

JUAN ANTONIO
music

Rock PENTATONICS

Playbook

(Free lesson from the "Pentatonic Masterclass" course)

www.juanantoniomusic.com

The Raw Materials

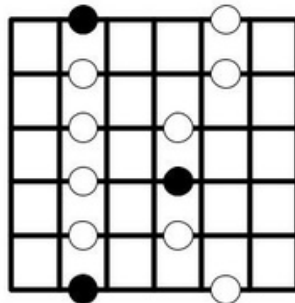
These are the two shapes we'll be working with;

The “standard” Minor Pentatonic Box is one of the five core positions of the minor pentatonic scale, giving you a solid, contained shape to build from.

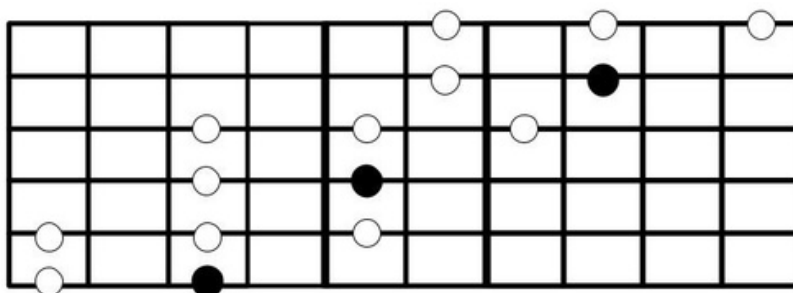
The Extended Pentatonic takes that same scale and stretches it horizontally, connecting notes across a wider stretch of the neck.

Together these two shapes are the raw ingredients for everything that follows; the exercises and the phrases.

The Minor Pentatonic Scale Box



The Extended Pentatonic Scale (Key of A Minor)



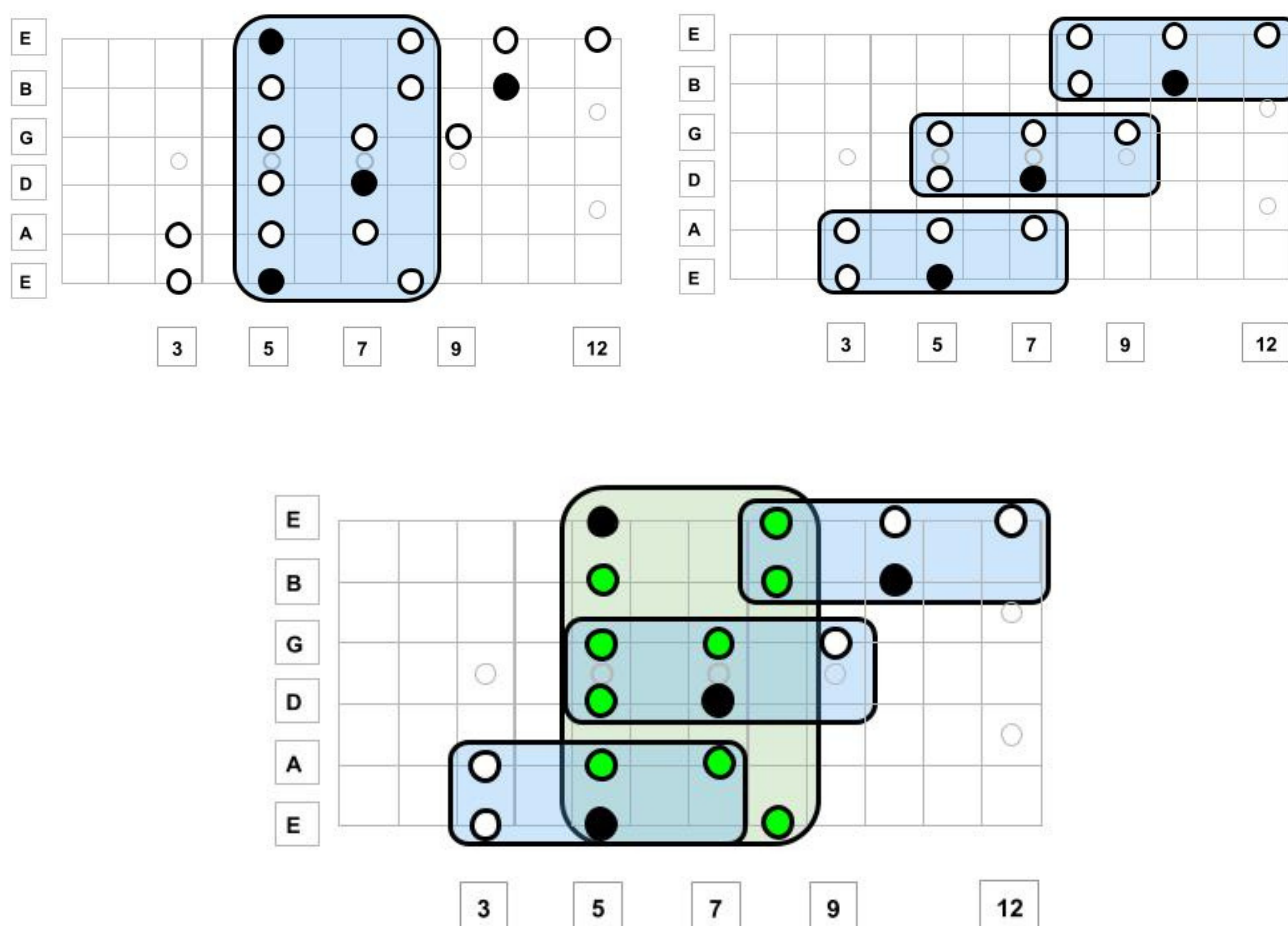
How to Visualize Both Patterns Together

Here's where things start to connect.

These diagrams overlay the “standard box” with the Extended Pentatonic on top of each other, so you can see exactly how they share common notes and where they link up on the fretboard.

Instead of seeing two separate boxes, you start seeing one connected system; this is the starting point to get you moving around the various patterns.

Key of A Minor



Step 1 | The Exercises

The first step is to work on some exercises with the brand new scale patterns from the previous page.

This helps to build a solid foundation first.

These two exercises are designed to build muscle memory, consistency and vocabulary; giving your hands the security they need to move confidently through the shapes you just saw.

Take your time here. Practice slowly with a metronome and focus on clean execution; speed and fluency will come naturally once the movement feels secure.



Exercise #1 | Groups of 3

This exercise breaks the pentatonic box into groups of three notes, played as triplets. Repeating this pattern builds muscle memory and consistency in your picking hand, while giving you a new rhythmic vocabulary to pull from when you improvise.

The exercise is presented in two systems, each with a standard musical staff and a corresponding guitar tablature (TAB) staff. The first system is marked 'sguit.' on the left. The musical staff is in 4/4 time and features a sequence of triplets of eighth notes, with some triplets spanning across bar lines. Fingering numbers (1, 2, 3) are indicated above the notes. The TAB staff shows fret numbers (5, 7, 8) and includes picking direction markers 'P' (pick) and 'H' (hammer-on). Above the first system's musical staff is a small diagram of a guitar fretboard showing the pentatonic box with dots indicating the notes. The second system continues the exercise with more triplet patterns and includes a final measure with a double bar line. It also features picking direction markers and fret numbers in the TAB staff.



Exercise #2 | The Extended Pentatonic Scale

This exercise runs the Extended Pentatonic shape in a continuous sequence across the neck.

Repeating it builds the muscle memory needed to move fluidly between positions, while giving you a fresh melodic vocabulary that goes beyond the standard box.

s.guit.

1 5 5 7 9 8 10 8 10 12 12

2 12 10 8 10 8 9 7 5 7 5 7 5 3 5 3 3



Step 2 | The Phrases

Now that you've practiced the exercises, it's time to turn that foundation into real music.

The phrases below take the vocabulary from the exercises and combine it with actual musicality; bends, slides and rhythmic variation, showing you how raw technique becomes musical expression.

Each phrase is built directly from the exercises you just practiced, so you can see exactly how the pieces connect.



Phrase #1

This phrase starts in the Extended Pentatonic shape and works its way into a Groups of 3 pattern; combining both exercises into one musical idea.

Notice how the bends and slides add expression on top of the technical foundation you just built.

Extended Pentatonic

Diagram 3: A 5x5 grid showing a pentatonic scale pattern. The notes are located at (row, column) coordinates: (1,1), (1,3), (1,4), (2,3), (2,4), (3,3), (3,4), (4,3), (4,4), and (5,3). The number 3 is written below the first column.

Diagram 5: A 5x5 grid showing a pentatonic scale pattern. The notes are located at (row, column) coordinates: (1,1), (1,2), (1,3), (2,3), (2,4), (3,3), (3,4), (4,3), (4,4), and (5,3). The number 5 is written below the first column.

Score for **Extended Pentatonic** (4/4 time):

Staff 1 (Melody):

Measure 1: Quarter note G4, quarter note A4, quarter note B4, quarter note C5. Slur over G4-A4-B4-C5 with *sl.* above.

Measure 2: Quarter note D5, quarter note E5, quarter note F5, quarter note G5. Slur over D5-E5-F5-G5 with *sl.* above.

Measure 3: Quarter note G5, quarter note F5, quarter note E5, quarter note D5. Slur over G5-F5-E5-D5 with *sl.* above.

Measure 4: Quarter note C5, quarter note B4, quarter note A4, quarter note G4. Slur over C5-B4-A4-G4 with *sl.* above.

Staff 2 (TAB):

Measure 1: 3 5 3 5 7 5 7 5

Measure 2: 7 (7) 5 5 8 5 5 8

Staff 3 (Bass):

Measure 1: 3 5 3 5 7 5 7 5

Measure 2: 7 (7) 5 5 8 5 5 8

Staff 4 (Bass):

Measure 1: 3 5 3 5 7 5 7 5

Measure 2: 7 (7) 5 5 8 5 5 8

Groups of 3

Diagram 7: A 5x5 grid showing a pentatonic scale pattern. The notes are located at (row, column) coordinates: (1,1), (1,2), (1,3), (2,3), (2,4), (3,3), (3,4), (4,3), (4,4), and (5,3). The number 7 is written below the first column.

Score for **Groups of 3** (4/4 time):

Staff 1 (Melody):

Measure 1: Quarter note G4, quarter note A4, quarter note B4, quarter note C5. Slur over G4-A4-B4-C5 with *P* above.

Measure 2: Quarter note D5, quarter note E5, quarter note F5, quarter note G5. Slur over D5-E5-F5-G5 with *P* above.

Measure 3: Quarter note G5, quarter note F5, quarter note E5, quarter note D5. Slur over G5-F5-E5-D5 with *P* above.

Measure 4: Quarter note C5, quarter note B4, quarter note A4, quarter note G4. Slur over C5-B4-A4-G4 with *P* above.

Measure 5: Quarter note G4, quarter note A4, quarter note B4, quarter note C5. Slur over G4-A4-B4-C5 with *P* above.

Measure 6: Quarter note D5, quarter note E5, quarter note F5, quarter note G5. Slur over D5-E5-F5-G5 with *P* above.

Measure 7: Quarter note G5, quarter note F5, quarter note E5, quarter note D5. Slur over G5-F5-E5-D5 with *P* above.

Measure 8: Quarter note C5, quarter note B4, quarter note A4, quarter note G4. Slur over C5-B4-A4-G4 with *P* above.

Staff 2 (TAB):

Measure 1: 8 5 8 5 8 5 8 5

Measure 2: 8 5 8 5 8 5 8 5

Measure 3: 7 5 7 5 7 5 7 5

Measure 4: 7 5 7 5 7 5 7 5

Measure 5: 7 5 7 5 7 5 7 5

Measure 6: 7 5 7 5 7 5 7 5

Measure 7: 7 5 7 5 7 5 7 5

Measure 8: 7 5 7 5 7 5 7 5

Staff 3 (Bass):

Measure 1: 8 5 8 5 8 5 8 5

Measure 2: 8 5 8 5 8 5 8 5

Measure 3: 7 5 7 5 7 5 7 5

Measure 4: 7 5 7 5 7 5 7 5

Measure 5: 7 5 7 5 7 5 7 5

Measure 6: 7 5 7 5 7 5 7 5

Measure 7: 7 5 7 5 7 5 7 5

Measure 8: 7 5 7 5 7 5 7 5

Staff 4 (Bass):

Measure 1: 8 5 8 5 8 5 8 5

Measure 2: 8 5 8 5 8 5 8 5

Measure 3: 7 5 7 5 7 5 7 5

Measure 4: 7 5 7 5 7 5 7 5

Measure 5: 7 5 7 5 7 5 7 5

Measure 6: 7 5 7 5 7 5 7 5

Measure 7: 7 5 7 5 7 5 7 5

Measure 8: 7 5 7 5 7 5 7 5

Phrase #2

This phrase shifts positions using the Extended Pentatonic as a bridge, then resolves into a Groups of 3 pattern lower on the neck.

It's a great example of how these two concepts work together to help you move fluidly across the fretboard.

s. guit.

The musical score for Phrase #2 is presented in three systems, each with a guitar-specific notation (s. guit.) on the left. Each system includes a fretboard diagram, a musical staff in 4/4 time, and a corresponding guitar tablature (TAB) below it.

System 1: Extended Pentatonic

- Fretboard Diagram:** Shows a 5-fret section of the guitar neck with notes at frets 5, 7, 8, 10, and 12.
- Musical Staff:** Starts with a treble clef and a 4/4 time signature. The first measure contains a half note G4 (fret 5), a quarter note A4 (fret 7), a quarter note B4 (fret 8), and a half note C5 (fret 10). The second measure contains a half note D5 (fret 12), a quarter note E5 (fret 12), a quarter note F5 (fret 12), and a half note G5 (fret 12). The third measure contains a half note G5 (fret 12), a quarter note F5 (fret 12), a quarter note E5 (fret 12), and a half note D5 (fret 12). The fourth measure contains a half note C5 (fret 10), a quarter note B4 (fret 8), a quarter note A4 (fret 7), and a half note G4 (fret 5).
- Tablature:** The first measure is 5 7 5 7 9 8 10 8. The second measure is 10 12 10 8 10 8 9 7.

System 2: Groups of 3

- Fretboard Diagram:** Shows a 5-fret section of the guitar neck with notes at frets 5, 7, 8, 10, and 12.
- Musical Staff:** The first measure contains a half note G4 (fret 5), a quarter note A4 (fret 7), a quarter note B4 (fret 8), and a half note C5 (fret 10). The second measure contains a half note D5 (fret 12), a quarter note E5 (fret 12), a quarter note F5 (fret 12), and a half note G5 (fret 12). The third measure contains a half note G5 (fret 12), a quarter note F5 (fret 12), a quarter note E5 (fret 12), and a half note D5 (fret 12). The fourth measure contains a half note C5 (fret 10), a quarter note B4 (fret 8), a quarter note A4 (fret 7), and a half note G4 (fret 5).
- Tablature:** The first measure is 7 5 7 5 7 5 7 5. The second measure is 8 5 7 5 7 5 7 5. The third measure is 7 5 7 5 7 5 7 5. The fourth measure is 7 5 7 5 7 5 7 5.

System 3: Groups of 3

- Fretboard Diagram:** Shows a 5-fret section of the guitar neck with notes at frets 5, 7, 8, 10, and 12.
- Musical Staff:** The first measure contains a half note G4 (fret 5), a quarter note A4 (fret 7), a quarter note B4 (fret 8), and a half note C5 (fret 10). The second measure contains a half note D5 (fret 12), a quarter note E5 (fret 12), a quarter note F5 (fret 12), and a half note G5 (fret 12). The third measure contains a half note G5 (fret 12), a quarter note F5 (fret 12), a quarter note E5 (fret 12), and a half note D5 (fret 12). The fourth measure contains a half note C5 (fret 10), a quarter note B4 (fret 8), a quarter note A4 (fret 7), and a half note G4 (fret 5).
- Tablature:** The first measure is 8 5 8 5 8 5 7 5. The second measure is 8 5 8 5 8 5 7 5. The third measure is 8 5 8 5 8 5 7 5. The fourth measure is 8 5 8 5 8 5 7 5.

Spend a few days on the shapes, a few more on the exercises, then start blending in the phrases. There's no rush; let each stage feel solid before moving to the next

Putting It Into Practice

Spend a few days on the shapes, a few more on the exercises, then start blending in the phrases.

There's no rush; let each stage feel solid before moving to the next.

The real growth happens when you apply them. Look up a simple backing track in A minor and start improvising; try weaving in pieces of the exercises and phrases you just learned instead of playing them exactly as written.

Don't worry about sounding perfect. The goal is to start hearing these shapes and ideas as part of your own musical vocabulary, not just something you memorized.



Ready to Master Pentatonics?

You just got a small taste of the system.

The Pentatonic Masterclass takes this same approach and builds it out into a complete course; covering all 5 positions, deeper phrasing concepts, and a full progression from scale to solo.

Inside the full course you get:

- A complete step-by-step system
- Exercises that build real technique
- Musical phrases and solos
- Structured progression
- Backing tracks
- Detailed explanations

Explore the Pentatonic Masterclass course

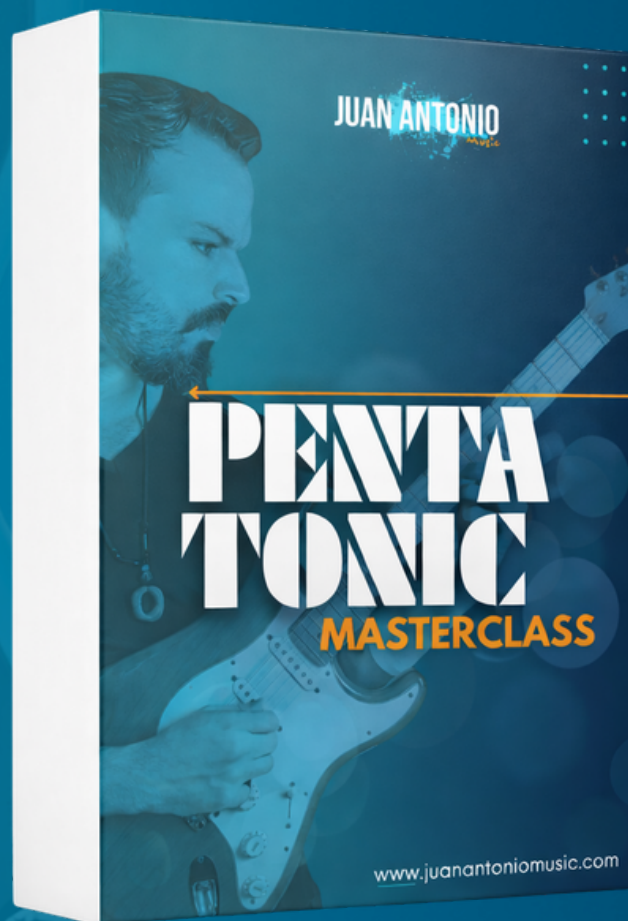
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JUAN ANTONIO^{music}

TAKE YOUR PENTATONIC PLAYING FURTHER

A structured system for turning pentatonic shapes and sequences into real music.



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