

CD Track Sheet

1. Opening introduction
2. Tuning description
3. Notes for tuning to
4. Timing explanation
5. Timing examples 1
6. Timing examples 2
7. Basic roll
8. Banjo Rolls description
9. Alternating thumb roll
10. Forward roll
11. Forward-Reverse roll
12. Backward roll
13. Foggy Mountain Breakdown roll
14. Forward-Backward Combination roll
15. Doug Dillard roll
16. Single String roll
17. Each roll at a med speed for practice
18. Alternating thumb roll - Med speed only
19. Forward roll -Med speed only
20. Reverse roll - Med speed only
21. Backward roll - Med speed only
22. Foggy Mountain roll - Med speed only
23. Combination roll - Med speed only
24. Doug Dillard roll - Med speed only
25. Single String roll - Med speed only
26. Left hand exercises
27. Learning chords description
28. Chord demonstration
29. Playing a song with rolls and chords
30. Chords/roll exercise - (Boil that Cabbage)
31. Timing Exercise 1
32. Timing Exercise 2
33. Timing Exercise 3
34. Timing Exercise 4
35. Timing Exercise 5
36. Timing Exercise 6
37. Timing Exercise 7
38. Timing Exercise 8
39. Timing Exercise 9
40. Boil That Cabbage Down-forward roll-slow
41. Boil That Cabbage Down-forward roll-med
42. Boil-foggy mtn. breakdown roll-slow
43. Boil-foggy mtn. breakdown roll-med
44. Boil-forward-backward roll-slow
45. Boil-forward-backward roll-med
46. Banjo in The Hollow-slow
47. Banjo in The Hollow-medium
48. Slide, pull-off, hammer-on description
49. Slide demonstration - Exercise 1
50. Slide demonstration - Exercise 2

51. Slide demonstration - Exercise 3
52. Pull-off description
53. Pull-off demonstration - Exercise 1
54. Pull-off demonstration - Exercise 2
55. Pull-off demonstration - Exercise 3
56. Hammer-on description
57. Hammer-on demo - Exercise 1
58. Hammer-on demo - Exercise 2
59. Hammer-on demo - Exercise 3
60. Slide, pull-off, hammer-on together-slow
61. Slide, pull-off, hammer-on together-med

CD Two

1. Bonus Track - "Red River Valley" - as played by Ross Nickerson on *Blazing the West*, Pinecastle Records.
2. Tom Dooley-medium
3. Tom Dooley-slow
4. Tom Dooley-fast
5. Old Time Religion-medium
6. Old Time Religion-slow
7. Long Journey Home-medium
8. Long Journey Home-slow
9. Long Journey Home-medium
10. My Old Kentucky Home-medium
11. My Old Kentucky Home-slow
12. My Old Kentucky Home-fast
13. Cripple Creek-medium
14. Cripple Creek-slow
15. Cripple Creek-fast
16. Buffalo Gals-medium
17. Buffalo Gals-slow
18. Buffalo Gals-fast
19. Blackberry Blossom-medium
20. Blackberry Blossom-slow
21. Blackberry Blossom-fast
22. John Henry-medium
23. John Henry-slow
24. John Henry-fast
25. Red River Valley-medium
26. Red River Valley-slow
27. Red River Valley-fast
28. Chord progressions description
29. Back up right hand pattern
30. G F C G Chord Progression
31. G D C G Chord Progression
32. E A B E Chord Progression
33. Em Am C D Chord Progression
34. G G7 C C7 Chord Progression
35. Additional chord instruction

If you have any problem with the CD, contact BanjoTeacher.com for a free replacement.