

# CD Track Sheet

## CD One

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

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 *CD, Blazing the West*.
2. Tom Dooley-medium speed
3. Tom Dooley-slow speed
4. Tom Dooley-faster speed
5. Old Time Religion-medium speed
6. Old Time Religion-slow speed
7. Old Time Religion-faster speed
8. Old Time Religion-play along practice track
9. Two Dollar Bill-medium speed
10. Two Dollar Bill-slow speed
11. Two Dollar Bill-faster speed
12. Two Dollar Bill-play along practice track
13. My Old Kentucky Home-medium speed
14. My Old Kentucky Home-slow speed
15. My Old Kentucky Home-faster speed
16. My Old Kentucky-play along practice track
17. Cripple Creek-medium speed
18. Cripple Creek-slow speed
19. Cripple Creek-faster speed
20. Cripple Creek-play along practice track
21. Buffalo Gals-medium speed
22. Buffalo Gals-slow speed
23. Buffalo Gals-faster speed
24. Buffalo Gals-play along practice track
25. Blackberry Blossom-medium speed
26. Blackberry Blossom-slow speed
27. Blackberry Blossom-faster speed
28. Blackberry Blossom-play along practice track
29. John Henry-medium speed
30. John Henry-slow speed
31. John Henry-faster speed
32. John Henry-play along practice track
33. Red River Valley-medium speed
34. Red River Valley-slow speed
35. Red River Valley-faster speed
36. Red River Valley-play along practice track
37. Chord progressions description
38. Back up right hand pattern
39. G F C G Chord Progression
40. G D C G Chord Progression
41. E A B E Chord Progression
42. Em Am C D Chord Progression
43. G G7 C C7 Chord Progression
44. Additional chord instruction

*If you have any problem with the CDs, contact [BanjoTeacher.com](http://BanjoTeacher.com) for a free replacement.*