

CAGED System Routine

1. Pick a key
2. Find the lowest CAGED shape for that key that doesn't involve open strings.
3. For that shape, play:
 - chord
 - roots
 - scale
 - chord
4. Move to next shape and repeat step 3
5. Move to next shape and repeat step 3
6. Move to next shape and repeat step 3
7. Move to next shape and repeat step 3
8. If the notes of the scale in step 7 has no notes below the 12th fret, proceed to step 9. If the notes of the scale in step 7 has notes below the 12th fret, proceed to step 11.
9. Take that shape down an octave (i.e. down 12 frets) repeat step 3. It may be necessary to change some of the fingering if the new position involves notes that are played on open strings. When you are finished, proceed to step 10.
10. Move to the next shape and you will be back where you started. You have just completed the circle and you are finished.