

The Complete Shredder's System

week 12

So here it is, the last week in the complete shredder's system (apart for the bonus week of course) (mind you the bonus week is not fully two hours though) but this final week is really intense because we are mainly focusing on combining many different scales which obviously does take a lot of intense studying of each individual scale. So what I have done is to for example just take one of each pattern of each scale I want to combine and see how the steps fit into each other so I just get the little subtleties of the individual scale types and modes so that they would fit into the same chord progression but that you are still clearly able to hear the "colours" of each scale when you shift between them, it's a very beneficial element to work with and ultimately master that really brings a lot of personality to your playing once you know the sound of each scale and become able to combine them, but it's evidently a lot of work which is why I just start with one pattern from each scale and combine those which I suggest that you also do.

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

Important ! if you are working on anything specific towards a goal you have set in a specific lick of technique that takes up most of your practicing time then I would suggest that you only make time for a fraction of the scales, for example only sixth step of the Major scale (Natural minor) combined with the first step of the Harmonic minor. Actually it would be a really beneficial if you start your morning with fifteen minutes of improvising with combining these two steps, this will improve both your ear for melody and you will really get to know the sound of the two different scales and becoming able to use that sound whenever you feel like it. Then it also gives you a good basic warm up so that when you start your mid day session you are already relatively warm

Midday session

The mid day session I would suggest that you exclusively work on technique. But you could start the session with a backing track and warm up for five minutes working in parts of the extreme lick from last week or one of the previous extreme weeks. I hope that you are starting to love to practice and that you get that strong passion for playing and practicing which is one of the most important elements that I want you to get from this course because this is what will make you the best guitarist you can be, where practicing does not feel like a chore anymore but instead a labor of love. So I really hope that you can start practicing for at least an hour in your mid day session going through several techniques

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 keep 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

In between practicing

These last few days I started to do a few extra short alternate picking drills, they don't last more than five to seven minutes, it could also be sweep picking if you feel your sweep picking needs some work. What's important here is that you don't reach your max tempo, you just work on the technique, preferably with a metronome, this overall fine tunes your picking. Again make sure that you only reach your max tempo where you tighten up in the arm once a day, for example in the Evening alternate picking session