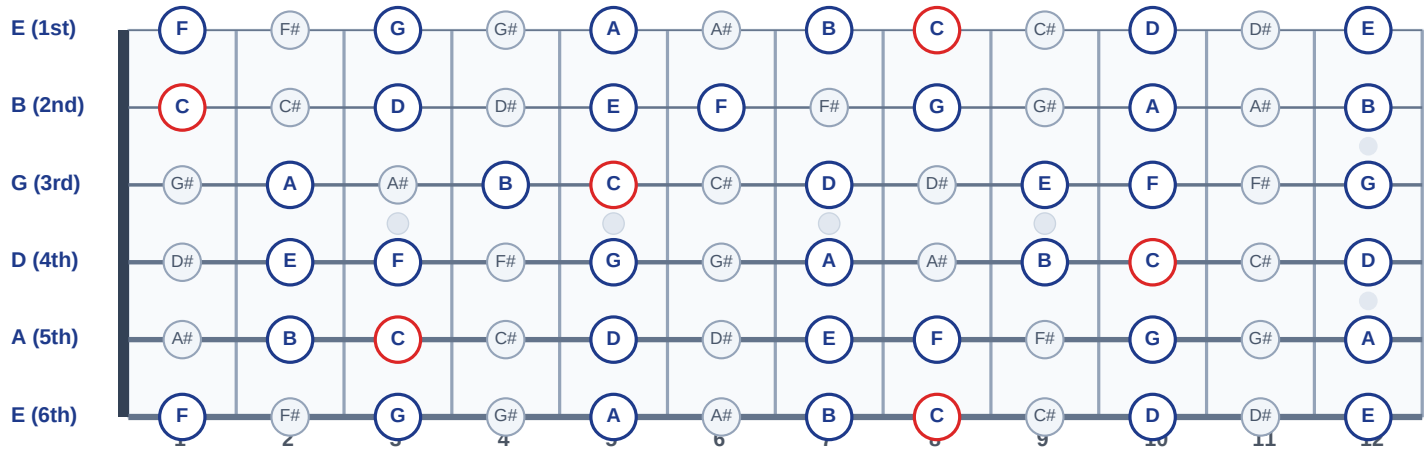


The Master Fretboard Note Navigation System

Standard Guitar Tuning (E-A-D-G-B-E) • Complete 12-Fret Octave Grid with Root Landmarks



The 4 Core Fretboard Navigation Rules

Rule 1: The Natural Semitone Halves (B-C and E-F)

All natural notes are 2 frets (whole step) apart EXCEPT B to C and E to F, which are only 1 fret (half step) apart. There is no B# or E# in standard notation.

Rule 2: The Outer Strings are Identical Twins

String 1 (High E) and String 6 (Low E) have identical notes at every fret. Memorize String 6, and you automatically know String 1 at the same time.

Rule 3: The Octave "Knight's Move" Jump

From Strings 6 & 5, jump DOWN 2 strings and UP 2 frets to find the identical octave note (e.g. Fret 3 on String 6 = G; Fret 5 on String 4 = G).

Rule 4: The 12th Fret Reset

Fret 12 marks the exact harmonic center where all open string notes repeat one octave higher (E-A-D-G-B-E). Frets 13–24 repeat the identical pattern.

PRO PRACTICE DRILL: The 5-Minute Daily Anchor Fret Drill

Pick ONE note each day (e.g., Tuesday = C). Find and play all C notes across all 6 strings in rhythm with a 60 BPM metronome. Within 12 days, fretboard hesitation completely disappears. Test your speed using the free online Fretboard Trainer at musicscene.com.au/lessons/practice/fretboard-trainer/

The Universal Interval Formula Chart

Intervals are the atomic building blocks of all chords and scales. Master the distance relative to the Root.

INTERVAL	SHORT	SEMITONES	HARMONIC ROLE & COLOR	GUITAR FRETBOARD SHAPE
Root / Tonic	1 (P1)	0 st	Tonal center, home base, complete rest	<i>Anchor note for chord or scale</i>
Minor 2nd	b2 (m2)	1 st (Half)	Dark, tense, dissonance, Spanish Phrygian	<i>1 fret above Root</i>
Major 2nd	2 (M2)	2 st (Whole)	Open melodic step, suspensions (sus2)	<i>2 frets above Root</i>
Minor 3rd	b3 (m3)	3 st	Defines Minor chords/scales; sad, bluesy	<i>3 frets up OR 1 string down, 2 frets back</i>
Major 3rd	3 (M3)	4 st	Defines Major chords/scales; bright, happy	<i>1 string down, 1 fret back</i>
Perfect 4th	4 (P4)	5 st	Open, suspended (sus4), folk harmony	<i>Same fret, 1 string down</i>
Dim 5th / Tritone	b5 / #4	6 st	The "Devil in Music", blues note tension	<i>1 string down, 1 fret up</i>
Perfect 5th	5 (P5)	7 st	Strongest harmony, power chord rock backbone	<i>1 string down, 2 frets up</i>
Minor 6th	b6 (m6)	8 st	Sombre, mournful, pure Natural Minor (Aeolian)	<i>1 string down, 3 frets up</i>
Major 6th	6 (M6)	9 st	Sweet, jazzy, uplifting Dorian funk chord tone	<i>2 strings down, 1 fret back</i>
Minor 7th	b7 (m7)	10 st	Bluesy drive, defines Dominant 7 & Minor 7	<i>2 strings down, same fret</i>
Major 7th	7 (M7)	11 st	Dreamy, sophisticated, Major 7th elegance	<i>2 strings down, 1 fret up</i>
Octave	8 (P8)	12 st	Same pitch class, pure resolution	<i>2 strings down, 2 frets up</i>

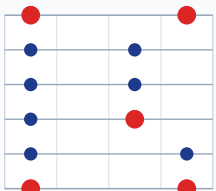
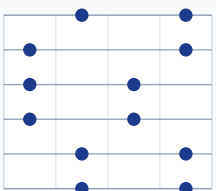
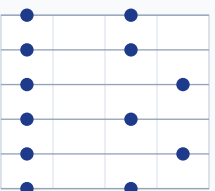
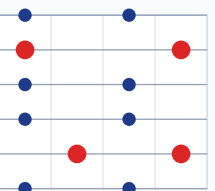
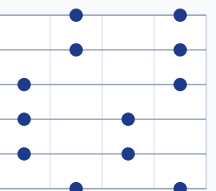
The 7 Modes Quick-Reference Matrix

All 7 modes generated from the Major Scale ordered from Brightest to Darkest.

MODE	INTERVAL FORMULA	CHARACTERISTIC	MOOD / FLAVOR	FAMOUS ANTHEM EXAMPLE
1. Lydian	1 - 2 - 3 - #4 - 5 - 6 - 7	#4 (Sharp 4th)	Dreamy, celestial, sci-fi wonder	<i>The Simpsons Theme, Joe Satriani</i>
2. Ionian (Major)	1 - 2 - 3 - 4 - 5 - 6 - 7	3 & 7 (Natural Major)	Bright, joyful, celebratory, resolved	<i>Let It Be (Beatles)</i>
3. Mixolydian	1 - 2 - 3 - 4 - 5 - 6 - b7	b7 (Flat 7th)	Classic rock drive, southern bluesy swagger	<i>Smaller Child O' Mine (GnR)</i>
4. Dorian	1 - 2 - b3 - 4 - 5 - 6 - b7	6 (Major 6th)	Smooth jazz-rock minor, funky, uplifting	<i>Eye Como Va (Santana)</i>
5. Aeolian (Minor)	1 - 2 - b3 - 4 - 5 - b6 - b7	b6 (Flat 6th)	Pure emotional sadness, dramatic, epic	<i>Highway to Heaven (Led Zep)</i>
6. Phrygian	1 - b2 - b3 - 4 - 5 - b6 - b7	b2 (Flat 2nd)	Exotic, Spanish flamenco, heavy metal tension	<i>Whiskey I May Roam (Metallica)</i>
7. Locrian	1 - b2 - b3 - 4 - b5 - b6 - b7	b5 (Flat 5th)	Darkest, unresolved, discordant tension	<i>Army of Lovers, Judas Priest</i>

The 5 Essential Pentatonic & Blues Box Shapes

Connect these 5 interlocking CAGED boxes across the neck to unlock continuous fretboard flow in any key.

BOX 1	BOX 2	BOX 3	BOX 4	BOX 5
E-Shape Root  The most popular soloing box. Root note on Strings 6 & 1.	D-Shape Root  The "B.B. King" box. Sweet bends on strings 1, 2, and 3.	C-Shape Root  Connects upper and lower registers across strings 5 to 3.	A-Shape Root  Second home base. Root note on String 5 & String 2.	G-Shape Root  Heavy bass riffing box. Connects back into Box 1.

THE BLUES NOTE (b5) SECRET WEAPON

To convert any Minor Pentatonic scale into the authentic Blues Scale, add the diminished 5th (b5) between the 4th and 5th degrees. In Box 1, it sits at Fret 6 on String 5 (A string) and Fret 8 on String 3 (G string). Bend this note by a 1/4 or 1/2 step for instant blues emotion and tension.

LISTEN, INTERACT & PRACTICE IN REAL-TIME ONLINE

All fretboard patterns, scales, and audio soundfonts in this cheat sheet are interactive on MusicScene:

- Interactive Fretboard Trainer & Speed Quiz: musicscene.com.au/lessons/practice/fretboard-trainer/
- 12-Bar Blues & Chord Progression Jam Station: musicscene.com.au/lessons/practice/progression-player/
- Interactive AlphaTab Guitar Tablature & Scales: musicscene.com.au/lessons/theory/scales/