Know Your Neck #2
The Octave Pattern, and Fretboard Scan

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1) The Universal Octave Shape - Up Two Frets, Up Two Strings

2) Find All The Octave Pairs For Each Note Starting On The E and A Strings

Continue moving up in half steps, when you reach "A" remember to use the open A string first.

3) Fretboard Scan: Start with E - play every E on the neck in order of appearance as you scan from the nut to the top fret, then play it in reverse.

Continue this exercise up through all the notes. Remember to say and play the name of each note until you can think of it in your mind.