

Regain the Fire

Insomnium

One For Sorrow (2011)

Tune down 1 step

- ①=D ④=C
- ②=A ⑤=G
- ③=F ⑥=D

♩ = 124

Intro

E-Gt

The Intro consists of 12 measures in 4/4 time. It begins with a treble clef, a key signature of one sharp (F#), and a dynamic marking of *f*. The first measure is marked with a '1'. The notation shows a series of eighth-note chords. The guitar tab below shows the fretting for each measure.

4	4	4	4	4	4	4	4	4	4	4	4
2	2	2	2	2	2	2	2	2	2	2	2

4	4	4	4	4	4	4	4	4	4	4	4
2	2	2	2	2	2	2	2	2	2	2	2

7	7	7	7	7	7	7	7	7	7	7	7
5	5	5	5	5	5	5	5	5	5	5	5

Measures 4-7 continue the eighth-note chord pattern. Measure 4 is marked with a '4'. The guitar tab shows the fretting for each measure.

2	2	2	2	2	2	2	2	2	2	2	2
0	0	0	0	0	0	0	0	0	0	0	0

4	4	4	4	4	4	4	4	4	4	4	4
2	2	2	2	2	2	2	2	2	2	2	2

4	4	4	4	4	4	4	4	4	4	4	4
2	2	2	2	2	2	2	2	2	2	2	2

5	5	5	5	5	5	5	5	5	5	5	5
3	3	3	3	3	3	3	3	3	3	3	3

Measures 8-11 feature a change in the chord pattern. Measure 8 is marked with an '8'. The guitar tab shows the fretting for each measure.

2	2	2	2	2	2	2	2	2	2	2	2
0	0	0	0	0	0	0	0	0	0	0	0

11	11	11	11	11	11	11	11	11	11	11	11
9	9	9	9	9	9	9	9	9	9	9	9

11	11	11	11	11	11	11	11	11	11	11	11
9	9	9	9	9	9	9	9	9	9	9	9

10	10	10	10	10	10	10	10	10	10	10	10
11	11	11	11	11	11	11	11	11	11	11	11

Measures 12-14 continue with the eighth-note chord pattern. Measure 12 is marked with a '12'. The guitar tab shows the fretting for each measure.

9	9	9	9	9	9	9	9	9	9	9	9
9	9	9	9	9	9	9	9	9	9	9	9

11	11	11	11	11	11	11	11	11	11	11	11
9	9	9	9	9	9	9	9	9	9	9	9

11	11	11	11	11	11	11	11	11	11	11	11
9	9	9	9	9	9	9	9	9	9	9	9

Measures 15-18 conclude the piece with the eighth-note chord pattern. Measure 15 is marked with a '15'. The guitar tab shows the fretting for each measure.

7	7	7	7	7	7	7	7	7	7	7	7
5	5	5	5	5	5	5	5	5	5	5	5

9	9	9	9	9	9	9	9	9	9	9	9
9	9	9	9	9	9	9	9	9	9	9	9

9	9	9	9	9	9	9	9	9	9	9	9
9	9	9	9	9	9	9	9	9	9	9	9

6	6	6	6	6	6	6	6	6	6	6	6
9	9	9	9	9	9	9	9	9	9	9	9

Verse

17

P.M.

TAB

9 9 9 9 9 9 9 9 9 9 9 9

18

P.M.

TAB

9 9 9 9 9 9 9 9 9 9 9 9

19

P.M.

TAB

5 5 5 5 5 5 5 5 2 2 2 2 2 2 2 2

3 3 3 3 3 3 3 3 0 0 0 0 0 0 0 0

21

P.M.

TAB

9 9 9 9 9 9 9 9 9 9 9 9

22

P.M.

TAB

9 9 9 9 9 9 9 9 9 9 9 9

Bridge

23

P.M.

TAB

5 5 5 5 5 5 5 5 2 2 2 2 7 7 7 7 7 7 7 7 7 7

3 3 3 3 3 3 3 3 0 0 0 0 5 5 5 5 5 5 5 5 5 5

Chorus

27

TAB 9 7 5 3 7 5 9 7 5 3 5 3 5 3 4 2 4 4

35

P.M.

TAB 7 5 7 5 7 5 2 0 2 0 2 5 3 5 3 5 3 4 2 4 4 7 5 7 5 7 5

40

P.M.

TAB 2 0 2 0 2 0 5 3 5 3 5 3 4 2 4 4 7 5 7 5 7 5 2 0 2 0 2 0

Intro Riff

45

TAB 5 3 5 3 5 3 4 2 4 4 7 5 2 0 2 0 11 9 11 9 11 9 11 9 11 9

50

TAB 11 9 11 9 11 9 11 9 10 11 10 11 10 11 9 9 9 6 9 6 9 7 9

53

TAB 11 9 11 9 11 9 11 9 11 9 11 9 7 5 7 5 7 5 7 5 7 5 7 5

Verse

56

P.M.

TAB

9 9 9 9 6 6 6 7 | 7 9 9 9 7 9 9 9 7 9 9 9 7

58

P.M.

TAB

7 7 7 7 7 7 7 7 7 7 7 7 7 7

59

P.M.

TAB

5 5 5 5 5 5 5 5 | 5 5 5 5 5 5 5 5 | 5 5 5 5 2 2 2 2 2 2 2 2

3 3 3 3 3 3 3 3 | 3 3 3 3 3 3 3 3 | 3 3 3 3 0 0 0 0 0 0 0 0

61

P.M.

TAB

9 9 9 9 9 9 9 9 9 9 9 9 9 9

62

P.M.

TAB

9 9 9 9 9 9 9 9 9 9 9 9 9 9

Bridge

63

P.M.

TAB

5 5 5 5 5 5 5 5 | 5 5 5 5 5 5 5 5 | 5 5 5 5 2 2 2 2 2 7 7 7 7 | 7 5 9

3 3 3 3 3 3 3 3 | 3 3 3 3 3 3 3 3 | 3 3 3 3 0 0 0 0 5 5 5 5

Chorus

67

T
A
B 9 7 5 3 7 9 5 3 5 5 5-5 3-3 4 2 4 4 2 2

75

P.M.

T
A
B 7 5 7 5 7 5 2 0 2 0 2 5 3 5 3 5 3 5 3 4 2 4 4 2 7 5 7 5 7 5 7 5

80

P.M.

T
A
B 2 0 2 0 2 0 5 3 5 3 5 3 4 2 4 4 2 7 5 7 5 7 5 7 5 2 0 2 0 2 0

Bridge

85

T
A
B 5 3 5 3 5 3 5 3 4 2 4 4 2 7 5 7 5 7 5 2 0 2 0 0 4 4 (4) (4)

91

T
A
B (4) (4) 9 4 5 (4) (5) 4 4 (4) (4) 9 4 5 (4) (5)

97

T
A
B 4 4 (4) (4) 9 4 5 (4) (5) 4 4

102

P.M. - 1

TAB (4) (4) 9 4 (4) 5 5-5-5 5-5 4 7-7-7 7-7

108

P.M. - 1 P.M. - 1

TAB 9 5-5-5 5-5 4 7-7-7 7-7 2 5-5-5 5-5 4

115

P.M. - 1

TAB 7-7-7 7-7 9 5-5-5 5-5 4 7-7-7 7-7 2

Chorus

121

P.M.

TAB 5 5 5 5 4 4-4 7-7 7-7 2 2 2 5 5 5 5 4 4-4

126

TAB 4 4-4 7-7 7-7 2 2 2 5 5 5 5 4 4-4

131

P.M.

TAB 7 7 7-7 2 2 2 5 5 5 5 4 4-4 7 7 7-7

136

The image shows a musical score for guitar. The top staff is a treble clef staff with a key signature of one sharp (F#). It contains two measures of music. The first measure has a quarter note on G4, followed by a dotted quarter note on A4, and an eighth note on B4. The second measure has a quarter note on C#5, followed by a quarter note on D5, and a quarter note on E5. The bottom staff is a guitar tablature staff with six lines. It contains two measures of fret numbers. The first measure has fret numbers 2 on the 6th string, 0 on the 5th string, 2 on the 4th string, and 2 on the 3rd string. The second measure has fret numbers 4 on the 6th string and 2 on the 5th string.

T
A
B

2 0 2 2 4
0 0 0 2