

# One

Words & Music by Metallica

Standard tuning

♩ = 108

E-Gt

T  
A  
B

T  
A  
B

T  
A  
B

T  
A  
B

Sweep

T  
A  
B

19

T  
A  
B

21

T  
A  
B

22

T  
A  
B

let ring throughout

25

T  
A  
B

28

T  
A  
B

32

T  
A  
B

35

T  
A  
B

39

T  
A  
B

42

T  
A  
B

45

T  
A  
B

48

T  
A  
B

51

T  
A  
B

54

TAB

2 4 2 0-0 4 0 0 4 0-4-4 0 0 4 0-0 4 0

57

TAB

0 2 2 2 0 2 4 2 0 4 4 3 0 2 0 3 4 4 2

59

TAB

2 4 6 4 2 0 3 4 5 (5) (5) (5)

64

TAB

2 4 2 0-0 4 0 4 0-4-4 0 3 3

70

TAB

2 4 2 0-0 4 0 3 4 0 3 3 3/5 3/5 2 4 2 0-0 4 0

73

TAB

0 4 0 0 4 4 0 0 4 0-0 4 0 0 2 2 2

76

T  
A  
B

2 4 2 0 0 4 0 | 3 4 0 4 4 0 | 2 4 2 0 0 4 0

79

T  
A  
B

3 4 3 0 | 2 4 2 0 0 4 0 | 0 4 0 0 4 4 0

82

T  
A  
B

0 4 3 0 0 4 0 | 0 2 2 2

84

T  
A  
B

0 2 4 2 0 4 4 | 2 4 6 4 2 | 0 2 4 2 0 3 4 | 5

87

T  
A  
B

(5) | 10 7 7 7 | 10 10 8 7 9 | 7 8 7 7

92

T  
A  
B

8 10 8 7 10 7 8 | 8 17 14 15 14 | 17 17 15 14 15 14

95

TAB

98

tap using edge of pick

TAB

101

Play by tapping on 20th fret silently

TAB

104

TAB

106

TAB

110

TAB

4-2-0	(0)	2-0	2-4	4-5	4-5-7-9	7-8	7-9	4-2-0	(0)
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115

TAB

2-0	2-4	4-5	4-5-7-9	7-8	7-9	4-2-0	(0)	2-0	2-4
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120

P.M....

TAB

4-4-5-7	7-8	7-9	4-2-0	(0)	5-5-5-7-5	7-7-7-7-5	4-4-4-5-4	4-5-4
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125

P.M. P.M. P.M.. P.M. P.M. P.M.... P.M. P.M.

TAB

4-4	4-4	5-5-5-5	5-5	5-5	5-5-5-7-5	7-7-7-7-5	4-4-4-5-4	4-4
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130

P.M.. P.M. P.M. P.M. all single bass notes from now on

TAB

5-5-5-5	5-5	5-5	5-5	5-5	5-5-5-7-5	7-7-7-7-5	4-4-4-5-4	4-4
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134

TAB  
0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0

136

TAB  
0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0

138

TAB  
0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0

140

TAB  
0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0

142

TAB  
0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0

144

TAB  
0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0



146

T  
A  
B

0-0-0-0-0-0 5 0-0-0-0-0-0 5-8 0-0-0-0-0-0 7 0-0-0-0-0-0 7-8

148

T  
A  
B

0-0-0-0-0-0 5 0-0-0-0-0-0 5 7 0-0-0-0-0-0 2 0-0-0-0-0-0 2

150

T  
A  
B

0-0-0-0-0-0 2 0-0-0-0-0-0 2 3 0-0-0-0-0-0 2 0-0-0-0-0-0 2

152

T  
A  
B

0-0-0-0-0-0 2 0-0-0-0-0-0 2 3 0-0-0-0-0-0 2 0-0-0-0

154

T  
A  
B

0-0-0-0 2 0-0-0 3 0-0-0-0-0-0 2 0-0-0 2 0-0-0 3

157

T  
A  
B

0-0-0-0-0-0 2 0-0-0 2 0-0-0 3 0-0-0-0-0-0 2 0-0-0-0

160

T  
A  
B

0-0-0 2 0-0-0 3 0-0-0-0-0-0-0 0-0-0 0-0-0-0 0-0-0-0

163

T  
A  
B

0-0-0-0-0-0-0-0 0-0-0 0-0-0-0 0-0-0-0-0-0 0-0-0-0-0-0 0-0-0-0-0-0 2 0-0-0

166

T  
A  
B

0-0-0 2 0-0-0 3 0-0-0-0-0-0 2 0-0-0 0-0-0 2 0-0-0 3

169

T  
A  
B

0-0-0-0-0-0-0 2 0-0-0 0-0-0 2 0-0-0 3 0-0-0-0-0-0 2 0-0-0

172

T  
A  
B

0-0-0 2 0-0-0 3 0-0-0-0-0-0-0 0-0-0 0-0-0-0 0-0-0-0

175

T  
A  
B

0-0-0-0-0-0-0-0 0-0-0 0-0-0-0 0-0-0-0-0-0 0-0-0-0-0-0 2 0-0-0

178

TAB

0-0-0 2 0-0-0 3 0-0-0-0-0-0 2 0-0-0 2 0-0-0 3

181

TAB

0-0-0-0-0-0 2 0-0-0 2 0-0-0 3 0-0-0-0-0-0 2 0-0-0

184

TAB

0-0-0 2 0-0-0 3 0-0-0-0-0-0-0-0-0 0-0-0 0-0-0-0-0-0-0-0-0

187

TAB

0-0-0-0-0-0-0 2 2 0-0-0-0-0-0-0 2 2 0-0-0-0-0-0-0 2 3

190

TAB

3 3 3 3 3 3 3 5 5 0-0-0-0-0-0-0 2 2 0-0-0-0-0-0-0 2 2 0-0-0-0-0-0-0 2 2

193

TAB

0-0-0-0-0-0 2 3 3 3 3 3 3 5 5 3 5 5 3 3 3 3 3 3 3 5 5 3 5 5

196

T  
A  
B

199

T  
A  
B

202

T  
A  
B

205

T  
A  
B

208

T  
A  
B

211

T  
A  
B

213

T  
A  
B

0-0-0-0-0-0  $\frac{2}{2}$  0-0-0 0-0-0  $\frac{2}{2}$  0-0-0  $\frac{3}{3}$  0-0-0-0-0-0  $\frac{2}{2}$  0-0-0

216

T  
A  
B

0-0-0  $\frac{2}{2}$  0-0-0  $\frac{3}{3}$  0-0-0-0-0-0  $\frac{2}{2}$  0-0-0 0-0-0  $\frac{2}{2}$  0-0-0  $\frac{3}{3}$

219

T  
A  
B

0-0-0-0-0-0  $\frac{2}{2}$  0-0-0 0-0-0  $\frac{2}{2}$  0-0-0  $\frac{3}{3}$  0-0-0-0-0-0 5-5-5

222

Harmony instrumental with Guitar 1

T  
A  
B

5 5 5 4 4 4 3 3 3 2 2 2 8 8 8 7  $\frac{1}{4}$  5 5 5

224

T  
A  
B

8  $\frac{1}{4}$  7-7-7-5 7-5-8-5-5 8-7-8 8-7-5-7 7-5-5

227

T  
A  
B

8 8 8 7  $\frac{1}{4}$  5 5 5 8  $\frac{1}{4}$  7 7 7 5 7 5 8 5 5 8 7 8

230

T  
A  
B

8 7 5 7 7 5 8 5 8 8 8 7  $\frac{1}{4}$  5 5 5 8  $\frac{1}{4}$  7 7 7 5

233

T  
A  
B

7 5 8 5 5 8 7 8 8 7 5 7 7 5 7 5

235

T  
A  
B

8 8 8 7  $\frac{1}{4}$  5 5 5 8  $\frac{1}{4}$  7 7 7 5 7 5 8 5 5 8 7 8

238

T  
A  
B

8 7 5 7 7 5 7 5 5 7 6 7 7 6 4 6 6 4 2 4 4 2 0 2

241

Musical notation for measure 241, featuring a treble clef and a guitar staff. The melody consists of eighth notes, with triplets of eighth notes and pairs of eighth notes. The guitar staff below shows fret numbers: 0-0-0-0-0-0, 2/2, 0-0-0, 0-0-0, 2/2, 0-0-0, 3/3, 0-0-0-0-0-0, 2/2, 0-0-0.

244

Musical notation for measure 244, featuring a treble clef and a guitar staff. The melody consists of eighth notes, with triplets of eighth notes and pairs of eighth notes. The guitar staff below shows fret numbers: 0-0-0, 2/2, 0-0-0, 3/3, 0-0-0-0-0-0, 2/2, 0-0-0, 0-0-0, 2/2, 0-0-0, 3/3.

247

Musical notation for measure 247, featuring a treble clef and a guitar staff. The melody consists of eighth notes, with triplets of eighth notes and pairs of eighth notes. The guitar staff below shows fret numbers: 0-0-0-0-0-0, 2/2, 0-0-0, 0-0-0, 2/2, 0-0-0, 3/3, 3-3-5/3, 3-3-5/3.

250

Musical notation for measure 250, featuring a treble clef and a guitar staff. The melody consists of eighth notes, with triplets of eighth notes and pairs of eighth notes. The guitar staff below shows fret numbers: 3-3-5/3, 3-3-5/3, 0-0-0-0-0-0, 2/2, 0-0-0, 0-0-0, 2/2, 0-0-0, 3/3.

253

Musical notation for measure 253, featuring a treble clef and a guitar staff. The melody consists of eighth notes, with triplets of eighth notes and pairs of eighth notes. The guitar staff below shows fret numbers: 3-3-5/3, 3-3-5/3, 3-3-5/3, 3-3-5/3, 0-0-0-0-0-0, 2/2, 2/2, 1-1-1, 3/3, 1-1-1, 3/3.

257

Musical notation for measure 257, featuring a treble clef and a guitar staff. The melody consists of eighth notes, with triplets of eighth notes and pairs of eighth notes. The guitar staff below shows fret numbers: 0-0-0-0-0-0, 2/2, 2/2, 0, 1-1-1, 3/3, 1-1-1, 3/3, 0-0-0-0-0-0, 2/2, 2/2, 0, 0.

260

260-263

T  
A  
B

1-1-1 1-1-1 0-0-0 0-0-0 0-0-0 2-2-2 2-2-2 3-3-3 3-3-3 3-3-3 3-3-3 3-3-3

Detailed description: This system contains measures 260 through 263. The musical notation features a treble clef with a key signature of one flat. Measures 260 and 261 consist of eighth-note chords. Measures 262 and 263 feature eighth-note triplets. The guitar tablature below shows fingerings: 1-1-1 for the first two measures, 0-0-0 for the next two, 2-2-2 for the following two, and 3-3-3 for the final two measures.

264

264-266

T  
A  
B

0-0-0 0-0-0 0-0-0 2-2-2 0-0-0 0-0-0 2-2-2 3-3-3 2-2-2 2-2-2 2-2-2 2-2-2 2-2-2 2-2-2 2-2-2 2-2-2 2-2-2 2-2-2

Detailed description: This system contains measures 264 through 266. Measures 264-266 feature eighth-note chords with triplets indicated by a '3' over the notes. The guitar tablature shows fingerings: 0-0-0 for the first three measures, 2-2-2 for the next three, and 3-3-3 for the final measure.

267

267

T  
A  
B

2-2-2-2 2-2-2-2 0-0-0-0

Detailed description: This system contains measure 267. The musical notation shows a quarter note chord followed by a quarter rest. The guitar tablature shows fingerings: 2-2-2-2 for the first measure and 0-0-0-0 for the second measure.