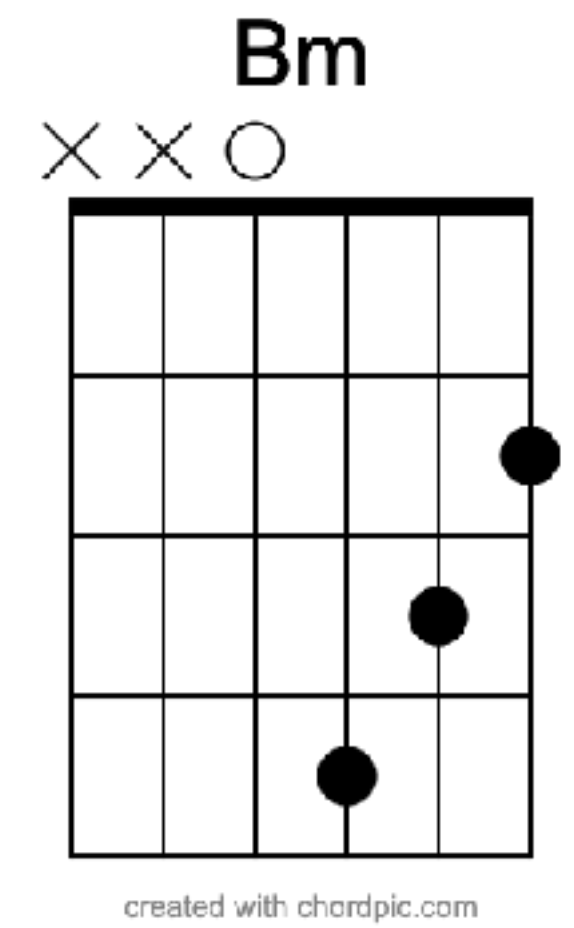
Bm ↔ G

Bm ↔ A

Bm ↔ F#m

Bm ↔ E

Bm ↔ B



# Chord Dm (Re Mineur)

Notes in this chord **D**, F, A

Metronome speed:	80	90	100	120
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Dm ↔ C

Dm ↔ Am

Dm ↔ D

Dm ↔ F

Dm ↔ Em

Dm ↔ Bm

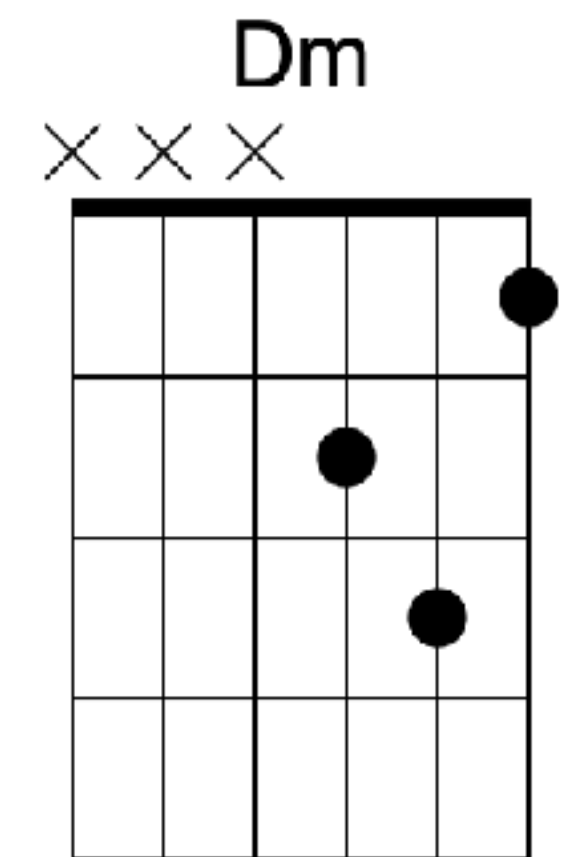
Dm ↔ A

Dm ↔ F#m

Dm ↔ E

Dm ↔ B

Dm ↔ G



created with chordpic.com



# Remember:

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*The point is to perfect the transition. Not to finish the lesson.*

1. Pick a chord combo.
2. Set the metronome to 80 bpm. (Try 50–60 for barre chords.)
3. Drill until the transition is clean — finger placement included.
4. Tick the box. Move up to 90, then 100, then 120.
5. Don't know a chord yet? Place fingers, release, repeat for 1–3 minutes until it feels familiar — *then* start the transition drill.

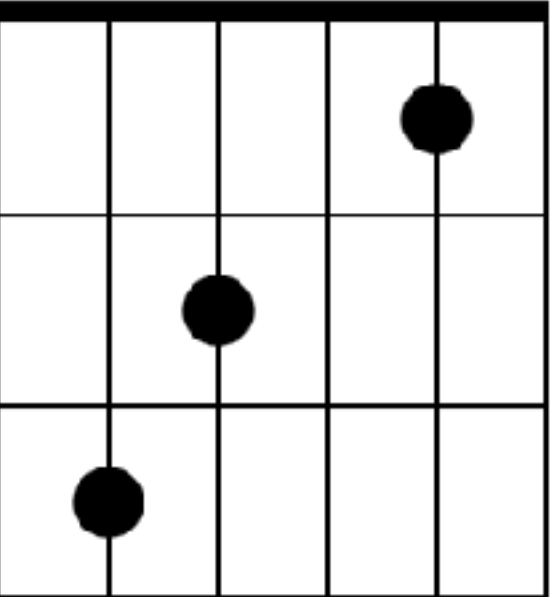
A clean minute beats a sloppy hour.



# Chord Reference Sheet

**C**

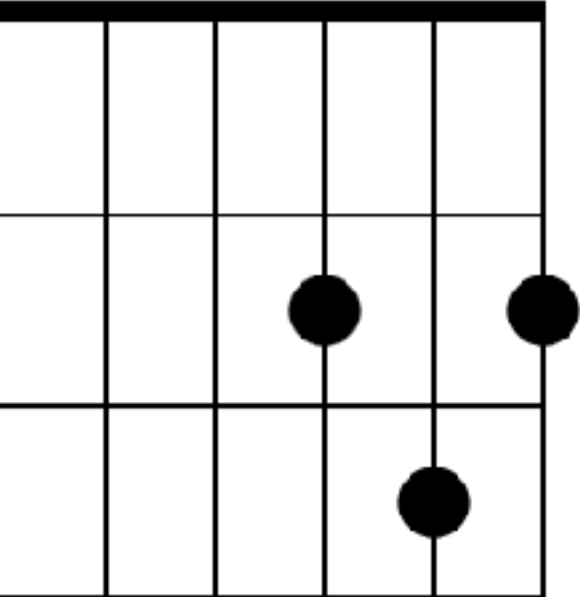
X O O



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**D**

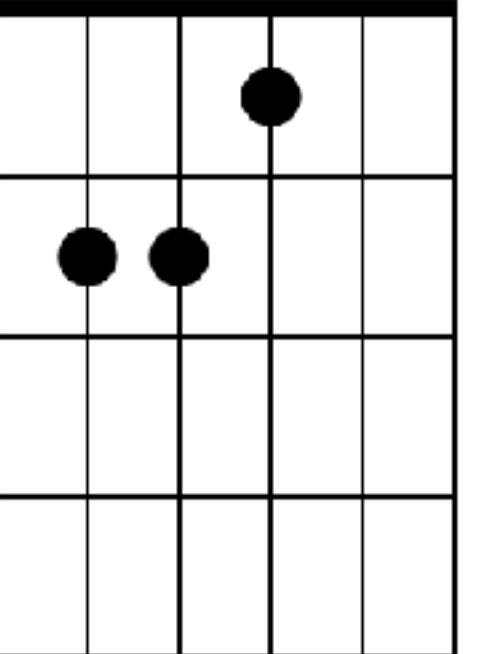
X X O



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**E**

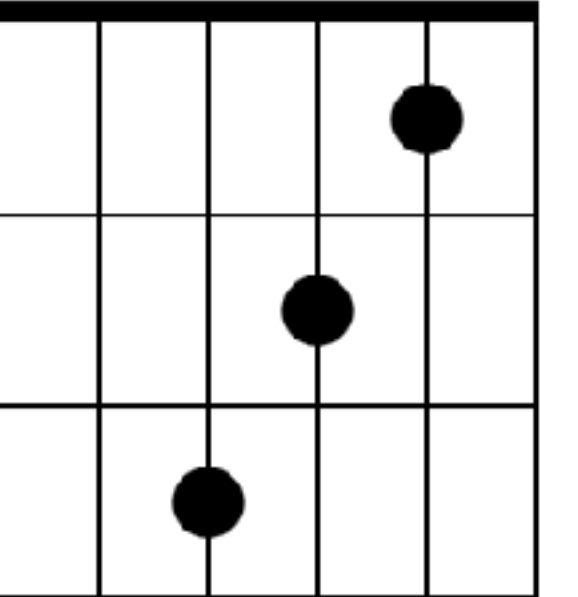
O O O



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**F**

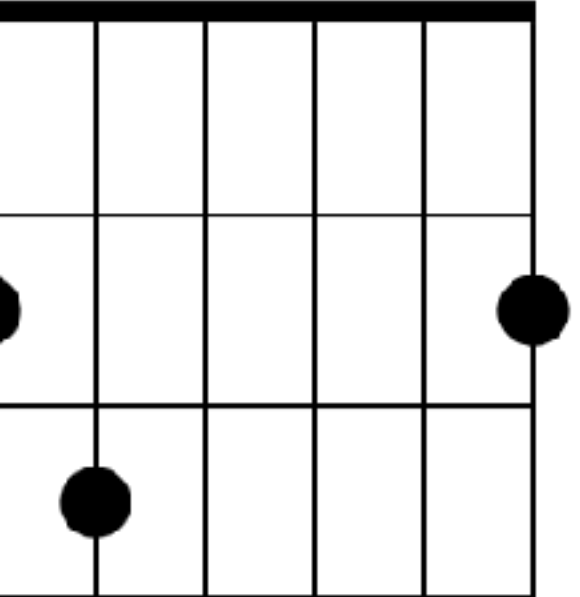
X X X



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**G**

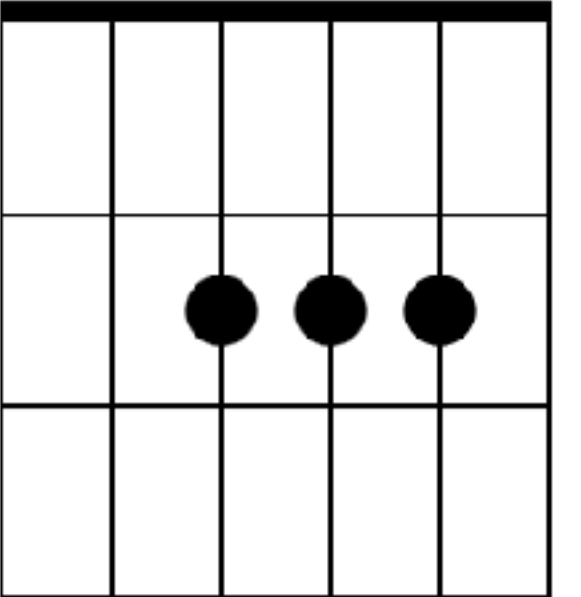
O O O



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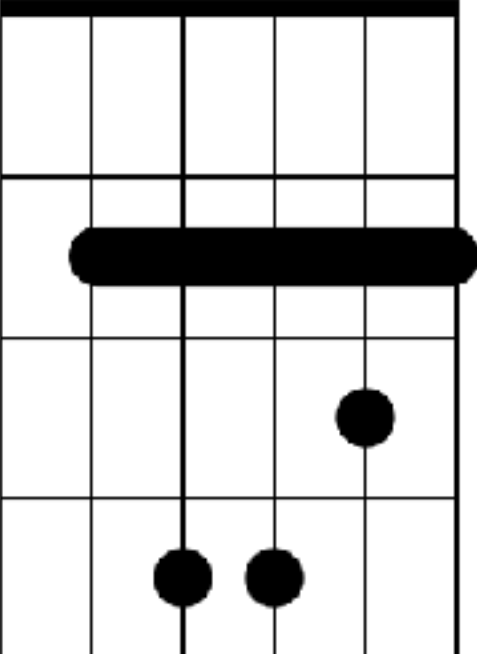
**A**

X O O



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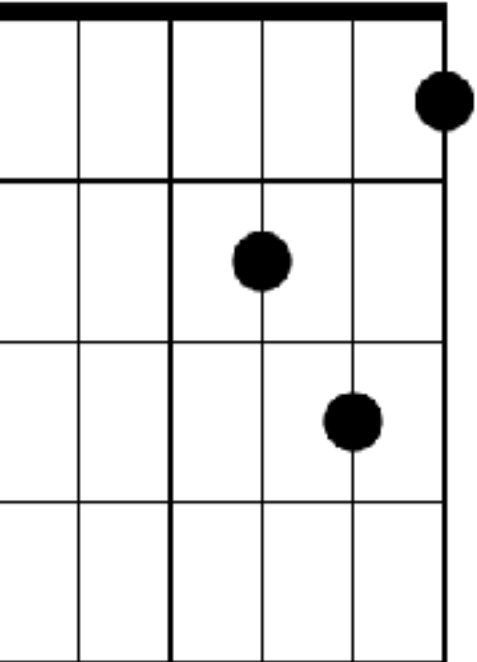
**B**



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**Dm**

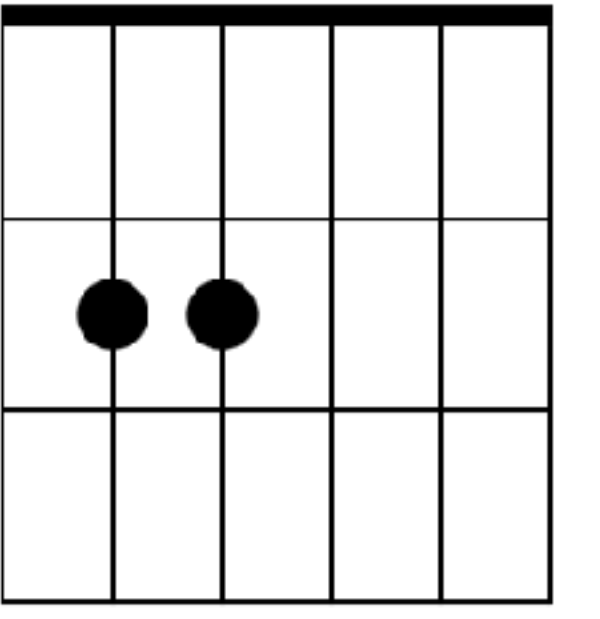
X X X



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**Em**

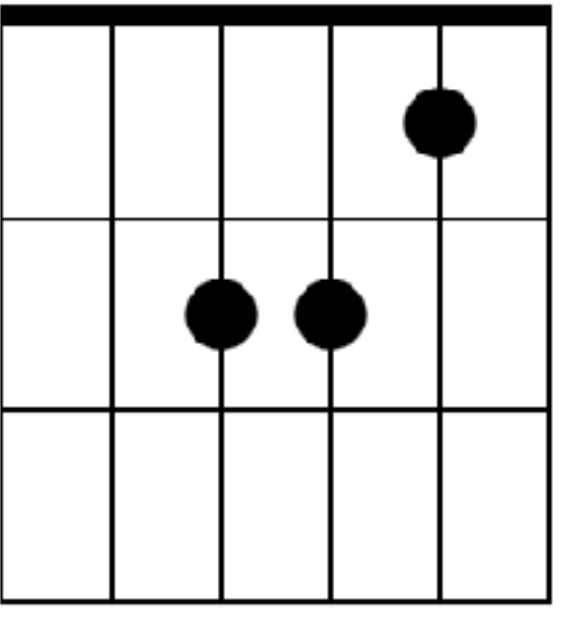
O O O O



created with chordpic.com

**Am**

X O O



created with chordpic.com



# Liked this? Here's what's next.

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Three things, in roughly the order I'd suggest:

FREE

## The Note & Chord Explorer

Interactive, on the web tool for seeing.

FREE

## Guita Rocks Initiation Package

Interactive, on the web tool for seeing.



PAID · \$99

## Guita.Rocks — The fretboard mapper

When you're ready to fully unlock the guitar

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Find me: [@mrmhd](#) · web: [guita.rocks](#)