

The Complete Shredder's System

week 10

welcome to the second week of extreme techniques, introducing more advanced 8 finger tapping and the new cross hand technique. This week you will get even more into the cross hand technique as I will present two very advanced and time consuming lessons, the second continues in week 11 but if you prefer to play the complete lick right away this week then you can of course easily do so since the complete lick is completed in these videos this week. But if you are new to all the extreme stuff you will be taken into week eleven as well where I also present the longest and most intense licks I have ever created, but also one that is definitively one of my favorites. So even though all these extreme techniques will take up quite some of your time I still want you to stay with at least one alternate picking drill and maybe drill that as the last thing you do every day

Here is a suggestion on how a practicing week could look like for you, of course you can also choose to use the Action plan video instead as an inspiration to what and how much you want to practice this week. As long as you keep working with the Accelerated learning system you are sure to keep a high learning curve.

Morning session

Like last week you have to be really selective with what you rehearse since the extreme techniques were introduced. if you are getting a good fundamental technique and several of the licks are starting to manifest themselves in your playing that's awesome, but if you are still waiting to see some progress in your technique and speed I would suggest that you just take a part of either the 8 finger tapping lesson in the first video that introduces an even more intense technique in 8 finger tapping. Or one of the drills in the Extreme lick, preferably in the first Extreme lick part 1 video. As an example you could just practice the 8 finger tapping lesson for about 15 minutes every morning, even without a metronome, just get a feeling for the technique and the fingers on the tapping hand. But I myself also like to practice sweep picking in the morning so I would take the first part with sweep picking and even go into the first 8 finger tapping part of the Extreme lick

Midday session

The remaining lessons could be just continuing with the same lessons from last week or if you are beginning to feel more confident with new material then take it out of your lessons and exclusively use it with the jam tracks, this way you can start taking new licks into your practicing sessions

(It's jam track time, use at least one jam track and improvise with new licks, for example the lick you practiced this morning or the "Extreme Lick Part 1" video. This could be a warm up or switch it around and practice licks and techniques for 30 minutes and around 10 minutes with the jam tracks)

Evening session

practicing alternate picking in the evening between 25 to 40 minutes where you ultimately possibly will become tense in your picking arm is critical to be on the edge regarding alternate picking, but it's also

critical that you don't do this more than once a day, doing so will tire your musculature and keeping you from playing your top speed when needed

As always this is just suggestions, you always have to fit the practicing in such a way so it fits into your life, as long as you take your practicing seriously and take enough time out to do it every day, and also be consistent with the licks and techniques so you experience the development in the techniques so you don't choose new lessons in case you get bored with something just because you don't necessarily see improvement as quick as you may think. Remember to become a great at everything takes time and dedication, that being said you can surely improve faster with the right amount of focus