

The Murphy Method

Recommended Beginning Banjo Track

We strongly suggest learning only ONE SONG A MONTH, including the vamping.

DVDs needed: [Beginning Banjo Vol 1](#), [Banjo For Misfits](#)

Banjo in the Hollow--Beginning Banjo Vol 1 [no vamping yet]

Boil Them Cabbage Down--low break--Misfits DVD [no vamping yet]

Cripple Creek--Beginning Banjo Vol 1 [no vamping yet]

Boil Them Cabbage Down—high break—Misfits DVD [no vamping yet]

These songs are the Big Three. They are your foundation. Please make sure you can play them all the way through—slowly—without stopping before you move on. We recommend practicing them in a “loop,” that is, playing the song 4 or 5 times in a row without stopping to really get the feel of the song. We also recommend playing these songs along with us on the [Slow Jam DVD](#). Even though you don't know the vamping yet, you can practice playing the breaks.

From this point on, we have two different beginning banjo tracks. If you are playing in a jam session or playing with other people, work with the *Jam Session Track*. If you are not playing in a Jam Session (yet) work with the *Regular Beginning Track*. The difference in the two tracks is that in the Jam Session Track we introduce the “Roly Polys” which are the foundation for improvising you would do in a jam. If you're not in a jam, the Roly Polys don't make a whole lot of sense! And you can always learn them later when you get in a jam.

Regular Beginning Track

DVDs needed: [Beginning Banjo Vol 1](#), [Banjo For Misfits](#), [Vamping](#), [Slow Jam](#)

I Saw The Light ---Misfits DVD [learn the vamping also]

Do Lord--Misfits DVD [learn the vamping also]

Now that you have been introduced to vamping on the Misfits DVD, start learning the vamping to the Big Three, one song at a time.

Vamping to *Boil Them Cabbage Down*. [Misfits DVD]

Cumberland Gap—Beginning Banjo DVD [no vamping yet]

Worried Man--Misfits DVD [learn the vamping also]

Vamping to *Cripple Creek*. [Vamping is taught on our Vamping DVD.]

Foggy Mountain Breakdown Beginning Banjo Vol 1; [Vamping on Vamping DVD]

Two Dollar Bill--Misfits DVD [learn the vamping also]

Vamping to *Banjo in the Hollow*. [Vamping DVD]

John Hardy—Beginning Banjo Vol 1; [Vamping on Vamping DVD]

Vamping to *Cumberland Gap* [Vamping DVD]

Jam Session Track (if you are playing in a jam session; includes a focus on improvising)

DVDs needed: [Beginning Banjo Vol 1](#), [Banjo for Misfits](#), [Vamping](#), [Kickstart Your Jamming](#), [Slow Jam](#)

After you have learned the *Cripple Creek*, *Boil Them Cabbage*, *Cripple Creek*:

I Saw The Light --Misfits DVD [with vamping]

Blue Ridge Cabin Home --Kickstart Your Jamming DVD [with vamping]

Vamping to *Boil Them Cabbage* [Vamping DVD]

Do Lord--Misfits DVD [with vamping]

Bury Me Beneath the Willow--Kickstart Your Jamming DVD [with vamping]

Vamping to *Cripple Creek* [Vamping DVD]

Do Lord --Kickstart Your Jamming DVD [with vamping] (yes, again, for the Roly Poly break in case the jam gets too fast for you to do your Misfits break. We've seen it happen!)

Foggy Mountain Breakdown -- Beginning Banjo Vol 1; [with vamping from Vamping DVD]

Vamping to *Banjo in the Hollow* [Vamping DVD]

Worried Man--Misfits DVD [with vamping]

Cumberland Gap--Beginning Banjo Vol. 1; [vamping from Vamping DVD]

Note: You can skip Worried Gal and Somebody Touched Me on the Kickstart DVD unless you want to do them. They are Do Lord clones.

Will the Circle Be Unbroken—Kickstart Your Jamming [with vamping]

Two Dollar Bill--Misfits DVD [with vamping]

I'll Fly Away—Kickstart Your Jamming [with vamping]

Note: Here you can continue to do as many Kickstart Your Jamming songs as you like. Because the next song, John Hardy, is pretty hard!

John Hardy--Beginning Banjo Vol 1; [vamping from Vamping DVD]

One more thing: The DVD [Capos, Chords, and Theory](#) offers a wealth of information about how to use the capo in all keys, the names of all the vamp chords on the banjo neck and how to find them, and just a touch of easily understandable theory that assumes you know nothing about theory to start with! You can start watching and learning from this DVD at any time during your Beginning Track. And you'll probably find that the more you learn from playing the banjo, the more you will be able to learn from this DVD. In other words, it's a DVD you can return to time and time again and learn more each time.

As one of our students said recently, "Just want to express how very helpful this DVD is to me. I have had 'dribs and drabs' of this info from different teachers and I usually came away totally confused. Your presentation on this DVD all makes sense now and I finally get it!" Thank you, Sue!