

CD Tracks

- 1 Tuning EADG
- 2 The D major scale
- 3 DEF#G
- 4 ABC#D'
- 5 The D major scale down
- 6 Notes of different lengths
- 7 Twinkle Twinkle Little Star line 1
- 8 Twinkle Twinkle Little Star line 2
- 9 Twinkle Twinkle Little Star: Full song
- 10 The G major scale
- 11 Frere Jacques
- 12 The Keel Row 1st part
- 13 The Keel Row 2nd part
- 14 The Keel Row: Full tune
- 15 D exercise up
- 16 D exercise down
- 17 G exercise up
- 18 G exercise down
- 19 Single-note triplets 1
- 20 Single-note triplets 2
- 21 Row Row Row Your Boat
- 22 The Keel Row with triplets
- 23 Oh Susannah line 1
- 24 Oh Susannah line 2
- 25 Chorus
- 26 Oh Susannah: Full song
- 27 Peigin Leitir Mor
- 28 Teehan's
- 29 Duelling Banjos part 1
- 30 Duelling Banjos part 2
- 31 Duelling Banjos last line
- 32 Duelling Banjos: Full piece
- 33 Single-note triplet variations
- 34 3-note triplets 1
- 35 3-note triplets 2
- 36 3-note triplets 3
- 37 Descending triplets
- 38 Ascending 2-string triplets
- 39 Descending 2-string triplets
- 40 The BC#D' triplet

- 41 The BCD' triplet
- 42 BC#D' exercise (D)
- 43 BCD' exercise (G)
- 44 The Keel Row with triplets
- 45 The Tulla without triplets
- 46 The Tulla with triplets
- 47 O'Callaghan's with triplets
- 48 Green Grow the Rushes-O
- 49 Bars of a jig
- 50 Bill Harte's
- 51 Jig triplets
- 52 Maggie in the Woods
- 53 Half-chords
- 54 The Keel Row with half-chords
- 55 Joining reels 1
- 56 Joining reels 2
- 57 Joining reels 3
- 58 Hammer-on 1
- 59 Hammer-on 2
- 60 Pull-off 1
- 61 Pull-off 2
- 62 Hammer-on triplets
- 63 Hammer-on / Pull-off triplets
- 64 Slide
- 65 Dampened triplets

Tunes

- 66 The Bog Down in the Valley-O
- 67 The Top of Maol
- 68 Cooley's Jig
- 69 Jim Ward's
- 70 The Hole in the Hedge
- 71 Na Ceannabhain Bhána
- 72 The Night Before Larry Was Stretched
- 73 Mick Duggan's
- 74 The Brosna
- 75 The Peacock's Feather
- 76 Delahunty's
- 77 The Basket of Turf
- 78 The Concertina
- 79 The Morning Star
- 80 Drowsy Maggie
- 81 The Sally Gardens
- 82 The Plough and the Stars
- 83 The Ships in Full Sail