

HOW TO GAIN A COMPLETELY UNFAIR ADVANTAGE ON GUITAR BY PRACTICING ONLY 20 MINUTES A DAY

Hi, I'm Lee Anderson, founder of Play Guitar Academy, and in the next 30 minutes, you are going to learn my exact strategy on "how to gain a completely unfair advantage on guitar by practicing only 20 minutes a day."

You're probably wondering why I'm qualified to teach on this topic.

Here's my story:

I have been a professional guitarist for over 30 years, I have my degree in guitar performance, but more importantly, I've been teaching guitar since 1988.

I've seen it all and I've tried many different approaches to helping frustrated players actually get better on the guitar. During all of that time, I've used what works and I've ditched what is just a complete waste of time.

And, as I'm sure you know, with learning guitar, there are a ton of time-wasting activities available.

Finally, over the past three years, I've been the host of the Play Guitar Podcast, teaching thousands of guitarists all over the world how to become happy and successful musicians.

Imagine what your life will be like after you understand and master not only what YOU are doing on guitar, but you are able to watch other players and know exactly what they are playing and how they're doing it.

Can you see how having this "**Unfair Advantage**" could give you confidence and benefit you as a player?

If you were able to have this kind of control, would that make things better for you?

We have all felt what it is like to spend time practicing the guitar with very limited results for our efforts.

It's frustrating and it makes you think: "I must not be doing this right. I must not be practicing enough. That's got to be the reason"

So you get to work and double down on the guitar.

Spending more and more time with less and less results.

That was me before I got the big epiphany:

The fastest way to become a knowledgeable capable guitarist is by using the power of repetition and a well-planned roadmap.

You see, I was a jammer.

I would spend hours and hours just noodling on the guitar.

I was chasing that old belief that if you practice for 10,000 hours, you would master your instrument.

I would come up with some good sounding licks, and a few good ideas for songs. But, it really was just more of the same things I had already been doing.

And, I had no idea why the things that I was jamming worked.

I was starting to play in bands and very quickly realized that I had some catching up to do. Just playing the pentatonic scales over and over was not helping me with the songs I needed to learn and the musical situations I was finding myself in.

I was stuck, but:

This was my big crossroads. Something had to happen.

I could go back to jamming all of the time and forget playing in bands or I could take the time to pick apart these new songs and get real with myself about the basic skills that I was missing.

No one wants to do that. No one wants to dwell on their weaknesses. But, by doing that, I was able to fill in the missing skills that were holding me back from moving forward on the guitar.

But when I did, it wasn't easy. I would spend way too much time learning a certain scale or technique, and I found what I learned wasn't sticking. I wasn't retaining it all.

I knew it wasn't what I was learning. I was finally on the right track with that.

I needed to speed things up because I was starting to perform. And I needed to remember these new things I was learning and make them part of my playing, and fast.

I thought: "How is it that, in school, I am able to remember so much information that I don't really care about, and with guitar, which I really do care about, I'm struggling to remember anything."

What was the difference?

The difference was repetition.

I didn't understand it then, but I now know that I was struggling to keep everything I learned in my short-term memory. And, after a while, it would just disappear.

I needed to be able to play on autopilot. I needed to be able to perform these skills without thinking. I needed to commit these new things to long-term memory.

What I did next, which didn't seem like that big of a deal at the time, changed everything. I started a regular practice routine and practiced my new skills on a daily basis.

When I started this, I wasn't able to practice for four hours at a time, like I was before.

I might have just 15 or 20 minutes.

I stuck with it, and I couldn't believe the progress I was making with a ton less effort than I was doing before.

The daily repetition was magic. The skills I had worked on three or four weeks before, were starting to show up in my regular playing, effortlessly.

That's when I was sold. This was working for me.

Over the years, using this approach not only took me to places on the guitar that I didn't dream I'd ever be able to do, but I was able to use this way of practicing to help students like you experience the same quick and strong results that I was now getting used to having.

I want to tell you three secrets I've found about learning the guitar. And, once you understand these principals, you'll start to experience the quick growth that gives you a very unfair advantage.

Secret number 1

Have you ever heard that old saying:

The best way to master the guitar is to log 10,000 hours of practice time.

That one saying has scared and frustrated want-to-be guitarists for a very long time. I can tell you that that statement is not true.

I used to believe this insane statement, but because of my experience as a teacher and player, I now know there is a very different and better way.

As an example of this, I'd like to tell you about some students of mine.

Before I moved into online teaching, I owned a group guitar lesson studio.

Each level of my group classes lasted twelve weeks.

At the end of each twelve-week class, all of the students would perform three songs at a recital. These songs were picked to be a challenge for students at their level.

When I first started my group classes, I would start preparing the students for the recital three-quarters of the way through their class.

This, I found out, was not enough time to prepare songs for a performance.

The students would worry about learning these songs and would practice for hours and hours right up to the day of the performance.

It was a struggle for them to remember the parts.

It took a lot out of them and it took a while to recover from that recital.

After that first recital, I realized that learning these songs needed to use the power of repetition that we were already using in our skill work.

So, for the next set of group classes, we did it differently. We picked our songs on day one.

And, we started learning the basics of the first song right away.

They were instructed to spend about five minutes a day repeating what we had gone over in class.

Each week I would add the next level of complexity to that song, or introduce the next one. By getting into this daily routine, something amazing happened.

By the time the next recital rolled around, we had a very different experience.

There was confidence in the group and the performance was much better. By repeating these songs on a daily basis and starting at the fundamentals, it was easy to remember all of the parts.

It became a very fun experience.

It's not about hours, It's about building a strong foundation that you can grow over time. It's about building the right skills, at the right time, in the right order.

When you think about it, It's romantic really.

10,000 hours. It's quite an accomplishment.

You've really done something there.

You've spent years, and now you've arrived.

But what I'm telling you is the content and repetition of your practice are much more important than the hours spent.

Secret number 2

Have you ever thought, To be able to practice every day, I have to rearrange my entire schedule and miss out on life.

I used to believe that I needed to commit a substantial part of each day to mastery of the guitar, but because I've tried and experimented with every different way of scheduling time to practice, I now know there is a different and a better way.

Using the power of repetition has changed the way that I and my students learn the guitar. I call it "The Journey".

My practice sessions used to be very stressful.

I was always in a rush to learn as much as I could in the time I had available. Even if I had a good practice, at the end of the session, I was never satisfied. I would just keep practicing until I felt like I had things right.

This made me miss out on a lot of other things I wanted or needed to do. It also created a lot of stress.

Because I had gone so far over the time I had, I knew it would be days before I would be back to practicing again, so this had better give me some results. Of course, it rarely did.

I would forget what I had learned the time before, and it would take 20 to 30 minutes the next time I practiced to get back up to speed.

Strangely, It was the busiest time of my life that led me to "The Journey".

When my daughter was born, I learned instantly that my free time was for the most part gone.

Those times where I could take an hour to try out a new pedal or jam were not available to me. But, I had a big show coming up with new songs and players I had never played with before.

It was a tribute to Duane Allman at the City Auditorium in Macon GA.

How was I going to do this if I only had about ten minutes free each day?

I didn't have a choice to rearrange my day anymore, so I made the best of what I had.

I figured out how many days I had before the show and split up the new songs across those days.

Each day, I would spend five minutes learning new songs and five minutes playing the new ones that I had already learned, repeating them each day.

When I got to this show, I was very surprised at how easily I was able to play these new songs.

This had never happened to me before. I would always stumble a little when I would play a new set of songs.

Not this time!

I was able to work my way through all of them like I had been playing them for years. The power of repetition.

I learned something that day and tested my new approach on my next gig.

It continued to work, every time.

I started to really like practicing without any stress.

If I had a bad practice day, no worries, I could just pick back up with a fresh outlook tomorrow.

A few years later, I used this approach with my group guitar classes and it continued to work like a charm.

I learned how to structure a short daily practice into a goal achieving machine that I was now able to share with others.

Secret number 3

I hear this an awful lot: It probably takes rare talent that I don't have, to become a fantastic guitarist.

I used to believe what they believe, but because of some experience, I now know there is a better way.

Talent

Talent is a strange word that gets thrown around alot.

I remember a lot of other players when I was in high school who were talented new guitarists.

One in particular seemed to get better every time I saw him play.

We have all seen that guitarist who you know is just filled with talent.

For the players who don't start off that way, this can be demoralizing.

You might think, "I just don't have it in me, like he does, to get great at this instrument".

Just stop right there! This kind of thinking needs to go right in the trash.

Let's talk about what talent really is.

"Talent" is a natural aptitude for a certain task.

That means that the way you are set up makes it easy to do a certain thing.

We all have talents for different things in our life.

But, What if you weren't born with the natural ability to play guitar (and you want to play guitar)?

Should you just give up your dreams because you weren't born with it?

Having talent is a helpful thing but it is not necessary to master the guitar.

There is another type of great player that you can become if you are dedicated.

The Skilled Guitarist.

Learning the guitar isn't rocket science and there are many different ways to get success on the guitar.

Becoming skilled at the guitar is not out of your reach and if you take advantage of the power of repetition, it doesn't take as long as you would think.

Here is something that years of playing and teaching guitar has allowed me to see:

A lot of talented players are ultimately not successful.

Even someone who has a natural disposition for guitar can still be lazy or lost.

Think about it. What is that great player from high school doing now?

The flip side of this is that a lot of skilled players become very successful.

In fact, skilled players have a long term advantage.

Here are the four things you need to succeed:

1. Determination and perseverance to achieve goals
2. The power of repetition
3. To follow a well tested path
4. A game plan

Those are not the things that naturally talented players are given when they first pick up a guitar.

But, when you put these things into practice, you start to experience the same thing that a naturally talented player does:

You start to get accustomed to regular progress.

That's the three secrets.

By using short, daily practice sessions, structuring them for maximum results, and having a well-thought-out game plan, do you think you would be successful?

I've got something to help you make this a reality.

I've created **Play Guitar Academy** to do just that.

Play Guitar Academy is the culmination of decades of my teaching with the goal of helping you get great at guitar without practicing for 10,000 hours.

I have created a lesson supersite with one big difference: everything here is in order. When you first sign up for the academy, the first thing you are taken through is The Narrow Path.

This is your very own placement program. It's the exact same steps that I would go through with you if we had a private meeting to put you in the right place for success.

This is key to your success. When you start out with the a la carte method, your skills are pretty scattered.

To find your exact spot in the guitar journey is key to getting the most out of your practice time. By using the "Narrow Path" series of videos to find your level, you will be able to easily find your place to start really getting better at the guitar.

Once you find your place, it's time to start **the roadmap**.

This is my weekly lesson system, where the guesswork is taken out of guitar practice and you can see your path forward to understanding and performing on a much higher level.

Each level is a separate 12 week course that targets just the right skills and gives you the time and repetition to make your new skills your own.

Everything in these courses is set up to exercise your long term memory so you can play on autopilot without stress and frustration.

You have access to every level of the roadmap which is important. Being able to see where you are headed and how you are going to get there is very inspiring.

The best thing is that the roadmap, while it does have a tested weekly pace for success, if you have a busy week or need a breather, it's easy to go at your own pace without missing anything.

Do you need a place to start your journey with confidence?

The Roadmap has all of the steps needed to move you from beginner to advanced guitar.

Each month, you have access to exclusive **live masterclasses** where I personally take you through the most challenging topics.

I make sure that the most common stresses of guitar are covered and take student requests for super helpful masterclasses.

Q and A live episodes are available to have your questions answered by me live.

If you can't make the q&a, you can leave your questions ahead of time and watch the replay.

These exclusive in-depth masterclasses and valuable Q&A sessions are more in-depth and targeted than any other content that I create.

The Community

This is where you can get to know all of the other guitarists who are going through the roadmap. Being able to communicate with others who are having the same challenges and experiences is a very valuable resource.

The truth is, you aren't going through this alone. There are guitarists from all over the world who are getting great results as they work their way through the Academy.

Sharing your wins with the group, learning about gear and gear setup, finding and sharing new music, becoming a part of what is happening behind the scenes of the academy and many other things

The Academy is filled out by several **one-off topics**.

Sometimes you just need a little information to push you up to the next level. This is great for beginners if you have a good understanding on your level but there are some topics that you are confused about.

For players in higher levels, the brushing up series can help go back and refine topics that you haven't worked on in awhile or that you never really understood at all.

In the bonus lesson section, I also have all of my downloadable content in one place for players who love to explore all of the guides from the Play Guitar Podcast.

Thanks for staying and finding out how to gain a completely ***unfair advantage on guitar by practicing only 20 minutes a day.***

I had a great time breaking it down for you and sharing the resources I have to take your playing to a very high level.

I look forward to helping you make sense of the guitar and help you become the guitarist that you always wanted to be. I'll see you in the Academy!

Lee Anderson