

# MICHEL TOP



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## **Release**

Michel Top começou a tocar guitarra aos seus 11 anos de idade e aos 15 já era músico profissional e dava aulas de guitarra e violão. Nesse mesmo período Michel Top trabalhou com a banda Tchê Entrevero onde tocava em bailes por todo Rio Grande do Sul. Em 2004 Michel Top começou a trabalhar em seu CD demo instrumental que foi lançado em dezembro de 2004 e logo em seguida foi convidado para integrar na banda Outra Face onde ganhou o Circuito de Rock da Serra Gaúcha que foi realizado pela RBS TV. Em 2005 Michel Top, juntamente com a banda Outra Face, gravou na ACIT Discos quatro músicas de autoria da banda para o CD do Circuito de Rock que foi lançado no mesmo ano. Ainda em 2005, Michel Top entra no Guitar Battle onde no mês de setembro foi o 1º mais votado pelos usuários. Em 2006 Michel Top foi convidado para ser colunista do site Guitar Total e do maior portal de ensino de guitarra online do Brasil, o Mestres da Guitarra. Neste mesmo período Michel Top é convidado para ser endorser das renomadas ESI Audio System e N&D Bags. Em 2007 Michel Top, juntamente com Jota Vox, produziu o CD Guitar Battle #1 que superou todas as expectativas e ficou entre os 32 pré-selecionados no concurso Gibson Contest realizado pela EM&T e Gibson USA. Neste mesmo período Michel Top é convidado para ser endorser da Coscelli Custom Guitars no qual já está no mercado sua guitarra signature e é convidado para ser colunista do site Guitar Clinic que é visto em mais de 90 países do mundo. Ainda em 2007 Michel Top foi convidado para participar do Musica Day Fest que foi realizado em São Paulo e se apresentou na Expomusic 2007. Michel Top atualmente está trabalhando com a Banda H2O e trabalha também como freelancer com diversas bandas.

## **Programa de 75 horas de estudo**

Este book consiste em um programa de 75 horas de estudo. Abaixo segue 75 exercícios separados em diferentes técnicas. Cada um dos exercícios abaixo deve ser treinado durante 1 hora, nada mais, nada menos, pois dessa forma trará resultados satisfatórios. Após o término das 75 horas de estudo, aconselho que refaça por mais 9 vezes, totalizando 750 horas de estudo. É de extrema importância que os exercícios sejam treinados com metrônomo, caso contrário o resultado não será 100% satisfatório. Outro detalhe importante é que você não deve estudar estes exercícios em velocidade muito alta, muito pelo contrário, devem ser treinados devagar a fim de deixar a execução mais precisa possível. Bom estudo, abraço!

**Michel Top**  
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## Alternate Picking

Palhetada alternada consiste em palhetar sempre alternando o sentido, ou seja, uma para baixo e uma para cima. Abaixo segue alguns exercícios para o treino dessa técnica. Cuidado com o sentido da palhetada, em todos os exemplos consta o sentido em que você deve palhetar cada nota.

### Exercício 01:

Musical notation for Exercise 01. The top staff shows a melody in G major (4/4 time) with quarter notes and eighth-note pairs. The bottom staff shows the corresponding TAB with strings T, A, and B. Fingering is indicated above the TAB: 1-2-3-4 for the first measure, 1-2-3-4 for the second, and 1-2-3-4 for the third. Below the TAB, a sequence of vertical strokes (V) and horizontal dashes (—) indicates upstrokes (V) and downstrokes (—).

Exercício 02: esse exercício deve ser treinado com os dedos 1 e 2.

Musical notation for Exercise 02. The top staff shows a melody in G major (4/4 time) with quarter notes and eighth-note pairs. The bottom staff shows the corresponding TAB with strings T, A, and B. Fingering is indicated above the TAB: 1-2 for the first measure, 1-2 for the second, and 1-2 for the third. Below the TAB, a sequence of vertical strokes (V) and horizontal dashes (—) indicates upstrokes (V) and downstrokes (—).

Exercício 03: esse exercício deve ser treinado com os dedos 2 e 3.

Musical notation for Exercise 03. The top staff shows a melody in G major (4/4 time) with quarter notes and eighth-note pairs. The bottom staff shows the corresponding TAB with strings T, A, and B. Fingering is indicated above the TAB: 2-3 for the first measure, 2-3 for the second, and 2-3 for the third. Below the TAB, a sequence of vertical strokes (V) and horizontal dashes (—) indicates upstrokes (V) and downstrokes (—).

**Exercício 04:** esse exercício deve ser treinado com os dedos 3 e 4.

Musical score and TAB for Exercise 04. The score consists of two measures in 4/4 time. The first measure starts with a grace note followed by eighth-note pairs (D#-E, F#-G, A#-B). The second measure begins with a sixteenth-note pair (C#-D#) followed by eighth-note pairs (E-G, B-D). The TAB shows the strings T, A, and B. Fingerings indicate the use of the 3rd and 4th fingers. Below the TAB are corresponding vertical strokes: V, V.

**Exercício 05:** esse exercício deve ser treinado com os dedos 1 e 3.

Musical score and TAB for Exercise 05. The score consists of two measures in 4/4 time. The first measure starts with a grace note followed by eighth-note pairs (D#-E, F#-G, A#-B). The second measure begins with a sixteenth-note pair (C#-D#) followed by eighth-note pairs (E-G, B-D). The TAB shows the strings T, A, and B. Fingerings indicate the use of the 1st and 3rd fingers. Below the TAB are corresponding vertical strokes: V, V.

**Exercício 06:** esse exercício deve ser treinado com os dedos 2 e 4.

Musical score and TAB for Exercise 06. The score consists of two measures in 4/4 time. The first measure starts with a grace note followed by eighth-note pairs (D#-E, F#-G, A#-B). The second measure begins with a sixteenth-note pair (C#-D#) followed by eighth-note pairs (E-G, B-D). The TAB shows the strings T, A, and B. Fingerings indicate the use of the 2nd and 4th fingers. Below the TAB are corresponding vertical strokes: V, V.

**Exercício 07:** esse exercício deve ser treinado com os dedos 1 e 4.

## **Exercício 08:**

1

TAB

5-6-7-8-7-6-5-6-7-8-7-6

▀ V ▀ V ▀ V ▀ V ▀ V ▀ V

## **Exercício 09:**

1

T  
A  
B

5 7 5 7 5 7 5 7 5 7 5 7

▀ V ▀ V ▀ V ▀ V ▀ V ▀ V ▀ V

### Exercício 10:

The musical notation consists of two parts. The top part shows a six-string guitar neck with a treble clef and a '4' indicating four beats per measure. The strings are muted (indicated by a red '1') and then play a sixteenth-note pattern: muted, muted. The bottom part is a TAB (Tablature) showing the strings T (Top), A, and B. It includes a fret number (5) above the first string, followed by a sequence of notes: 5-6-8-6-5, 7-5-7, 5-6-8-6-5, and a final note at 7. Below the TAB is a repeating pattern of muted notes and 'V' symbols.

### Exercício 11:

The musical notation consists of two parts. The top part shows a six-string guitar neck with a treble clef and a '4' indicating four beats per measure. The strings play a sixteenth-note pattern: muted, muted. The bottom part is a TAB (Tablature) showing the strings T (Top), A, and B. It includes a sequence of notes: 12-12-13-12-12-15-12-12-13-12-12-15. Below the TAB is a repeating pattern of muted notes and 'V' symbols.

## Bends

Bend é uma técnica muito interessante mas requer bastante atenção. Costumo falar que melhor um solo sem bend do que um solo com bends desafinados. Abaixo seguem alguns licks e exercícios utilizando essa técnica e devem ser treinados com bastante atenção para conseguir um resultado satisfatório.

## **Exercício 12:**

□ V □ V □ V □ V □ V □ V □ V

### **Exercício 13:**

□ V □ V □ V □ V □ V □ V □ V □ V □ V

## **Exercício 14:**

□ V □ V □ V □ V □ V □ V □ V □ V

**Exercício 15:**

Musical notation and tablature for Exercise 15. The notation shows a 4/4 time signature with a treble clef. The tablature shows a six-string guitar neck with the strings labeled T (top) and B (bottom). The strings are numbered 1 through 6 from top to bottom. The notation consists of a series of eighth-note pairs connected by curved弓heads. The tablature shows the same pattern with specific fingerings: 5-8-5-7, 5-8-5-7, 5-8-5-7, 5-8-5-7. Above each pair of notes, the word "full" is written in blue, followed by an upward arrow pointing to the 7th fret of the 5th string. Below the tablature, there are five vertical bar symbols: a solid bar, a dashed bar, a solid bar, a dashed bar, and a solid bar.

**Exercício 16:** esse exemplo requer bastante atenção. Deve-se tocar as 2 notas juntas e fazer Bend apenas na 2<sup>a</sup> corda, cuidado com a afinação do bend, as 2 notas devem soar juntas.

Musical notation and tablature for Exercise 16. The notation shows a 4/4 time signature with a treble clef. The tablature shows a six-string guitar neck with the strings labeled T (top) and B (bottom). The strings are numbered 1 through 6 from top to bottom. The notation consists of a series of eighth-note pairs connected by curved弓heads. The tablature shows the same pattern with specific fingerings: 5-8-5-8, 5-8-5-8, 5-8-5-8, 5-8-5-8. Above each pair of notes, the word "full" is written in blue, followed by an upward arrow pointing to the 5th fret of the 5th string. Below the tablature, there is a solid bar followed by a dashed bar.

**Exercício 17:** esse exercício segue o mesmo padrão do exercício acima.

Musical notation and tablature for Exercise 17. The notation shows a 4/4 time signature with a treble clef. The tablature shows a six-string guitar neck with the strings labeled T (top) and B (bottom). The strings are numbered 1 through 6 from top to bottom. The notation consists of a series of eighth-note pairs connected by curved弓heads. The tablature shows the same pattern with specific fingerings: 5-8-10-11, 7-10-11-13, 8-10-11-13, 10-11-13. Above each pair of notes, the word "full" is written in blue, followed by an upward arrow pointing to the 5th fret of the 5th string. Below the tablature, there is a solid bar followed by a dashed bar.

**Exercício 18:** esse exercício segue o mesmo padrão do exercício acima e deve ser treinado com os dedos 3 (na corda 2) e 4 (na corda 1). O Bend deve ser feito apenas na corda 2 e a corda 1 deve permanecer normal, sem fazer o bend. As duas notas devem soar juntas.

1

full full full full

T  
A  
B

V V V V V V

**Exercício 19:** esse lick é bastante usado em rock, cuidado com o sentido da palhetada.

1

full full full full

T  
A  
B

V V V V V V

## Dobling

Essa técnica consiste em tocar 2 vezes em cada nota. Para ter um bom resultado, treine os exercícios abaixo com bastante calma e atenção, sempre cuidando o sentido da palhetada.

**Exercício 20:**

1

5 5 7 7 8 8 7 7

T  
A  
B

V V V V V V

Exercício 21:

1

TAB

5 5-8-8 5-5 8-8

■ V ■ V ■ V ■ V ■ V

Exercício 22:

1

TAB

5-5-7-7 5-5-6-6 | 8-8-6-6 5-5 7-7

■ V ■ V ■ V ■ V ■ V ■ V ■ V ■ V ■ V ■ V

Exercício 23:

1

TAB

6-6-5-5 8-8-6-6

■ V ■ V ■ V ■ V ■ V

### Exercício 24:

1                    2

T      7-7-9-9      8-8      7-7      10-10-7-7      8-8      9-9

A

B

V      V      V      V      V      V      V      V      V      V      V

## Exercícios Motores

Abaixo seguem alguns exercícios motores, ou seja, exercícios que ajudam a melhorar a sua coordenação motora. Cuidado com o sentido da palhetada e treine com bastante atenção.

### Exercício 25:

1                    2

T      6-7-5-8      6-7-5-8      6-7-5-8      6-7-5-8

A

B

V      V      V      V      V      V      V      V      V      V      V

### Exercício 26:

1                    2

T      6-8-5-7-6-5      8-7-6-5-8-5      7-6-5-8-7

A

B

V      V      V      V      V      V      V      V      V      V

## **Exercício 27:**

1 16th note patterns

TAB

## **Exercício 28:**

## **Exercício 29:**

## Ligados

Abaixo seguem alguns exercícios com ligados, ou seja, hammer-on e pull-off. Treine com concentração e cuidado com o sentido da palhetada e ligados.

### Exercício 30:

The musical notation consists of two staves. The top staff is a treble clef staff with sixteenth-note patterns. The bottom staff is a TAB staff with three horizontal lines representing the strings. Fingerings are indicated above the notes: '3' and '5' on the first string, '3' and '5' on the second string, '4' and '5' on the third string, and '5', '7', and '8' on the fourth string. The TAB staff also includes vertical strokes under the strings indicating downstrokes (m) and upstrokes (v).

### Exercício 31:

The musical notation consists of two staves. The top staff is a treble clef staff with sixteenth-note patterns. The bottom staff is a TAB staff with three horizontal lines representing the strings. Fingerings are indicated above the notes: '1', '3', '2', and '4' on the first string, '1', '3', '2', and '4' on the second string, and '1', '3', '2', and '4' on the third string. The TAB staff also includes vertical strokes under the strings indicating downstrokes (m) and upstrokes (v).

### Exercício 32:

The musical notation consists of two staves. The top staff is a treble clef staff with sixteenth-note patterns. The bottom staff is a TAB staff with three horizontal lines representing the strings. Fingerings are indicated above the notes: '10' and '7' on the first string, '10' and '7' on the second string, '10' and '7' on the third string, and '10' and '7' on the fourth string. The TAB staff also includes vertical strokes under the strings indicating downstrokes (m) and upstrokes (v).

Exercício 33:

Guitar tablature for Exercise 33. The staff shows a repeating pattern of eighth-note pairs with slurs. The first note of each pair is highlighted with a red '1'. The tab below shows a repeating sequence of notes: 9-7, 7, 9-7, 7, 9-7, 7, 9-7, 7. Below the tab is a vertical column labeled TAB.

1 9-7 7 9-7 7 9-7 7 9-7 7

T  
A  
B

■ V ■ V ■ V ■ V ■

Exercício 34:

Guitar tablature for Exercise 34. The staff shows a repeating pattern of eighth-note pairs with slurs. The first note of each pair is highlighted with a red '1'. The tab below shows a repeating sequence of notes: 8-7, 7, 8-7, 7, 8-7, 7, 8-7, 7. Below the tab is a vertical column labeled TAB.

1 8-7 7 8-7 7 8-7 7 8-7 7

T  
A  
B

■ V ■ V ■ V ■ V ■

Exercício 35:

Guitar tablature for Exercise 35. The staff shows a repeating pattern of sixteenth-note pairs with slurs. The first note of each pair is highlighted with a red '1'. The tab below shows a repeating sequence of notes: 8-5, 8-5, 8-5, 8-5, 8-5, 8-5. Below the tab is a vertical column labeled TAB.

1 8-5 8-5 8-5 8-5 8-5 8-5

T  
A  
B

V V V V V V

**Exercício 36:**

Musical score and tablature for Exercise 36. The score consists of two staves. The top staff is a standard musical staff with a treble clef, a key signature of one sharp, and a 4/4 time signature. It features a sixteenth-note pattern starting with a grace note. The bottom staff is a tablature staff with three horizontal lines representing the strings of a guitar. It shows a repeating pattern of notes labeled '7-5' with blue arcs above them. Below the tablature are six vertical 'V' symbols indicating where to pick each note.

**Exercício 37:**

Musical score and tablature for Exercise 37. The top staff is identical to Exercise 36, showing a sixteenth-note pattern starting with a grace note. The bottom staff is a tablature staff with three horizontal lines. It shows a repeating pattern of notes labeled '6-5' with blue arcs above them. Below the tablature are six vertical 'V' symbols indicating where to pick each note.

**Exercício 38:**

Musical score and tablature for Exercise 38. The top staff is identical to the previous exercises, showing a sixteenth-note pattern starting with a grace note. The bottom staff is a tablature staff with three horizontal lines. It shows a repeating pattern of notes labeled '6-5' with blue arcs above them. Below the tablature are eight vertical 'V' symbols indicating where to pick each note. After the tablature, there is a row of eight small black squares, likely representing a strumming or picking pattern.

**Exercício 39:**

1

7-5-7-5-7-5-7-5-7-5-7-5-7-5

T  
A  
B

□ □ □ □ □ □ □ □

**Exercício 40:**

1

8-5-8-5-8-5-8-5-8-5-8-5

T  
A  
B

□ □ □ □ □ □ □ □

**Exercício 41:**

1

6-5-6-5-6-5-6-5-6-5-6-5

T  
A  
B

□

## **Exercício 42:**

1

TAB

7-5-7-5-7-5-7-5-7-5-7-5-7-5-7-5-7-5-7-5-7-5

1

### **Exercício 43:**

1

TAB

8-5-8-5-8-5-8-5-8-5-8-5-8-5-8-5

1

# Pattern

Os exemplos abaixo seguem sempre um mesmo padrão (pattern). Os padrões são bastante importantes para que tenhamos maior velocidade em uma improvisação pois mantém sempre o mesmo padrão, facilitando na hora de tocar rápido.

## **Exercício 44:**

The image shows a musical score for guitar. The top part is sheet music with a treble clef, a '4' indicating common time, and a sixteenth-note pattern. The bottom part is tablature with a 'T' above the staff, 'A' below it, and 'B' below that. It shows a bass line with alternating notes and rests. Below the tablature are two rows of vertical bar symbols representing the strings.

### Exercício 45:

### Exercício 46:

### Exercício 47:

## Rhythm Guitar

Os exercícios abaixo devem ser treinados com metrônomo e deve-se ter bastante cuidado com o sentido da palhetada.

### Exercício 48:

1

T  
A  
B

3 - 3 - 3 - 3 - 3 - 3 - 3 - 3 |

■-----4

### Exercício 49:

1

T  
A  
B

3 - 3 - 5 - 3 - 3 - 5 - 3 - 3 - 5 |

■-----|

### Exercício 50:

1

T  
A  
B

3 - 3 - 5 - 3 - 3 - 6 - 3 - 3 - 5 - 3 - 3 - 6 |

■-----|

**Exercício 51:**

1

4

TAB

3 - 3 5 3 - 3 6 3 - 3 5 3 3 |

██████████|

**Exercício 52:**

1

4

TAB

3 - 3 5 3 - 3 6 3 - 3 5 3 3 |

██████████| V □ V

**Exercício 53:**

1

4

TAB

12 12 13 12 12 15 12 12 13 12 12 15 |

██████████|

**Exercício 54:**

Guitar tablature for Exercise 54 in 4/4 time. The top staff shows a sixteenth-note pattern: 10-10-10-10-11-10-10-12-10-10-11. The bottom staff shows TAB notation: T-A-B-T-A-B-T-A-B-T-A-B-T-A-B-T-A-B.

■-----|

**Exercício 55:**

Guitar tablature for Exercise 55 in 4/4 time. The top staff shows eighth-note chords: P.M.-----P.M.-----|. The bottom staff shows TAB notation: 5-5-5-5-5-5-5-5-3-3-3-3-3-3-3-3.

■-----|

**Exercício 56:**

Guitar tablature for Exercise 56 in 4/4 time. The top staff shows eighth-note chords: P.M.-----P.M.-----|. The bottom staff shows TAB notation: 5-3-3-3-5-3-3-3.

■-----|

### Exercício 57:

1

P.M. ----- | P.M. ----- |

T  
A  
B

5 3-3-3 6 3-3-3 |

----- |

### Slide

A técnica de Slide é bastante interessante, porém, exige bastante cuidado para ser executada no seu tempo correto. Treine os exercícios abaixo sempre com metrônomo a fim de corrigir a sua execução.

### Exercício 58:

1

T  
A  
B

6-8 5-6-8 5-7-8 10-8-7-5 8-6-5 8 |

----- |

V V V V V - - - V V V V V - - - |

### Exercício 59:

1

T  
A  
B

6-8 5-6-8 5-7-8 10-8 9-11 8-10-11 |

----- |

V V V V V - - - V V V V V - - - |

Exercício 60:

1 2

TAB 8-10 8-9-11 8-10-11-13-11-10 13-11 13-12-10 8

□ V □ V □ -- V □ V □ V □ V □ V

Exercício 61:

1 2

TAB 8 5-7-8-10 7-9-10 8-10-8 10-9-7 10-8-7-5 8

□ -- V □ V □ -- V □ V □ V - □ V □

Exercício 62:

1 2

TAB 8-10-11-13 10-11-13-15 13-11-10 13-11-10-9

□ V □ V □ V □ V □ V □ V □ V

### Exercício 63:

1 2 3

TAB  
B

10 12 14 10 12 10 12 13 15 12 13 15 13 12 15 13 12 10 12 10 14 12 10

V V V V V V V V V V V V V V V V V V V V

### Exercício 64:

1 2 3

TAB  
B

5 7 4 5 7 5 7 8 5 7 8 10 8 7 10 8 7 5 7 5 4 7 5 4

V V V V V V V V V V V V V V V V V V V V

## String Skipping

Essa técnica consiste em salto de cordas. Os exemplos abaixo devem ser treinados devagar até adquirir uma boa fluência.

### Exercício 65:

1

TAB  
B

5 8 5 7 5 7 5 8 5 7

V V V V V V V V V V V V V V

## **Exercício 66:**

## **Exercício 67:**

# Sweep Picking

Essa técnica é bastante utilizada pelo Malmsteen, Joe Stump, etc. Treine com bastante atenção os exercícios abaixo.

## **Exercício 68:**

**Exercício 69:**

1

4/4

T A B

V V---- V V---- V V---- V V----

**Exercício 70:**

1

4/4

T A B

V V---- V V---- V V---- V V----

**Exercício 71:**

1

4/4

T A B

V V---- V---- V---- V, V----

Exercício 72:

Musical score and tablature for Exercise 72. The score consists of two staves. The top staff is in treble clef and 4/4 time, featuring a sixteenth-note pattern followed by a wavy line ending. The bottom staff is a tablature for a three-string guitar (T, A, B) with note positions indicated by numbers (e.g., 5, 8, 7, 6, 5-8-5, 6, 7-5, 7, 8, 5). Below the tablature is a sequence of chords: □ V □---| V □---| V □ V ---| □ V ---| □

Exercício 73:

Musical score and tablature for Exercise 73. The score consists of two staves. The top staff is in treble clef and 4/4 time, featuring a sixteenth-note pattern followed by a wavy line ending. The bottom staff is a tablature for a three-string guitar (T, A, B) with note positions indicated by numbers (e.g., 8, 7-10, 9, 7-9, 8, 7-10-7, 8, 9-7, 9, 10-7). Below the tablature is a sequence of chords: □---| V □---| V □---| V □ V ---| □ V ---| □

Exercício 74:

Musical score and tablature for Exercise 74. The score consists of two staves. The top staff is in treble clef and 4/4 time, featuring a sixteenth-note pattern with slurs. The bottom staff is a tablature for a three-string guitar (T, A, B) with note positions indicated by numbers (e.g., 11-12-14, 11-12, 14). Below the tablature is a sequence of chords: □ V □---| V ---|

**Exercício 75:**

1

T  
A  
B

11-12-14    11-14-12-11    14-11-12-14    11-14-12-11    14

■ V ■ -- V ■ V -- | ■ ----- | V ■ V ----- |