

# One

Words & Music by Metallica

Standard tuning

♩ = 108

E-Gt

Musical notation for the first system, measures 1-7. The guitar staff shows a whole rest in each measure. The TAB staff is empty.

Musical notation for the second system, measures 8-10. Measure 8 has a whole rest. Measure 9 starts with a 7/8 note and a sharp sign. Measure 10 continues the rhythm. Dynamics include *f* and *full*. TAB includes fret numbers 2, 4, 3, 2, 4, 3, 2, 2, 3.

Musical notation for the third system, measures 11-12. Measure 11 continues the melody. Measure 12 has a triplet of eighth notes. TAB includes fret numbers 3, 2, 4, 11, 9, 12, 9, 7, 7, 6, 0, 2, 6, 4, 0, 2.

Musical notation for the fourth system, measures 13-14. Measure 13 has a dotted quarter note followed by eighth notes. Measure 14 has a quarter note followed by eighth notes. TAB includes fret numbers 4, 2, 4, 2, 3, 2, 2, 4, 2, 3, 2, 2, 4.

Sweep

Musical notation for measures 17-18. The staff shows a treble clef, 4/4 time signature, and a key signature of one sharp (F#). Measure 17 contains a sweep arpeggio starting on the 17th fret. Measure 18 continues the sweep with a half note on the 19th fret. The guitar tab below shows the fret numbers for each string.

T  
A  
B

Musical notation for measures 19-20. Measure 19 features a series of eighth notes with a sweep arpeggio. Measure 20 continues with a sweep arpeggio and a half note. The guitar tab shows fret numbers for each string.

T  
A  
B

Musical notation for measures 21-22. Measure 21 has a sweep arpeggio. Measure 22 continues with a sweep arpeggio and a half note. The guitar tab shows fret numbers for each string.

T  
A  
B

Musical notation for measures 23-24. Measure 23 has a sweep arpeggio. Measure 24 continues with a sweep arpeggio and a half note. The guitar tab shows fret numbers for each string.

T  
A  
B

let ring throughout

Musical notation for measures 25-27. The staff shows a treble clef, 3/4 time signature, and a key signature of one sharp (F#). Measure 25 starts with a half note. Measure 26 has eighth notes. Measure 27 has eighth notes. The guitar tab shows fret numbers for each string.

T  
A  
B

28

T  
A  
B

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

32

T  
A  
B

0	2	4	(4)	(4)	2	2	4	3	5	0	3	5	7	5	7	0	7	7	0

35

T  
A  
B

5	0	3	0	4	0	0	3	0	0	1	1	0	2	4	0	0	0	0	5	7	0	7	7	0

39

T  
A  
B

5	0	3	0	4	0	0	3	0	0	1	1	0	2	0	0	4								

42

T  
A  
B

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

45

TAB

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

48

TAB

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

51

TAB

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

54

TAB

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

57

TAB

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

59

TAB 2 2 0 4 2 6 4 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 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 3 3 0 2 2 2

76

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

79

T  
A  
B

82

T  
A  
B

84

T  
A  
B

87

T  
A  
B

92

T  
A  
B

95

T  
A  
B

tap using edge of pick

98

T  
A  
B

Play by tapping on 20th fret silently

101

T  
A  
B

104

T  
A  
B

106

TAB

0	2	4	2	0	4	4	2	0	2	4	4	5	7	7	7
3	0	2	0	3	4	4	2	2	2	4	5	5	7	9	9

110

TAB

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

115

TAB

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

P.M....

120

TAB

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

P.M.

P.M.

P.M..

P.M.

P.M.

P.M....

P.M.

P.M.

125

TAB

4	4	5	5	5	5	5	5	5	5	7	7	7	7	7	5	4	4	4	4	4	4
2	2	2	3	3	3	3	3	3	3	7	7	7	7	7	5	5	5	5	5	5	5



142

T  
A  
B

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

144

T  
A  
B

0-0-0-0-0-0-0  $\frac{2}{2}$  0-0-0-0-0-0-0  $\frac{2}{2}$  3 0-0-0-0-0-0-0 7 0-0-0-0-0-0-0 7-8

146

T  
A  
B

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

148

T  
A  
B

0-0-0-0-0-0-0 5 0-0-0-0-0-0-0 5 7 0-0-0-0-0-0-0  $\frac{2}{2}$  0-0-0-0-0-0-0  $\frac{2}{2}$

150

T  
A  
B

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

♩ = 216

152

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

154

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

157

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

160

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

163

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

166

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



187

TAB

0 0 0 0 0 0 0 0 2 2 2 0 0 0 0 0 0 0 2 2 0 0 0 0 0 0 2 3

190

TAB

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

193

TAB

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

196

TAB

3 3 3 3 3 3 3 3 5 5 5 3 3 3 3 3 3 5 6 1 1 1 1 1 1 1 3 3

199

TAB

3 3 3 3 3 3 3 3 5 5 5 3 3 3 3 3 3 5 5 3 3 3 3 3 3 5 6

202

TAB

1 1 1 1 1 1 1 1 3 3 3 1 1 3 3 5 5 3 3 3 3 3 3 5 5

205

TAB

1 1 1 1 1 1 1 3 3 1 1 1 1 1 1 1 3 3 3 5 5 3 3 3

208

TAB

3 3 3 5 5 3 3 3 1 1 1 1 1 1 1 3 3 1 1 1 1 1 1 1 3 3 1

211

TAB

3 3 3 3 3 3 3 5 5 5 5 5 5 4 4 4 3 3 3 2 2 2

213

TAB

0 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

216

TAB

0 0 0 2 2 0 0 0 3 3 0 0 0 0 0 0 2 2 0 0 0 2 2 0 0 0 3 3 0 0 0 3 3

219

TAB

0 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 0 0 0 0 5 5 5

Harmony instrumental with Guitar 1

222

Musical notation for measure 222, featuring a treble clef and a key signature of one sharp (F#). The melody consists of eighth notes with triplet markings. The guitar tab below shows the fretting: 5-5-5-4-4-4-3-3-3-2-2-2. A second system of the guitar tab shows a sequence of notes: 8-8-8-7-7-5-5-5, with a quarter note (1/4) and a 7th fret note indicated.

224

Musical notation for measure 224, featuring a treble clef and a key signature of one sharp (F#). The melody consists of eighth notes with triplet markings. The guitar tab below shows the fretting: 8-9-7-7-7-5-7-5-8-5-5-8-7-8-8-7-5-7-7-5-7-5.

227

Musical notation for measure 227, featuring a treble clef and a key signature of one sharp (F#). The melody consists of eighth notes with triplet markings. The guitar tab below shows the fretting: 8-8-8-7-7-5-5-5-8-9-7-7-7-5-7-5-8-5-5-8-7-8.

230

Musical notation for measure 230, featuring a treble clef and a key signature of one sharp (F#). The melody consists of eighth notes with triplet markings. The guitar tab below shows the fretting: 8-7-5-7-7-5-8-5-8-8-8-7-7-5-5-5-8-9-7-7-7-5.

233

Musical notation for measure 233, featuring a treble clef and a key signature of one sharp (F#). The melody consists of eighth notes with triplet markings. The guitar tab below shows the fretting: 7-5-8-5-5-8-7-8-8-7-5-7-7-5-7-5.

235

T  
A  
B

238

T  
A  
B

241

T  
A  
B

244

T  
A  
B

247

T  
A  
B

250

T  
A  
B

253

T  
A  
B

257

T  
A  
B

260

T  
A  
B

264

T  
A  
B

267

T  
A  
B