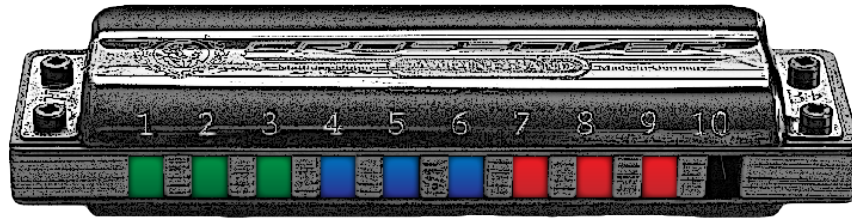


# BluesHarmonica.com's Levels of Achievement™ Program



Use this outline to help you progress through the lessons at BluesHarmonica.com. Within a level you can study any listed topic in any order. Tongue blocking and bending study songs represent the core lessons on the site—the majority of your practice time should be spent on those. If you're participating in the Levels of Achievement Program, the right-hand side (in grey) states what you're required to submit when you're ready. Work diligently, but enjoy the journey. Best wishes on your studies!

## Level 1

- **Watch This Lesson First:** [Blues Harmonica Fundamentals](#) (No Submission Required)
- [Tongue Block Study 1](#) "Walk with Me" (Recorded to Jam Track)
- [Solo Harmonica Study 1](#) Examples 1.1 to 1.7 (Ex. 1.2, 1.4 and 1.7 Recorded with Metronome)
- [Movement Exercises Study 2](#) C Major Scale 4+ to 7+ (Recorded Ascending & Descending)
- [Music Theory Study 1](#) Section 1 (Fill in [PDF Test Form](#))

**Artist Study Unlocked:** Jerry Portnoy's "Blues for Big Nate"

Additional Helpful Material

- 1) Equipment > Software > [Practice Tools \(the Amazing Slow Downer\)](#)
- 2) Equipment > Learning Aids > [Metronome](#)
- 3) Lessons > [Rhythm Training](#) (Examples 1 through 5)
- 4) Lessons > [Accompaniment Study 1 - Intro](#)
- 5) Lessons > [Tongue Block Study 1.5](#)
- 6) Lessons > [Recording Study 1 - Handheld Recording](#)
- 7) Contributor > [Beginning Student Hob Bosold](#)

## Level 2

- [Tongue Block Study 2](#) "Temperature" (Recorded to Jam Track)
- [Solo Harmonica Study 2](#) Examples 1.1 to 1.6 (Ex. 1.5 or 1.6 Recorded to Metronome)
- [Accompaniment Study 1](#) (No Submission Required)
- [Accompaniment Study 2](#) (One Chorus of Ex. 1.12 Recorded to Jam Track of Your Choosing)
- [Music Theory Study 1](#) Section 2 (Fill in [PDF Test Form](#))
- [Bending Study 1](#) (No Submission Required)

**Artist Study Unlocked:** Steve Guyger's "Snake Oil"

Additional Helpful Material

- 1) Lessons > [Tongue Blocking Study 2.5](#)
- 2) Lessons > [Cupping & Hand Effects](#)
- 3) Lessons > [Recording Study 2 - Software](#)
- 4) Contributor > [Beginning Student Hob Bosold](#)

## Level 3

- [Bending Study 2](#) "Feelin' for the Blues" (Recorded to Jam Track)
- [Solo Harmonica Study 2](#) Examples 1.7 to 1.9, 2.3 and 2.4 (Ex. 1.7, 1.8, 1.9, 2.3 or 2.4 Recorded to Metronome)

- [Accompaniment Study 3](#) (Ex. 2.3 Recorded to Jam Track of Your Choosing)
- [Music Theory Study 1](#) Section 3 (Fill in [PDF Test Form](#))

**Artist Study Unlocked:** James Harman's "Skeet-A-Little Taste"

Additional Helpful Material

- 1) Equipment > [Amps - What You Need To Know](#)
- 2) Equipment > [Mics - What You Need To Know](#)
- 3) Contributor > [Beginning Student Hob Bosold](#)

## Level 4

- [Tongue Block Study 3](#) "Gary's Blues"
- [Bending Study 2.5](#) "Take it Easy Now" or [Bending Study 2](#) "The Strut" Bending Studies (Recorded to Jam Track)
- [Improvising Study 1](#) Assignment #1 (Same Lick Played in all Chorus Form Types - Recorded to Jam Track)
- [Solo Harmonica Study 2](#) Examples 2.1 and 2.2 (Ex. 2.1 or 2.2 Recorded to Metronome)
- [Movement Exercises Study 2](#) C Major Scale 1+ to 10+ (minus 10'+) (Recorded Ascending & Descending)
- [Accompaniment Study 4](#) (Two Choruses Recorded to "I Want You With Me" Jam Track)
- [Music Theory Study 1](#) Section 4 (Fill in [PDF Test Form](#))

**Artist Study Unlocked:** Rice Miller "Sonny's Bird"

Additional Helpful Material

- 1) Lessons > [Tremolo and Vibrato](#)
- 2) Lessons > [Movement Exercises Study 1 - Patterns](#)
- 3) Contributor > [Intermediate Student Ryan Walker](#)

## Level 5

- [Bending Study 4](#) "My Blues" (Recorded to Jam Track)
- [Improvising Study 1](#) Final Assignment, Original Instrumental (Recorded to Jam Track of Your Choosing)
- [Solo Harmonica Study 3](#) Examples 2.1, 2.2 or 2.6 (Recorded to Metronome)
- [Movement Exercises Study 2](#): G Major Pentatonic Scale (Recorded Ascending & Descending)
- [Accompaniment Study 5](#) (Ex. 2.3 Recorded to Jam Track of Your Choosing)
- [Music Theory Study 2](#) (Fill in [PDF Test Form](#))

**Artist Studies Unlocked:** Big Walter Horton "Shakey's Shuffle" & Little Walter "Walter's Mood"

Additional Helpful Material

- 1) Lessons > [Performance Training Study 1 - Beginnings, Breaks & Endings](#)
- 2) Lessons > [Movement Exercises 2 - Essential Scales](#)
- 3) Contributor > [Intermediate Student Ryan Walker](#)

## Level 6

- [Tongue Block Study 4](#) "The Split" (Recorded to Jam Track)
- [Improvising Study 2](#) Homework Assignment #2, Focus Notes & Textures (Recorded to Jam Track)
- [Solo Harmonica Study 3](#) (Ex. 1.3, 1.4, 1.5, 2.3 or 2.7 Recorded to Metronome)
- [Movement Exercises Study 2](#): G Blues Scale (Record Ascending & Descending)
- [Accompaniment Study 6](#) (Ex. 1.2 and 1.6 Recorded to Jam Track)
- [Music Theory Study 3](#) (Fill in [PDF Test Form](#))

**Artist Studies Unlocked:** Andy Just's "Misery" & George "Harmonica" Smith "Swingin' with George"

Additional Helpful Material

- 1) Lessons > [Performance Training Study 2 - Groove](#)
- 2) Lessons > [Movement Exercises 3 - Arpeggios](#)
- 3) Contributor > [Intermediate Student Ryan Walker](#)

## Level 7

- [Bending Study 5](#) "Half Steppin'"
- [Tongue Block Study 5](#) "Blues for Paul deLay"
- [Improving Study 3](#) (Recorded to Jam Track)
- [Chromatic Scale](#) (Holes 1 to 7 Recorded Ascending & Descending)
- [Accompaniment Study 7](#) (Ex. 4.3 and 5.2 Recorded to Metronome)
- [Music Theory Study 4](#) (Fill in [PDF Test Form](#))

**Artist Studies Unlocked:** William Clarke's "Lonesome Bedroom Blues" & Gary Smith's "Minor Mambo"

Additional Helpful Material

- 1) Lessons > [Movement Exercises 4 - Summed Practice](#)
- 2) Contributor > [Intermediate Student Ryan Walker](#)

## Level 8

- [3rd Position Study 1](#) Intro (No Submission Required)
- [Bending Study 6 - Blow Bending](#) (No Submission Required)
- [3rd Position Study 2](#) "Rollin' Rhumba, Version 2"
- [1st Position Study 1](#) "The Tub"
- [Improving Study 4, 5 & 6](#) (No Submissions Required)
- [Improving Study 7](#) Final Assignment, Head and Soloing Theme (Recorded to Jam Track)
- [Movement Exercises Study 2: D Blues Scale](#) (Recorded Ascending & Descending)
- [Accompaniment Study 8](#) Hooks (Recorded to Jam Track, See LOA-8 for Full Details)
- [Music Theory Study 5](#) (Fill in [PDF Test Form](#))

Additional Helpful Material

- 1) Lessons > [Tremolo and Vibrato](#)
- 2) Lessons > [Understanding Position Playing](#)
- 3) Lessons > [Minor Playing](#)

## Level 9

- [3rd Position Study 3](#) "Rollin' Rhumba, Version 3" or [3rd Position Study 4](#) "Blowin' My Horn"
- [1st Position Study 2](#) "Blowin' the Blues" or [1st Position Study 3](#) "The Stretch"
- [Movement Exercises Study 2: Full Chromatic Scale and C Blues Scale](#) (Recorded Ascending & Descending)
- [Music Theory Study 6](#) (Fill in [PDF Test Form](#))

Additional Helpful Material

- 1) Lessons > [Improving Study 8 - Soloing Blocks & Chord Tone Soloing](#)
- 2) Lessons > [Improving Study 9 - Approaches](#)
- 3) Lessons > [Accompaniment Study 9 - Duo](#)
- 4) Lessons > [Accompaniment Study 10 – Band](#)
- 5) Lessons > [Recording Study 4 - Professional Studio](#)

## Level 10

Original Compositions: Live Video Record Playing with Band or to Jam Track and Publish on YouTube

- 1st Position Instrumental
- 2nd Position Instrumental (LOA-L8 Submission can be Used)
- 3rd Position Instrumental
- Solo Harmonica Instrumental

- Accompaniment Example