

One

Metallica
...and Justice For All
Words & Music by James Hatfield and Lars Ulrich

Standard tuning

♩ = 108

Tempo = 108

E-Bass

1

9

17

f

25

29

33

T
A
B

38

T
A
B

43

T
A
B

47

T
A
B

50

T
A
B

53

T
A
B

56

TAB: 3 3 0 2 3 | 0 2 0 | 3 0 2 0 3 2 2

59

TAB: 0 2 4 2 0 3 4 | 0 2 0 2 3 | 3 3 0 3 1 1 1

63

TAB: 0 2 2 2 2 2 | 0 2 0 7 7 8 | 3 3 0 3 1 1 1

67

TAB: 0 0 2 3 | 2 4 3 2 | 3 3 0 2 2 2 3 2

71

TAB: 3 3 0 2 0 | 2 2 2 3 2 | 0 0 2 0 2 | 3 3 0 2 3

75

TAB: 0 2 2 2 | 2 4 2 2 3 2 | 3 3 0 2

78

TAB 2 2 2-3 2 | 3 3 0 2 0 | 2 2 2-3 2

81

TAB 0 0 2-0 2 | 3 3 0 2 3 | 0 2 0 | 3 0 2 0 3 2 2

85

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

89

TAB 0 2 2 2 2 | 0 2 0 7 | 7 8 | 3 3 0 3 | 1 1 1 1 | 0 2 2 2 2 | 0 2 0 7 | 7 8

94

TAB 0 2 0 7 | 7 8 | 3 3 0 3 | 1 1 1 1 | 0 2 2 2 2 | 0 2 0 7 | 7 8

99

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

103

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

106

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

110

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

115

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

120

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

125

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

130

T
A
B

3-3-3-3-1-3-0 2 (2) 2 2
0-0-0-0-0-0-0 0 (0) 0-0-0-0-0-0-0 0-0-0-0-0-0-0

134

T
A
B

2 2 2 2
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

136

T
A
B

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

138

T
A
B

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

140

T
A
B

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

142

T
A
B

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

144

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

146

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

148

TAB 0 0-0-0-0-0-0-0 0-0-0-0-0-0-0 2 1 0-0-0-0-0-0-0-0 2 0-0-0-0-0-0-0-0 2

150

TAB 2 0-0-0-0-0-0-0-0 0-0-0-0-0-0-0-0 1 0-0-0-0-0-0-0-0 2 0-0-0-0-0-0-0-0 2

Tempo = 216

♩ = 216

152

TAB 2 0-0-0-0-0-0-0-0 0-0-0-0-0-0-0-0 1 0-0-0-0-0-0-0-0 2 0-0-0-0 0-0-0

154

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

157

TAB 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

160

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

162

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

163

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

164

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

166

TAB 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

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

172

3 3

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

Detailed description: This system contains measures 172 and 173. Measure 172 starts with a bass clef and a treble clef. It features a bass line with eighth notes and a treble line with chords. A triplet of eighth notes is marked with a '3' above it. Measure 173 continues the bass line and treble line. The TAB below shows fingerings: 0-0-0 for open strings, 2 for the second fret, and 3 for the third fret. The sequence of fret numbers is 0-0-0, 2, 0-0-0, 3, 2-2-2, 2-2-2, 2-2-2, 2-2-2, 0-0-0.

174

TAB 2 2 2 2 2 2 2 2 0 0 0 0

Detailed description: This system contains measures 174 and 175. Measure 174 has a bass line with eighth notes and a treble line with chords. Measure 175 continues the bass line and treble line. The TAB below shows fingerings: 2 for the second fret and 0 for open strings. The sequence of fret numbers is 2, 2, 2, 2, 2, 2, 2, 2, 0, 0, 0, 0.

175

TAB 2 2 2 2 2 2 2 2 0 0 0 0

Detailed description: This system contains measures 175 and 176. Measure 175 has a bass line with eighth notes and a treble line with chords. Measure 176 continues the bass line and treble line. The TAB below shows fingerings: 2 for the second fret and 0 for open strings. The sequence of fret numbers is 2, 2, 2, 2, 2, 2, 2, 2, 0, 0, 0, 0.

176

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

Detailed description: This system contains measures 176 and 177. Measure 176 has a bass line with eighth notes and a treble line with chords. Measure 177 continues the bass line and treble line. The TAB below shows fingerings: 2 for the second fret and 0 for open strings. The sequence of fret numbers is 2, 2, 2, 2, 2, 2, 2, 2, 2, 2, 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 0-0-0 2 0-0-0 0-0-0 2 0-0-0 3

Detailed description: This system contains measures 178, 179, and 180. Measure 178 has a bass line with eighth notes and a treble line with chords. Measure 179 continues the bass line and treble line. Measure 180 continues the bass line and treble line. The TAB below shows fingerings: 0 for open strings, 2 for the second fret, and 3 for the third fret. The sequence of fret numbers is 0-0-0, 2, 0-0-0, 3, 0-0-0, 0-0-0, 0-0-0, 2, 0-0-0, 0-0-0, 2, 0-0-0, 3.

181

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

Detailed description: This system contains measures 181, 182, and 183. Measure 181 has a bass line with eighth notes and a treble line with chords. Measure 182 continues the bass line and treble line. Measure 183 continues the bass line and treble line. The TAB below shows fingerings: 0 for open strings, 2 for the second fret, and 3 for the third fret. The sequence of fret numbers is 0-0-0, 0-0-0, 0-0-0, 2, 0-0-0, 0-0-0, 0-0-0, 2, 0-0-0, 3, 0-0-0, 0-0-0, 0-0-0, 2, 0-0-0.

184

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

Detailed description: This system contains measures 184 and 185. Measure 184 has a bass line with eighth notes and a treble line with chords. Measure 185 continues the bass line and treble line. The TAB below shows fingerings: 0 for open strings, 2 for the second fret, and 3 for the third fret. The sequence of fret numbers is 0-0-0, 2, 0-0-0, 3, 2-2-2, 2-2-2, 2-2-2, 2-2-2, 2-2-2, 2-2-2, 0-0-0.

186

TAB: 2 2 2 2 2 2 2 2 2 2 2 2 0 0 0 0 0 0

188

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

191

TAB: 2 2 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 1

194

TAB: 3 3 3 3 3 3 3 3 0 0 3 3 3 3 3 3 0 0

197

TAB: 0 1 3 3 3 3 3 3 1 1 1 1 1 1 1 1 3 3 3 3 3 3 0 0

200

TAB: 0 0 3 3 3 3 3 3 0 1 3 3 3 3 3 3 1 1 1 1 1 1 1 1

203

TAB: 0 0 3 0 0 3 0 0 3 0 0 3 1 1 1 1 1 1 1 1

206

Musical notation for measures 206-208. The bass line features eighth-note triplets. The guitar tablature below shows fret numbers: 1-1-1-1-1-1-1-1, 0-0-3-0-0-3, and 0-0-3-0-0-3.

209

Musical notation for measures 209-211. The bass line features eighth-note triplets. The guitar tablature below shows fret numbers: 1-1-1-1-1-1-1-1, 1-1-1-1-1-1-1-1, and 3-3-3-3-3-3-3-3, ending with 0-0-0.

212

Musical notation for measures 212-214. The bass line features eighth-note triplets and includes a sharp sign (#) and a flat sign (b). The guitar tablature below shows fret numbers: 0-0-0, 4-4-4-3-3-3-2-2-2, 0-0-0-0-0-0-2, 0-0-0, 0-0-0, 2, 0-0-0, 3.

215

Musical notation for measures 215-217. The bass line features eighth-note triplets. The guitar tablature below shows fret numbers: 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.

218

Musical notation for measures 218-220. The bass line features eighth-note triplets. The guitar tablature below shows fret numbers: 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.

221

Musical notation for measures 221-223. The bass line features eighth-note triplets and includes a sharp sign (#) and a flat sign (b). The guitar tablature below shows fret numbers: 2-2-2-2-2-2-2, 0-0-0, 0-0-0, 4-4-4-3-3-3-2-2-2.

223

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

226

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

229

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

232

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

235

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

238

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

241

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

244

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

247

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

250

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

253

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

257

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