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# Metal Essentials

**LEVEL 1** • Guitar Skills



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## Down-Picking

UNIT 2 • **LESSON 5** << PREVIOUS NEXT >>

Lesson notes

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### Triplet Exercise

Let's now develop that same exercise by adding a powerchord version, as well as a triplet version.

When you work with triplets, and in this case 8th note triplets, you are dividing the bar into 4 lots of 3... It's crazy, but once you get your head around the sound it's very easy. Try to count like this:

*"one and a, two and a, three and a, four and a"*

In metal, we want to make sure we use all downstrokes as well. Use this exercise to get to grips with this sound, and continue to practice your new technique and skills when it comes to accenting notes.



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### UNIT 2

#### Down-Picking

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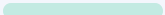

We'll be starting by looking at a cool rhythm track that will help you get to grips with the concept of down picking. This is simply the technique of playing everything with downstrokes.

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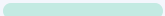

### UNIT 3

#### Metal Soloing!

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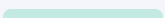

### UNIT 4

#### Inverted Metal

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### UNIT 5

#### Dropping The D

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