

The Frayed Ends Of Sanity

Metallica
---And Justice For All

Words & Music by Edwin Heeres

Standard tuning

♩ = 116

E-Gt

Measures 1-5 of the guitar part. Measure 1 is a whole rest. Measure 2 has a quarter rest followed by a triplet of eighth notes (G4, A4, B4) marked with a forte 'f' dynamic. Measures 3-5 are quarter notes: G4, A4, and B4. The guitar tab below shows: Measure 1: all strings muted (X); Measure 2: 2nd string (X), 3rd string (X), 4th string (X), 5th string (X), 6th string (0); Measure 3: 2nd string (0), 3rd string (5), 4th string (5), 5th string (3), 6th string (0); Measure 4: 2nd string (2), 3rd string (2), 4th string (2), 5th string (0), 6th string (0); Measure 5: 2nd string (4), 3rd string (4), 4th string (4), 5th string (2), 6th string (2).

Measures 6-9. Each measure starts with a quarter note chord (G4, A4, B4) followed by a quarter rest and a triplet of eighth notes (G4, A4, B4). The guitar tab shows: Measure 6: 2nd string (2), 3rd string (3), 4th string (2), 5th string (1), 6th string (0); Measure 7: 2nd string (X), 3rd string (X), 4th string (X), 5th string (X), 6th string (0); Measure 8: 2nd string (2), 3rd string (3), 4th string (2), 5th string (1), 6th string (0); Measure 9: 2nd string (3), 3rd string (3), 4th string (2), 5th string (1), 6th string (0).

Measures 10-13. Each measure starts with a quarter note chord (G4, A4, B4) followed by a quarter rest and a triplet of eighth notes (G4, A4, B4). The guitar tab shows: Measure 10: 2nd string (2), 3rd string (3), 4th string (2), 5th string (1), 6th string (0); Measure 11: 2nd string (X), 3rd string (X), 4th string (X), 5th string (X), 6th string (0); Measure 12: 2nd string (2), 3rd string (3), 4th string (2), 5th string (1), 6th string (0); Measure 13: 2nd string (3), 3rd string (3), 4th string (2), 5th string (1), 6th string (0).

Measures 14-17. Each measure starts with a quarter note chord (G4, A4, B4) followed by a quarter rest and a triplet of eighth notes (G4, A4, B4). Measure 17 ends with a double bar line. The guitar tab shows: Measure 14: 2nd string (2), 3rd string (3), 4th string (2), 5th string (1), 6th string (0); Measure 15: 2nd string (X), 3rd string (X), 4th string (X), 5th string (X), 6th string (0); Measure 16: 2nd string (2), 3rd string (3), 4th string (2), 5th string (1), 6th string (0); Measure 17: 2nd string (3), 3rd string (3), 4th string (2), 5th string (1), 6th string (0).

♩ = 96

18

TAB 0 0 0 0 3 1 0 0 3 1 0 4 0 0 3 1

19

TAB 2 0 0 0 0 3 1 0 0 3 1 0 4 0 0 3 1

20

TAB 2 0 0 0 0 3 1 0 0 3 1 0 4 0 0 3 1

21

TAB 2 0 0 0 0 3 1 0 0 3 1 3 1 3 1

$\text{♩} = 96$
22

TAB 0 0 0 0 3 1 0 0 3 1 0 4 0 0 3 1

23

TAB 2 0 0 0 0 3 1 0 0 3 1 0 4 0 0 3 1

24

T
A
B

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

25

T
A
B

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

26

T
A
B

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

27

T
A
B

2 0 0 0 0 3 1 0 0 3 1 X X 3 1 3 1 3 1 3 1

28

T
A
B

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

37

T
A
B

0 0 0 0 3 1 0 0 3 1 0 2 0 0 3 1 4 3 2 4 3 2 6 6 4

39

T
A
B

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

40

T
A
B

2 0 0 0 3 1 0 0 3 1 0 2 0 0 3 1 2 0-0 3 5 5 7 3 5 0 0 3 5 5 7 3 5

42

T
A
B

0 0 5 3 5 3 0 0 5 3 6 4 7 5 8 6 0 0 5 3 5 7 3 5 0 0 5 3 5 2 3 0

44

T
A
B

0 0 5 3 5 3 0 0 5 3 6 4 7 5 8 6 0 2 4 2 5 5 6 7 8 5 6 7 8 6 6

47

TAB

0	4			0					
2	4			5	6	7	8	2	5
0	2			3	4	5	6	2	3

51

TAB

0	7			5	6	7	8	5	6	7	8			5	6	7	8
2	7			3	4	5	6	3	4	5	6			3	4	5	6
0	5			3	4	5	6	3	4	5	6			3	4	5	6

54

TAB

0	0	0	0	3	1	0	0	3	1	0	4	0	0	3	1
---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---

55

TAB

2	0	0	0	3	1	0	0	3	1	0	4	0	0	3	1
---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---

56

TAB

2	0	0	0	3	1	0	0	3	1	0	4	0	0	3	1
---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---

57

TAB

2 3 3 X X 3 3 3 3 3

0 0 0 0 1 0 1 1 1 1 1

58

TAB

2 2 7 7 7 7 7 7 7 7 3 2 2

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

60

TAB

3 3 4 3

0 0 0 0 1 0 0 1 0 2 0 0 1

61

TAB

2 3 4 3

0 0 0 0 1 0 0 1 0 2 0 0 1

62

TAB

2 2 7 7 7 7 7 7 7 7 3 2 2

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

64

TAB

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

4 3 2
4 3 2 6
2 1 0 6
4

66

TAB

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

4 3 2
4 3 2 6
2 1 0 6
4

68

TAB

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

69

TAB

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

2 0-0 5/3 5 7 5 0-0 5/3 5 7

71

TAB

0 0 5 5 0 0 5 6 7 8

0 0 5 5 7 0 0 5 5 2

85

T
A
B

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

86

$\text{♩} = 192$

T
A
B

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

89

$\text{♩} = 192$

3x

T
A
B

4 4 2 4 4 2 0-0 6 6 4 6 6 4 6 6 4 6 6 4 6 6 4

95

T
A
B

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

100

T
A
B

4 4 2 4 4 2 0-0 4 4 2 4 4 2 6 6 4 6 6 4 0-0

106

TAB 6 6 7 7 8 8 X-X
4 4 5 5 6 6 X-X
0-0 0-0 0-0

112

TAB 0 0 0 (0) (0) (0)
2 2 2 2 2 2
0 0 0 0 0 0

118

TAB 0 0 0 0 7-5-7 0-0-0 7-5
0 0 0 0 0 0 0

121

TAB 7-0-0-0 7-5-7 0-0-7-0-0 6-0-0-0 7-5-7 0-0-0 7-5
0 0 0 0 0 0 0

123

TAB 7-0-0-0 7-5-7 7-7-6-6 5-0 0-0-0 7-5-7 0-0-0 7-5
0 0 0 0 0 0 0

125

TAB 7 0 0 0 7 5 7 0 0 7 0 0 6 0 0 0 7 5 7 0 0 0 7 5

127

TAB 7 0 0 0 7 5 7 7 7 6 6 6 0 0 0 0 7 5 7 0 0 0 7 5

129

TAB 7 0 0 0 7 5 7 0 0 7 0 0 6 0 0 0 7 5 7 0 0 0 7 5

131

TAB 7 0 0 0 7 5 7 7 7 6 6 5 0 0 0 0 7 5 7 0 0 0 7 5

133

TAB 7 0 0 0 7 5 7 0 0 7 0 0 6 0 0 0 7 5 7 0 0 0 7 5 7 0 0 0 7 5

136

TAB

3	3	3	3	3	3	2	0	0	0	0	0	0	0	0	7	0	0	6	0	0	0	0	0	0	0	7	0	0
3	3	3	3	3	3	2																						
1	1	1	1	1	1	0																						

139

TAB

6	0	0	0	0	0	0	0	7	0	0	6	0	6	0	5	0	6	0
---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---

141

TAB

7	8	9	4	0	0	0	0	0	0	7	0	4	4	2	2	2	2	2	2	2	2	4	2	2
7	8	9	4																					
5	6	7	2																					

143

TAB

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

145

TAB

2	0	0	0	0	0	0	0	7	0	0	6	0	0	0	0	0	0	0	7	0	0	6	0	0	0	0	0	0	0	7	0	0
---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---

148

TAB
6 0 6 0 5 0 6 0 | 8 0 0 0 0 0 0 9 7 0

150

TAB
4 4 2 2 2 2 2 2 2 2 4 2 2 | 3 2 2 2 2 2 2 2 4 2 2

152

TAB
3 2 2 2 2 2 2 2 4 2 2 | 2 2 0 0 0 0 0 0 0 0 7 0 0

154

TAB
6 0 0 0 0 0 0 0 7 0 0 | 6 0 0 0 0 0 0 0 7 0 0

156

TAB
4 4 2 2 2 2 2 2 2 2 4 2 2 | 3 2 2 2 2 2 2 2 4 2 2

158

TAB
3 2 2 2 2 2 2 2 4 2 2

2/2
0 0 0 0 0 0 0 0 7 0 0

160

TAB
6 0 0 0 0 0 0 0 7 0 0

6 0 0 0 0 0 0 0 7 0 0

6 0 4 5 3 5 6 0

163

TAB
8
6 0 0 0 0 0 0 0 7 0 0

6 0 0 0 0 0 0 0 7 0 0

6 0 0 0 0 0 0 0 7 0 0

166

TAB
6 0 0 0 0 0 0 0 7 0 0

6 0 4 5 3 5 6 0

9 11 2
9 11 2
7 9 0

169

TAB
5 7 9 0 0

5 7 9 0 0 0 0

5 7 9 0 0

5 7 9 0 0 0 0

173

TAB 5 7 9 5 7 9 5 7 9 5 7 9 5 7 9 4 4

B 7 0-0 5 0 7 0-0 7 0-0 5-7 0-0 0-0 0 7 0-0 5 0 7 0-0 5 7 9 4 4

177

TAB 4 4 4 4 9 9

B 2 2 0-0 2 2 0-0 7 7 7 7

183

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

B 7 0-0 5 0 7 0-0 7 0-0 5-7 0-0 0-0 0 7 0-0 5 0 7 0-0 5 7 9

187

TAB 5 7 9 5 7 9 5 7 9 0 2 2

B 7 0-0 5 0 7 0-0 7 0-0 5-7 0-0 0-0 0 7 0 5 7 7 7 0

191

TAB 0 0 0 4 4 4 4

B 2 2 2 2 2 0-0 2 2 2 2

205

TAB

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

0 0 0 0 0 0 0 0 0 0 0 0 0

207

TAB

3 3 4 3

1 1 2 1

0 0 0 0 0 0 0 0 0 0 0 0 0

208

TAB

2 3 3 3

0 0 1 0 1 2 0 0 1

0 0 0 0 0 0 0 0 0 0 0 0 0

209

TAB

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

0 0 0 0 0 0 0 0 0 0 0 0 0

211

TAB

3 3 4 3 4 3 2 6

1 1 2 1 2 1 0 6

0 0 0 0 0 0 0 0 4 4 2 6

213

T
A
B

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

4 3 2 4 3 2 6 4 2 1 0 6 4

215

T
A
B

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

216

T
A
B

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

218

T
A
B

0 0 5 3 5 0 0 5 3 6 4 7 5 8 6 0 0 5 3 5 7 3 5 0 0 5 3 5 2 0

220

T
A
B

0 0 5 3 5 0 0 5 3 6 4 7 5 8 6 0 2 4 2 5 6 7 8 5 6 7 8 5 6 7 8

223

TAB

0	4			0			
2	4			2	5	6	7
0	2			0	3	4	5

227

TAB

0	7	9	9	7	7		
2	7	9	9	7	7		
0	5	7	7	5	5		

231

TAB

5	6	7	8	5	6	7	8
5	6	7	8	5	6	7	8
3	4	5	6	3	4	5	6

233

TAB

0	0	0	0	3	1	0	0
0	0	0	0	1	0	0	0
0	0	0	0	0	0	0	0

235

TAB

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

238

TAB

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

♩ = 192

241

TAB X 3 3 3 2 3 2 3 0 0

X 1 0 0 1 0 2 0 0 0 1 0 0 0 0

X 0 0 0 0 0 0 0 0 0 0 0 0 0 0

244

TAB 3 4 3 2 3 0 0 0

1 0 2 0 1 0 0 0 0 0 0 0 0 0

246

TAB 3 4 3 2 2 2 2 2 2 2 2 2 2 2

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

248

TAB 2 2 2 2 2 0 4 2 5 7 9 5 7 5 7 9 0 0 0 0

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

251

TAB 5 7 9 5 7 9 5 7 9 5 7 9 5 7 9 5 7 9 0 0 0 0

0 0

255

TAB 5 7 9 5 7 9 7 7 9 7 7 9 7 7 9 7 7 9 0 0 0 0

0 0

259

T
A
B

9
7
0