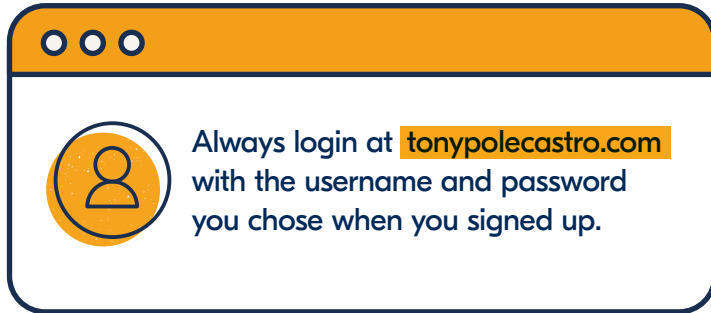




Quick Start Guide



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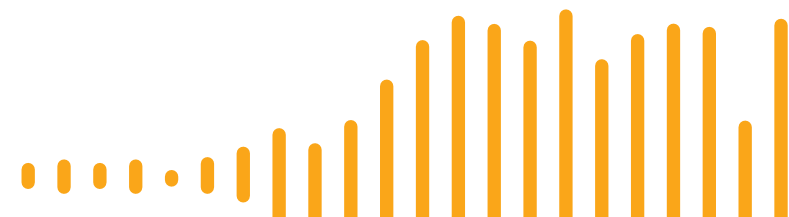


Welcome to TAC

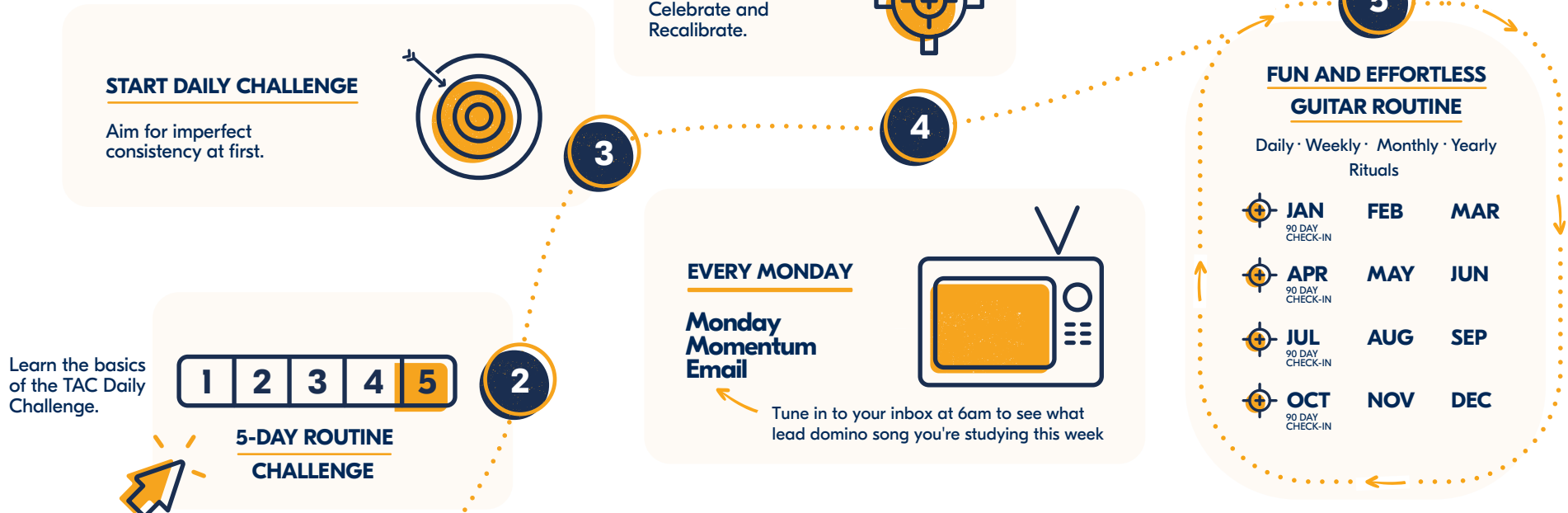
TAC is an unorthodox guitar learning method that prioritizes **fun and long-term sustainability**.

The foundation of your guitar routine is a daily, ten minute guitar challenge that rotates through the five categories of guitar improvement every week - all through the lens of a weekly "lead domino" song.

Before you start the daily challenge, complete the 30 Day Guitar Challenge to get quick momentum, build your foundation of skills, and begin to hone your daily guitar playing habit.



Where to Start



FUN AND EFFORTLESS GUITAR ROUTINE

Daily · Weekly · Monthly · Yearly Rituals

JAN 90 DAY CHECK-IN	FEB	MAR
APR 90 DAY CHECK-IN	MAY	JUN
JUL 90 DAY CHECK-IN	AUG	SEP
OCT 90 DAY CHECK-IN	NOV	DEC

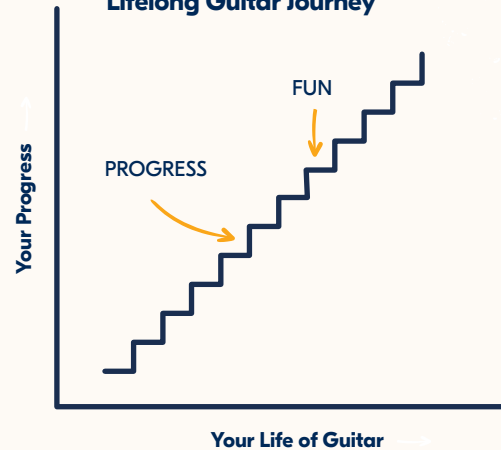
Your Path to a Consistent Guitar Routine with TAC

You joined Tony's Acoustic Challenge because you're ready to create a fun guitar routine that will make you a better guitar player, fast.

But just like a rocket launching into orbit, **the first phase requires the most fuel.**

When you reach Step 5 (pictured above), a life of fulfilling guitar fun and progress is inevitable.

A TAC Member's Lifelong Guitar Journey



Start Here

3 Your Three Guitar Rituals

Once you've completed 30 Days to Play and the 5-Day Guitar Routine Challenge, **these are the three rituals** that you'll rotate through.

1 DAILY GUITAR CHALLENGE

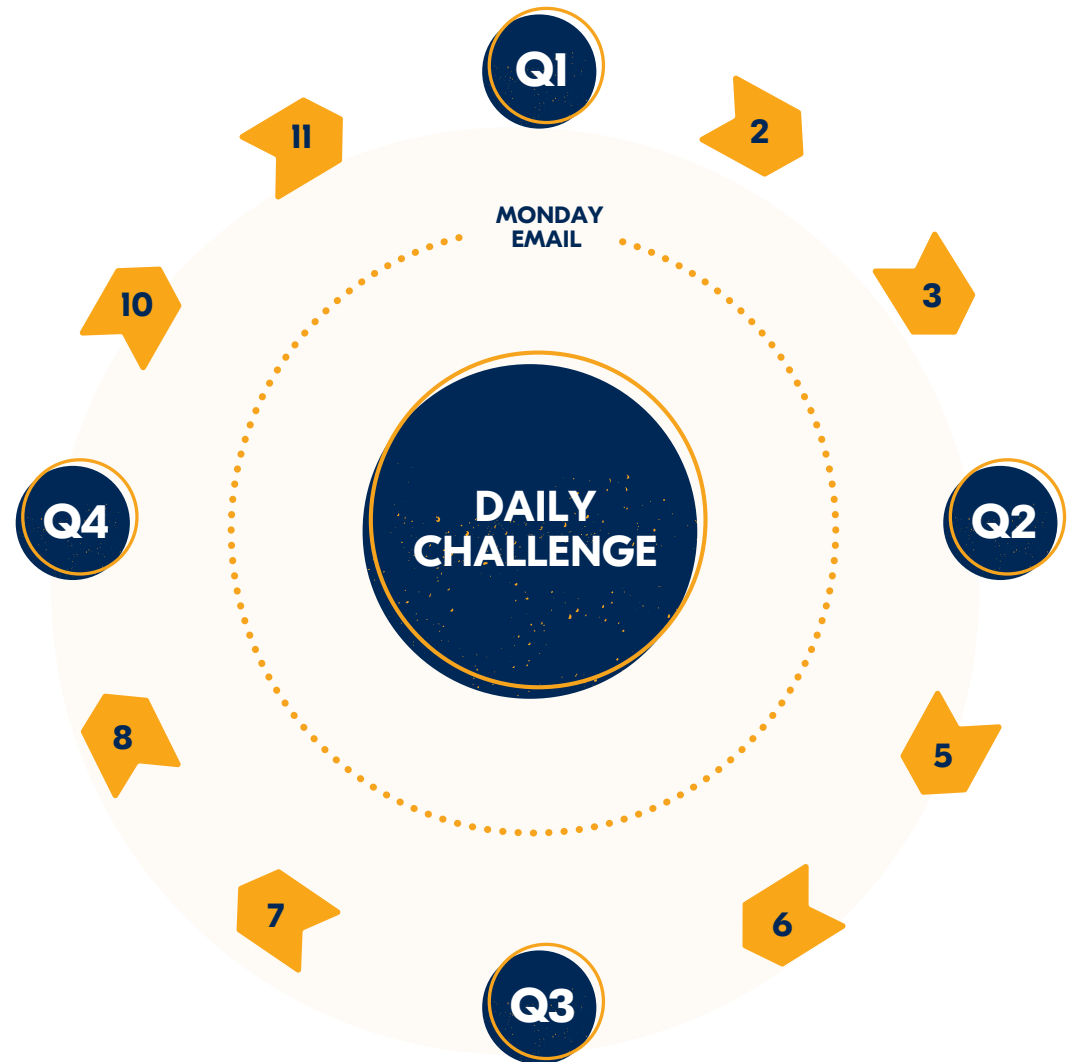
A Guitar Challenge is released every weekday of the month. Every month we release a new Guitar Routine and the previous month's routine disappears.

2 WEEKLY LEAD DOMINO SONG

Every week you'll study a familiar "Lead Domino" song by breaking it into it's 5 core guitar skills. Not only will you be able to play the song by the end of the week, you'll be able to learn similar songs much faster!

3 90-DAY GUITAR ENJOYMENT AUDIT

During the last week of every quarter Tony guides you through a review of your last three months & helps you clarify your next 90-day guitar goal. It all happens within your regular Daily Challenges!



● 90-DAY GUITAR ENJOYMENT AUDIT

➤ MONTHLY GUITAR ROUTINE

4

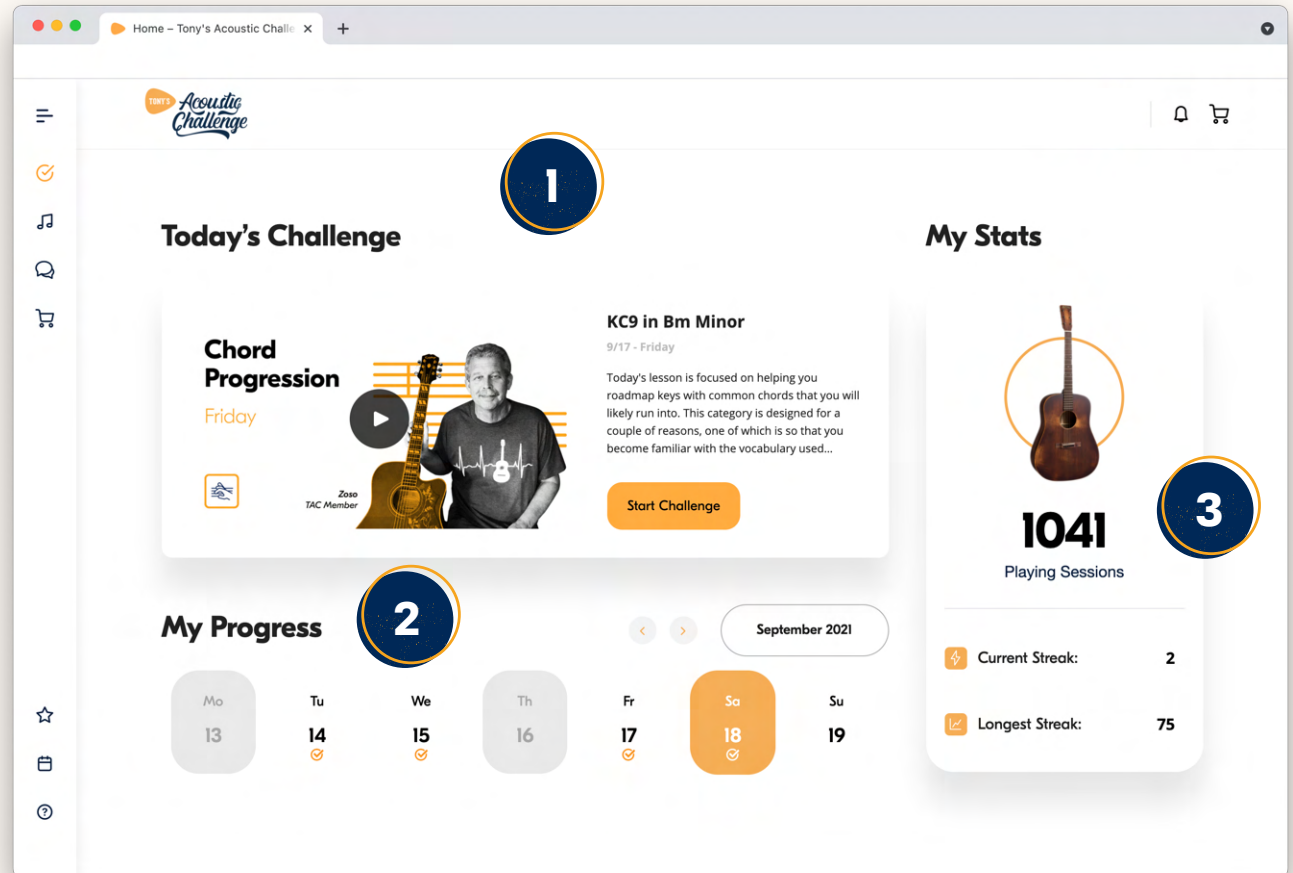
Member Home Page



1 Today's Guitar Challenge with a preview. Click the button to start.

2 7-day calendar that shows which days you were active this week.

3 Total playing sessions and streaks.

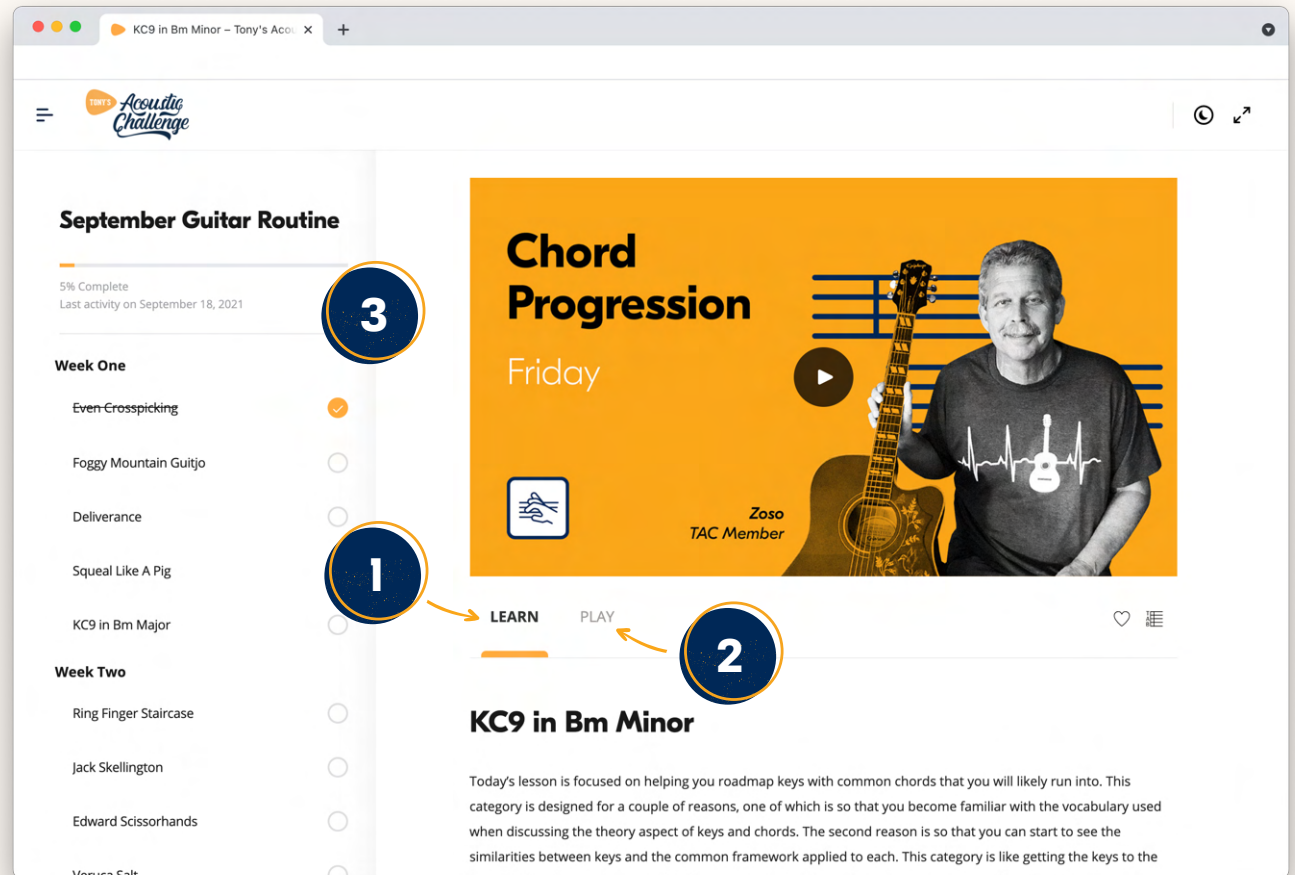


5

Daily Challenge Page

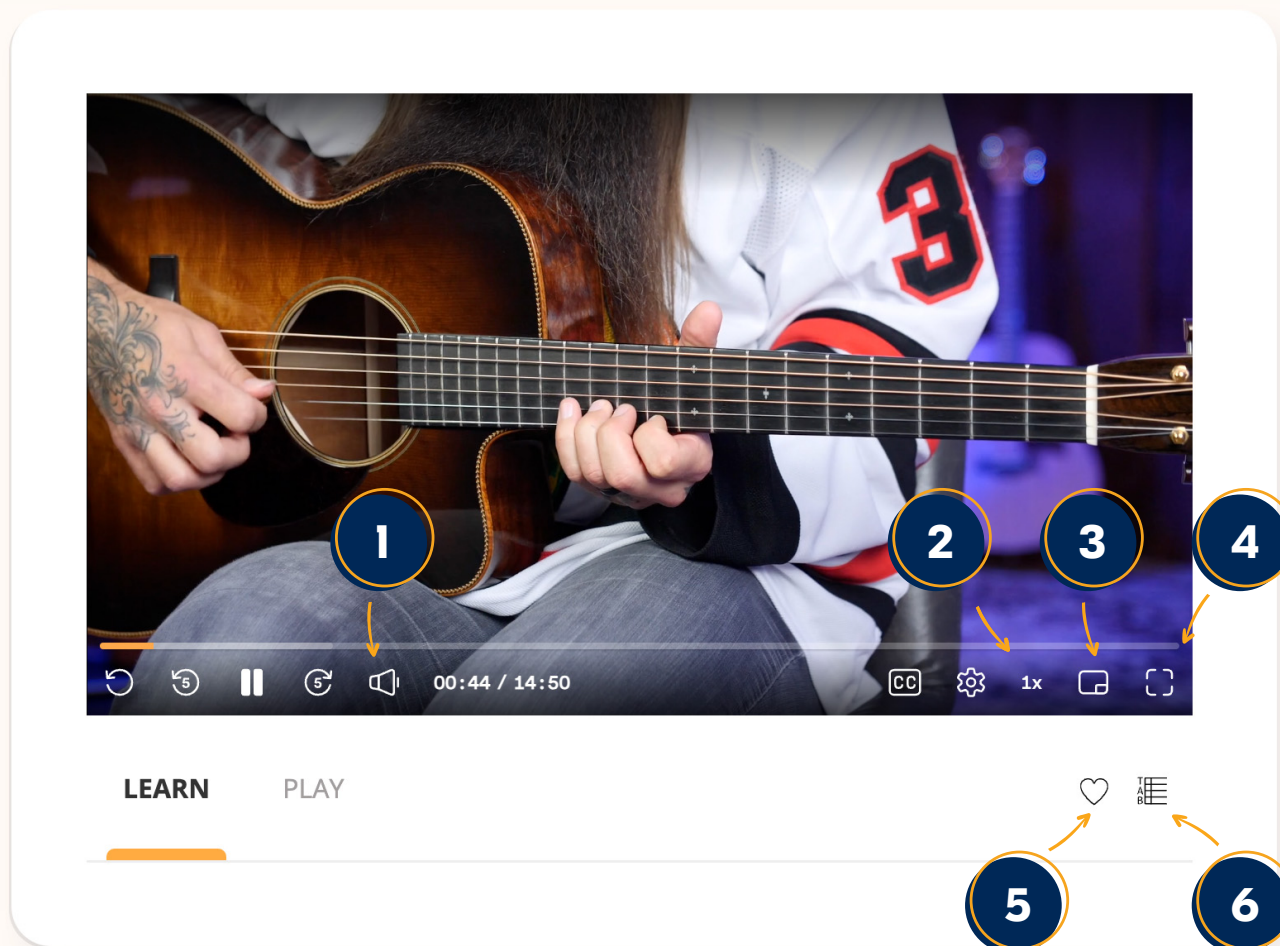


- 1 **Learn** today's guitar challenge, step-by-step.
- 2 **Play** with the looped follow-along video until you can do it on your own.
- 3 **Navigate** to previous challenges or see what's coming up for the rest of the month.



6 Lesson Player Features

- 1 Adjust playback volume** (works independently from your computer's volume).
- 2 Playback speed** allows you to slow down or speed up Tony's teaching or the play-along video.
- 3 Pop out video player** so you can drag it over the tab to view them at the same time.
- 4 Watch the video full screen** so it fills your entire computer monitor.
- 5 Favorite** any Daily Challenge and return to it later by clicking your profile photo (upper right on your member home page) then select "My Favorites".
- 6 View lesson tablature** in a new browser window. Use the pop out player to view video and tab in one browser.



Your Habit Recipe

Create your Habit Recipe to build momentum, fast. Take a moment, right now, to think through and write down your tiny guitar habit recipe. Here's how to do it:

1

FIND AN ANCHOR MOMENT

This is an existing routine in your life that will remind you to do the Tiny Behavior (your new guitar playing habit). For example, maybe after you make your first cup of coffee, right when you get home from work, or right after you do the dinner dishes.

**2**

DO THE TINY BEHAVIOR

This is the new daily guitar playing habit you want, but scaled back to be super tiny and super easy. For our guitar students, this tiny behavior is sitting in front of their computer with a guitar. Once they've done this tiny, easy action, they're almost guaranteed to follow-through and play guitar.

**3**

CELEBRATE A SMALL WIN

BJ Fogg, Stanford University behavior scientist, has proven that associating positive feelings with the desired habit will significantly increase your success rate. There's always negative stuff to find if you look for it, so instead, look for the positive in your guitar playing and regularly celebrate it.

