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Metal Essentials

LEVEL 2 • Guitar Skills



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Metal Toolbox

UNIT 3 • **LESSON 3** << PREVIOUS NEXT >>

7 Core Metal Techniques

In this lesson we're going to briefly cover 7 core metal techniques you should know about and be able to play if you want to be an awesome metal player. Think of this as a bit of a review of Metal Essentials 1 and everything we have learnt up to now on Metal Essentials 2. If you see any areas you have missed, or need to work on, we'll supply the links you need. Let's dive in:

Seven techniques

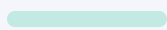
🔥 **Down Picking** – This is important for that heavy metal sound. Doing all downstrokes gives you a much heavier sound than down up alternate picking. Even though alternate picking or strumming is more economical, it does not deliver the same sound, and therefore we have to develop the speed and stamina in the wrist to do down picking. How do you do this? Well, practice songs with down picking like the ones in this course or Metal Essentials Level 1.

🔥 **Palm Muting** – Having a rock solid muting technique is absolutely crucial for metal players. It's about finding the best position for your right

Course navigation

UNIT 1

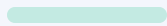
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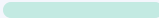
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UNIT 3

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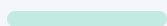
In this unit, whilst you're still working with that awesome song, we'll be diving into a massive toolbox of metal techniques, ideas and songwriting concepts to get you understanding the genre even further.

Lessons:

- Drop A Tuning
- Drop A tuning continued
- 7 Core Metal Techniques
- Solo Writing Process
- Metal Tones!

UNIT 4

Savage

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hand over the bridge to get the thickest palm muting tone that you can.

🔥 Endurance Training - Using both of the above techniques is tiring for your right hand. Therefore we need to build this up using a simple metronome or drum loop and set a timer to see how long you can keep going for without fatigue. Start by aiming for 30 seconds, then gradually build from there. It's like training in the gym, keep coming back and doing the work and the muscles will build!

🔥 String Skipping - Learning to let your right hand easily skip two, three or more strings in a riff or solo context is a very important skill, and one that is used a lot in metal. We have some great Guitar Gym workouts for this in the toolbox, so check those out! We also have some very cool parts in the next unit to help you with this.

🔥 Legato - This technique is where we use hammer-ons, slides and pull-offs to make the overall playing sound smoother. This is generally considered to be a lead skill, but also applies to rhythm, as we saw from some of the riffs in Unit 2. We'll see a great example of this in lead in Unit 4 too.

🔥 Speed Building - Of course we all know that metal can be a technically challenging genre to play, and speed is a big part of that. Practicing daily with a metronome is your key here, and there is no quick fix replacement for simple hard work and consistency. We also have an awesome Speed Building course with Dion to try your hand at if you need extra guidance!

🔥 Learning to Control High Gain- We need to practice and learn to play with a lot of distortion. All those subtle movements across the fretboard will suddenly be amplified. You can start with a more overdriven sound, which is less distorted, and then gradually bring in the distortion effect.

Learning the songs in this course will be a huge part of that.



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