



Get 20% off annual membership before your trial ends - Only 8 days left

**Back to all courses** 

## **Metal Essentials**

LEVEL 1 • Guitar Skills









#### **Practice summary**

+ Add

You haven't logged any practice time for this lesson yet. There's no time like the present to start

### **Metal Primer**

UNIT 1 • LESSON 1 NEXT >>

Lesson notes Interactive tab

### **Basics**

There are a few concepts that we'll touch on in this lesson, to get you started with the technique you need in metal. We recommend you apply all of these ideas to your tried and tested "spider exercise" to help you apply them.

### **Top tips**

- Pick Weight & Size Try to equip yourself with a medium to heavy gauge pick (Imm upwards) to make sure you have a solid base to your speed picking. The size of the pick is totally up to you, but Dion loves his "Jazz III" style pick size.
- Right Hand Muting When playing with high gain, blocking the notes with the right hand is crucial. Try to use the flesh of your palm, with your pinky finger to dampen the strings as you work your way from low E to high E.
- Fretting Hand Position The fretting hand should, 99% of the time, have the thumb on the back of the neck, with fingers parallel to the frets. The classic blues or rock position has the thumb over the neck, but in metal, we want to make as

### Course navigation **UNIT 1** 0% **Metal Primer** Before we properly start the course, it is important to cover some key metal concepts regarding the technique and sound you will want to start developing. Lessons: Basics Gear **UNIT 2** 0% **Down-Picking UNIT 3** 0% **Metal Soloing! UNIT 4** 0% **Inverted Metal UNIT 5 Dropping The** 0%

little work for ourselves as possible and really focus in on our technique.

Relax to Play Hard... It may sound and feel counter-intuitive, but to keep the speed and accuracy required for metal consistent you'll need to relax! So, the key is to focus on the technique that Dion will be walking you through, learn to relax your wrist, play into the sound...

And it will all come together. Don't worry, this will take some time to sink in. The results will come as you practice it, so simply have the intention to do so.



Click here to mark this lesson as complete.

Not quite done? Check the toolbox for more practice options.

**Next lesson** 

# guitar club

Made with 🧡 by Your Guitar Academy © 2025



COURSES

Guitar Skills

Player Studies

Theory Lab

Challenges

Masterclasses

**TOOLS** 

Scale Builder

Practice History

**PRICING** 

Subscriptions

Prepaid

**BLOG** 

Latest Posts

All Posts

**ACCOUNT** 

Settings

Manage subscription

Order history

Logout

**COMPANY** 

Terms & Conditions

Privacy Policy

Cookie Preferences

**GET IN TOUCH** 

contact@guitarclub.io

Currency: £GBP **\$USD**