

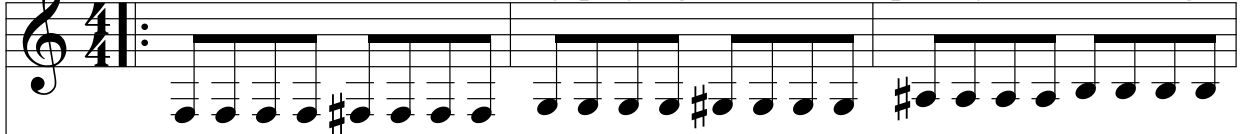
Things guitarists typically work on:

1. Up and down strokes with pick
2. Alternating index and middle
3. Using as little movement as possible
4. Hammer-on and pull-off practice can be incorporated into these exercises
5. Speed Burst technique can be worked on by playing a few notes quickly then relaxing
6. Vibrato
7. Relax

Fingerstyle: i m i m
or etc...

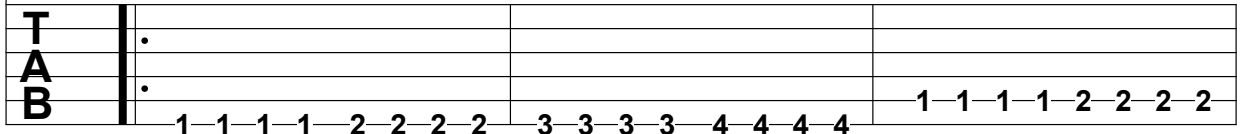
Pick: ▣ ▽ ▣ ▽

Guitar



1. Chromatic 4 per note

Guitar



4

Gtr.

4

Gtr.

2. Chromatic 3 per note triplets

7

Gtr.

7

Gtr.

3. Chromatic 3 per note

11


Gtr.

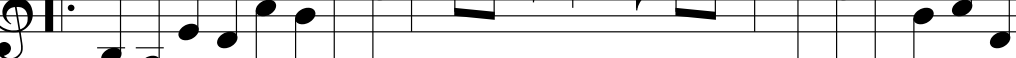
11

Gtr.

8. Index-Ring Workout

30 8. Index-Ring Workout

Gtr. 

Gtr. 

9. Index-Pinky Workout

34 9. Index-Pinky Workout

Gtr.

34

10. Index-Pinky Workout

38 10. Index-Pinky Workout

Gtr.

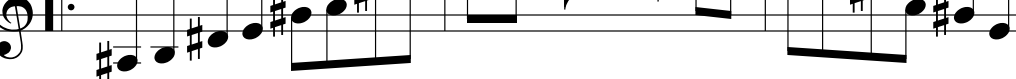
38

11. Middle-Ring Workout

42 11. Middle-Ring Workout

Gtr. 

42

Gtr. 

62 16. Staggered Chromatic #2

62 16. Staggered Chromatic #2

Gtr.

62

Gtr.

7 8 5 6 7 8 5 6

5 6 8 7 5 6 8 7

7 8 5 6

7 8 5 6

66 17. Staggered Chromatic #3

Gtr. 17. Staggered Chromatic #5

66

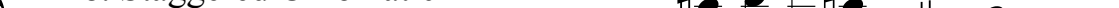
Gtr.

7 6 8 5 7 6 8 5

5 8 6 7 5 8 6 7

70 18. Staggered Chromatic #4

18. Staggered Chromatic #4

Gtr. 

70

Gtr.

5 8 7 6 5 8 7 6

6 7 8 5 6 7 8 5

74 19. Reverse Chromatic

7/4 19. Reverse Chromatic

Gtr.

7/4 19. Reverse Chromatic

Gtr.

74

Gtr.

5 6 7 8

5 6 7 8

8 7 6 5

8 7 6 5

6

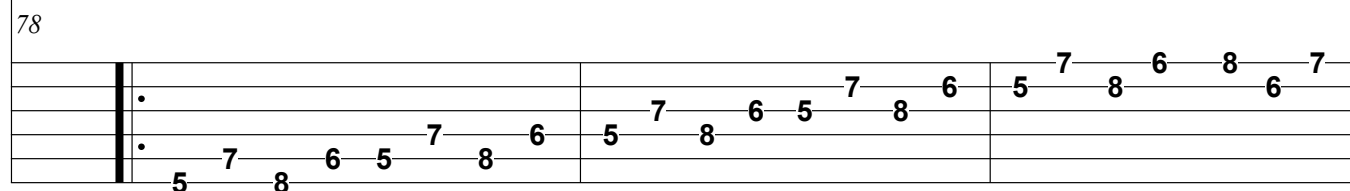
78

20. Staggered Chromatic with String Skips

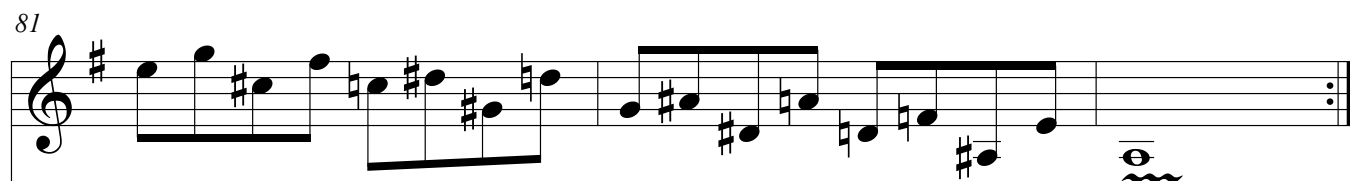
Gtr.



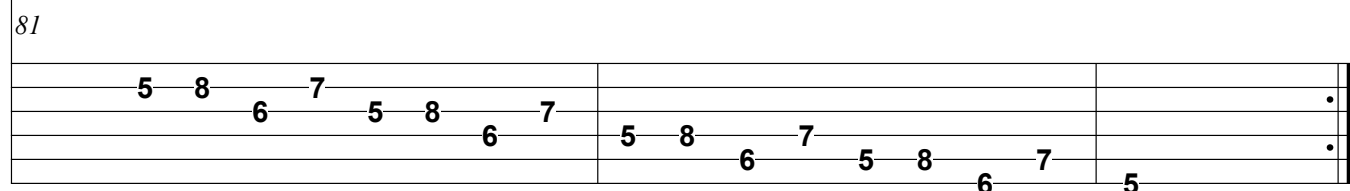
Gtr.



Gtr.



Gtr.



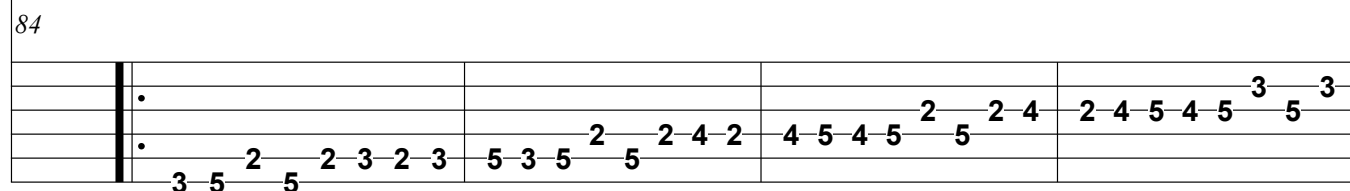
84

21. Three Up Sequence using second position G Major Scale

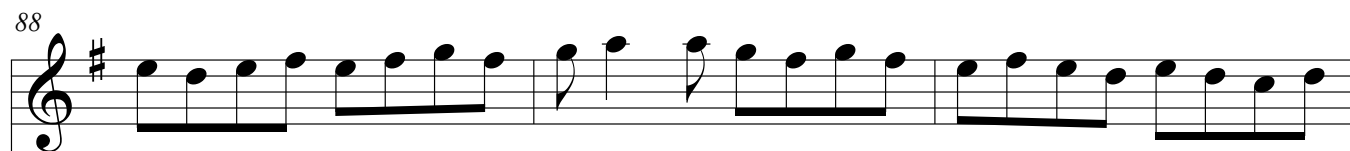
Gtr.



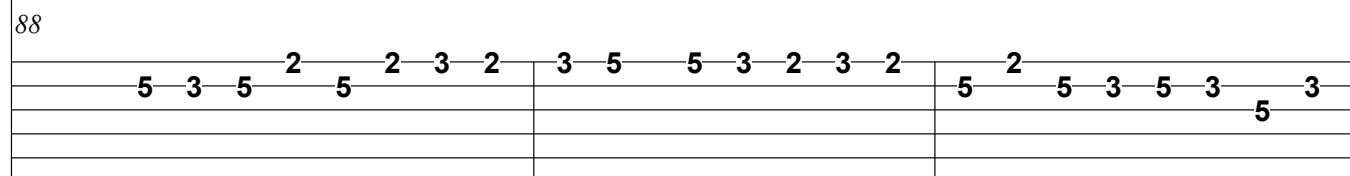
Gtr.



Gtr.



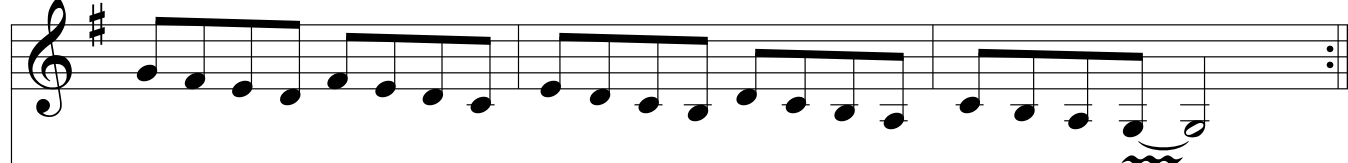
Gtr.



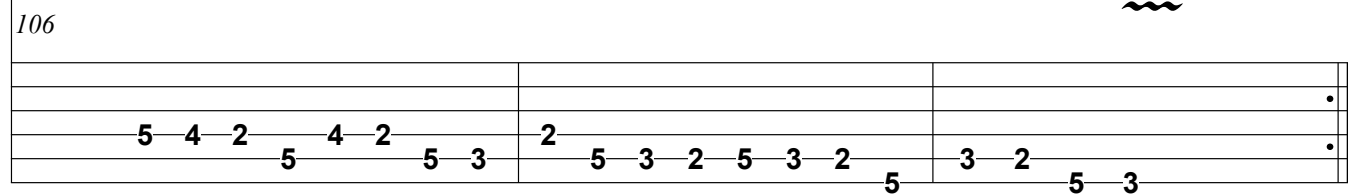
8

106

Gtr.

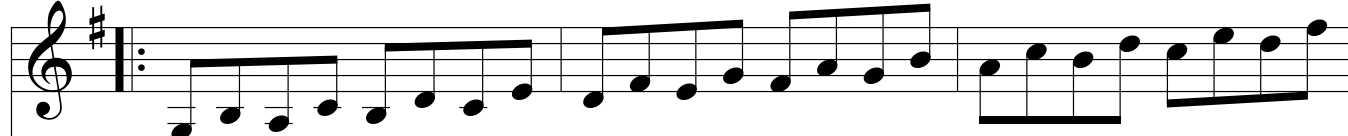


Gtr.

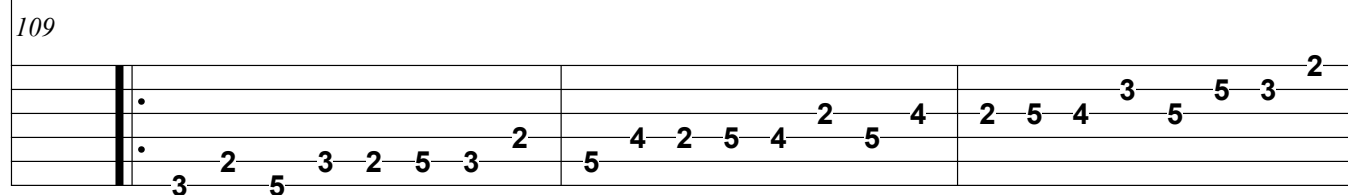


109

Gtr.



Gtr.

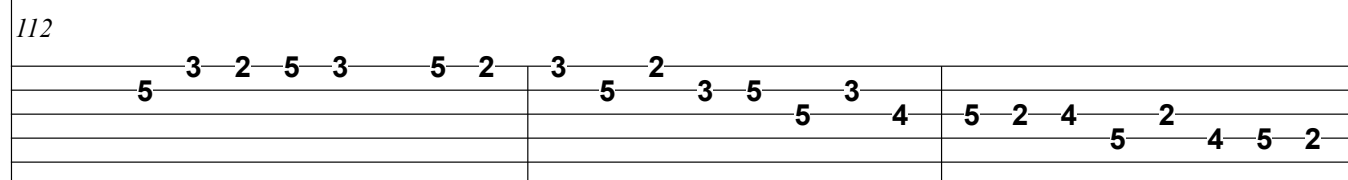


112

Gtr.

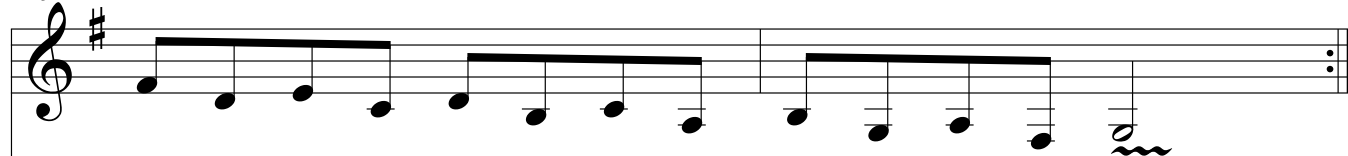


Gtr.



115

Gtr.



Gtr.

