

## Neo Classical Shred Guitar Study

### week 5

Welcome to your fifth week on the study of Neo Classical shred guitar. Obviously when you get so much new material to work with you also have to decide what is most important in your playing right now. So part of your job is also to identify that in your playing. So for example if sweep picking is one of your favorite things then obviously you need to pay extra attention to that every day. The great thing about getting so much new stuff to work on is you will keep being inspired to play and practice the guitar, but you definitely have to find the balance in what to focus on. And also once you decide on what to focus on you must stay focused on that until you see the desired results

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**

In my opinion it's always great to practice some of the mechanics in the morning like alternate picking or sweep picking, or even Legato but I prefer alternate picking and sweep picking, but that's of course up to you. So preferably choose one of the technical lessons this week or the Etude would really make sense.

#### **Midday session**

This is the time where it would be best to focus on the more theoretical lessons like the one you got this week in the analysis, but you don't have to spend crazy long time on it, just a little every day until the theoretical background settles. Then for example move back to the Etude and get the patterns down so you can start practicing with the backing tracks

#### **Evening session**

Now as in the previous weeks it's time for the critical alternate picking lesson. But I would also like to suggest to you that you take maybe half an hour and play around with all the different licks that you hopefully have decided on using. What I mean is that for example if you really like some of the pedal point licks, alternate picking runs or Legato runs, choose a scale and then connect them with the licks, this is a very effective way of practicing and even though it's quite a relaxed way of practicing as opposed to the metronome way of practicing, it is very effective and I do it myself every day before I'm off to bed, happy practicing

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