

# One

Words & Music by Metallica

Standard tuning

♩ = 99

E-Gt

Musical notation for measures 1-6. The staff shows a treble clef, a 4/4 time signature, and a key signature of one sharp (F#). The notes are quarter notes on the F# line (F#4), with a first fret bar line above the first measure. Below the staff is a six-line guitar tab.

Musical notation for measures 7-15. The staff shows a treble clef, a 4/4 time signature, and a key signature of one sharp (F#). The notes are quarter notes on the F# line (F#4), with a seventh fret bar line above the first measure. Below the staff is a six-line guitar tab.

Musical notation for measures 16-18. Measure 16 is a whole rest. Measure 17 starts with a 4/4 time signature and a key signature change to two sharps (F# and C#). It features a series of eighth notes: F#4, G4, A4, B4, C#5, B4, A4, G4, F#4. Measure 18 continues with eighth notes: F#4, G4, A4, B4, C#5, B4, A4, G4, F#4. The dynamic marking *f* is present. A 'full' pickup is indicated above the notes in measure 17. Below the staff is a six-line guitar tab with fret numbers: 2-4, 2, 4, 3-2, 4, 3-2, 2, 3.

Musical notation for measures 19-22. Measure 19 continues with eighth notes: F#4, G4, A4, B4, C#5, B4, A4, G4, F#4. Measure 20 continues with eighth notes: F#4, G4, A4, B4, C#5, B4, A4, G4, F#4. Measure 21 features a triplet of eighth notes: F#4, G4, A4. Measure 22 continues with eighth notes: F#4, G4, A4, B4, C#5, B4, A4, G4, F#4. Below the staff is a six-line guitar tab with fret numbers: 3-2, 4, 11-9, 12, 9-7, 7-6, 0-2, 6-4, 0-2.

21

T  
A  
B

Sweep

25

T  
A  
B

27

T  
A  
B

29

T  
A  
B

30

T  
A  
B

let ring throughout

33

Musical notation for measures 33-35 in 3/4 time. The melody consists of eighth and quarter notes. The guitar tab below shows fingerings: 2-4-2-0-0-4-0, 3-3, and 2-4-2-0-0-4-0.

36

Musical notation for measures 36-39. The melody continues with eighth and quarter notes. The guitar tab shows fingerings: 4-0-4-4-0, 2-4-2-0-0-4-0, 0-4-0-0-4-4-0, and 4-0-0-4-0.

40

Musical notation for measures 40-42. Measure 40 features a tremolo effect. The guitar tab includes fingerings: 0-2-4-(4)-(4)-2, 2-4, 3-5-0-3-5-7, and 5-7-0-7-7-0.

43

Musical notation for measures 43-46. Measures 43-44 contain triplets. The guitar tab shows fingerings: 5-0-3-0-4-0-0-3-0-0, 3-0-1-0, 2-4-0-0-0, and 5-7-0-7-7-0.

47

Musical notation for measures 47-50. Measures 47-48 contain triplets. The guitar tab shows fingerings: 5-0-3-0-4-0-0-3-0-0, 3-0-1-0, 2-0-0-4, and 2-3.

50

T  
A  
B

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

53

T  
A  
B

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

56

T  
A  
B

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

59

T  
A  
B

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

62

T  
A  
B

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

65

TAB

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

67

TAB

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

72

TAB

					2	4	2	0	0	4	0	4	0	3	3

78

TAB

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

81

TAB

0	4	0	0	4	4	0	0	4	0	0	4	0	0	2	2	2

84

T  
A  
B

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

87

T  
A  
B

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

90

T  
A  
B

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

92

T  
A  
B

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

95

T  
A  
B

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

100

T  
A  
B

103

T  
A  
B

tap using edge of pick

106

T  
A  
B

Play by tapping on 20th fret silently

109

T  
A  
B

112

TAB

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

114

♩ = 118

TAB

0	2	4	2	0	4	4	2	0	2	4	4	4	5	7	7	7
0	2	4	2	0	4	4	2	0	2	4	5	5	7	9	8	8
3	0	2	0	3	2	2									9	9

118

TAB

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

123

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					2	0	2	4

P.M....

128

TAB

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

133

TAB

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

138

TAB

142

TAB

144

TAB

146

TAB

148

TAB

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

150

TAB

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

152

TAB

0 0 0 0 0 0 0 0 2 2 3 0 0 0 0 0 0 0 7 0 0 0 0 0 0 0 0 7 8

154

TAB

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

156

TAB

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

158

T  
A  
B

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

$\text{♩} = 220$

160

T  
A  
B

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

162

T  
A  
B

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

165

T  
A  
B

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

168

T  
A  
B

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

171

T  
A  
B

174

T  
A  
B

177

T  
A  
B

180

T  
A  
B

$\text{♩} = 200$

183

T  
A  
B

186

TAB

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

189

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

192

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

195

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

198

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

201

TAB

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

204

T  
A  
B

207

T  
A  
B

210

T  
A  
B

213

T  
A  
B

216

T  
A  
B

219

T  
A  
B

221

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

224

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

227

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

230

Harmony instrumental with Guitar 1

T  
A  
B

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

232

T  
A  
B

8  $\frac{1}{4}$  9 7-7-7-5 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

243

T  
A  
B

246

T  
A  
B



249

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

252

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

255

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

258

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

261

TAB  
3 3 3 5 3 3 5 3 3 3 5 0 0 0 0 0 0 2 2 0 0 3 1 1 1 3 1 1 1 3

265

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

268

T  
A  
B

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

272

T  
A  
B

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

275

T  
A  
B

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