

The Complete Shredder's System

week 8

this week we are combining many different techniques like sweep picking, multi fingers tapping, sliding and legato. So in my opinion we have now stepped into the realm of what I like to call advanced guitar playing. Some of these techniques are not necessarily hard to play, and like anything else once you find the right tempo to play it or in other words slow enough anything is possible to play. And this is really the key, what I found out many years ago and to most people I guess it's obvious, but at some point I realized that I could play anything on the guitar once I practiced in a slow enough pace so I could get through it, and from then on it was basically just a matter of being persistent enough and keep practicing it long enough until I could improve in speed as well. that's of course easier said and done and as I have talked about before this way you end up spending a lot of unnecessary time on some of the techniques, I would like to say that I have always been curious as to how to improve the fastest and I believe the Accelerated learning method is the most effective I have come across. So please check out the "Action Plan" video for some great examples of how to practice this week

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

15 minutes of accelerated learning system with the new sweep picking – Legato – sliding and tapping technique, also try to move it to B flat and A and even all the way up to D. this way you can skip the tapping part and solely work on the precision of the lick which is in the slides

Midday session

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 "Crazy combo techs" 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